

Module Code	ECCS6003
Title	Counselling Skills
Date	10/02/2022
Level	6
Credits	30
Pre-Requisites	None

AIM(S)

- To learn about and apply skills of a helping relationship, whilst maintaining appropriate boundaries and to develop and use reflexive skills, whilst being aware of the importance and practicalities of self-care.
- To recognise and work within the limits of their knowledge, skills and experience.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- critically evaluate their ability to operate within the limits of own knowledge, skills and experience;
- demonstrate a critical evaluation of the ethical imperative of informed consent;
- demonstrate a critical reflection on own beliefs and on the emotional impact of discrimination;
- demonstrate a critical reflection on and review progress in their own studies, and seek assistance or guidance as appropriate in order to enhance your own personal development planning;
- demonstrate a critical evaluation of the necessity to keep information about clients confidential within the limits of the duty of care;
- demonstrate advanced listening skills in a helping environment and the appropriate quality/skill of congruence and empathy.

INDICATIVE CONTENT

The content of this module could contain the following themes:

- The development of helping skills within professional practice.
- Rogersian 'qualities of being' as applicable to self and others.
- Application of person-centred theory to practice.
- Basic communication skills, description and application of Generic Helping Skills, e.g. active listening, paraphrasing reflecting, sensitive challenging, summarizing, open questions.
- Defining empathy, applying empathy, limits of empathy.
- The relational perspective across professional practice.
- The boundaries of a helping relationship.

- Qualities of helping: empathy, congruence, unconditional positive regard.
- Definitions within the field qualities, methods, tasks, goals, skills, or skill.
- Personal, creative and interactive dialogues.
- Applying ethics of helping.
- Working with emotions.
- Self awareness as part of skill development – as a learning tool for sustainability.
- Personal and professional development.
- Application of appropriate skills to a helper/supporter/carer role.
- The frame of helping.
- Boundaries and role expectation.
- Ethical standards.
- Contracts and informed consent.
- Limits of own skill.
- Reflect on own beliefs and values.
- Consider how they might impact the role as helper/supporter/carer.
- Recognise the importance of self-care and self-support and how these may impact on the strengths and limitation of helping/support/care practice.
- Mindfulness and self-care.
- Environmental self-care
- Burnout, compassion fatigue.
- Case study examples.
- Personal and professional development.
- Implications for sustainability.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	40	13%
Independent learning	260	87%
Placement learning		
TOTAL	300	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Essay	3000 words	40%

Assessment Component 2

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Practical Performance	30 minutes	60%

Assessment Summary

Activity type	Percentage
Written exam	
Coursework	40%
Practical	60%
TOTAL	100%

READING LIST

Module Code	ECCS6003	
Module Title	Counselling Skills	
Classification	Reading List entry	Electronic*
Essential	McLeod, J. and McLeod, J., (2011) <i>Counselling Skills: A Practical Guide for Counsellors and Helping Professionals</i> . Maidenhead, Berkshire: McGrawHill/Open University Press	☒
Essential	Mearns, D. and Thorne, B., with McLeod, J. (2013) <i>Person-Centred Counselling in action</i> . 4 th ed. London: Sage	☐
Essential	Midwinter, R and Dickson, J. (2015) <i>Embedding Counselling and Communication Skills</i> . Routledge	☒
Essential	Nelson Jones, R. (2016) <i>Basic Counselling Skills: A Helpers Manual</i> . London: Sage.	☐
Further	Egan, G. (2013) <i>The Skilled Helper, A Problem Management and Opportunity Approach</i> . 10 th ed. California: Brooks/Cole	☐
Further	Feltham, C and Horton, I., eds (2012) <i>The Sage Handbook of Counselling and Psychotherapy</i> . 3 rd ed. London: Sage	☒
Further	Green, J. (2010) <i>Creating the Therapeutic Relationship in Counselling and Psychotherapy (Counselling and Psychotherapy Practice Series)</i> . Exeter: Learning Matters.	☐
Further	Jones Smith, E. (2015) <i>Theories of Counseling and Psychotherapy: an integrative approach</i> . 2 nd ed. Thousand Oaks, California: Sage	☐
Further	Rogers, C. (1995) <i>Client-centred Therapy</i> . New York: Houghton Mifflin	☐
Further	McLeod, J. (2011) <i>Introduction to Counselling</i> , 4 th ed. Maidenhead: Open University Press.	☒
Further	Sutton, J and Stewart, W. (2013) <i>Learning to counsel: Develop the skills, insight and knowledge to counsel others</i> . Oxford: \how to Books Limited	☒