



Module Handbook 2022/2023

ECPS4009 Introduction to Counselling Skills

Centre for Psychology and Counselling

Introduction to Counselling Skills

Module Delivery

Assessments

Assignment Specification Proforma's are available on Moodle, Please read carefully.

- **1x Essay**
- **1x Practical skills with reflective commentary**

Structure of Delivery

Wednesday 9-12pm (*check your personal timetable for your room allocation*)

- **Office Hours 9:00-9:30 - Time to connect and ask question about assessment and module delivery**
- **9:30-11:30 - Skills and class lecture time**
- **11:30 -12:00 – Check out/review**

Please review each Week tile for the following:

- **Essential readings**
- **Video recording**
- **Other material**

ECPS4009

Introduction to Counselling Skills

LEVEL: 4
CREDITS: 20

JACS CODE: C843

AIM(S)

- To learn theoretical underpinnings and apply foundational counselling skills and to introduce and understanding of the self-awareness within the context of counselling skills.

LEARNING OUTCOMES

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

- Demonstrate basic counselling skills and an understanding of the therapeutic relationship.
- Recognise and discuss ethical and professional boundaries within the field of counselling.
- Demonstrate a basic ability to reflect on their own professional knowledge, ethical boundaries, skills and performance.
- Take responsibility for their own learning and skill development; including effective personal planning, self-reflection and project management skills.

INDICATIVE CONTENT

This level four module lays down the 'basic building blocks' (McLeod, 2007) of Counselling skills practice in readiness to progress to the level five module *Counselling Skills and Approaches*. Indicative content will include:

- an understanding of the development of counselling skills within professional practice;
- *Rogierian* qualities of 'being' as applicable to self and others;
- basic communication skills, description and application of generic helping skills, e.g. active listening, paraphrasing reflecting, sensitive challenging, summarizing, open questions;
- the therapeutic relationship and relational perspective across professional practice;
- identifying the boundaries of a helping relationship and applying an ethical framework and code of conduct;
- qualities of helping 'core conditions' empathy, congruence, unconditional positive regard;
- working with emotions and engaging in reflective practice.

LEARNING AND TEACHING STRATEGY

Topics will be introduced and developed through a combination of lectures and interactive seminars, the latter involving a range of strategies including practical work, small group exercises such as triad's and dyads.

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	30	15
Independent learning	170	85
Placement learning	-	-
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Essay	2,000 words	50%

Students will be asked to write an essay that allows them to describe and discuss the significance of the key principles of counselling within a given approach.

Assessment Component 2

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Practical Skills Assessment	15 minute skills assessment with a 1,000 word reflective commentary	50%

Assessment Summary

Activity type	Percentage
Written exam	
Coursework	50%
Practical	50%
TOTAL	100%

This module is not linked to a Professional, Statutory and regulatory Body (PSRB)

Page Break

READING LIST

Module Code	ECPS4009	
Module Title	Introduction to Counselling Skills	
Classification	Reading List entry	Electronic*
Essential	Green, J., (2010). <i>Creating the Therapeutic Relationship in Counselling and Psychotherapy</i> (Counselling and Psychotherapy Practice Series). Exeter: Learning Matters	☐
Essential	Mearns, D. and Thorne, B., with McLeod, J., (2013). <i>Person-centred Counselling in action</i> . 3 rd ed. London: Sage	☐
Essential	McLeod, John and McLeod, Julia, (2011). <i>Counselling skills: a practical guide for Counsellors and helping professionals</i> . Maidenhead: McGraw Hill /Open University Press	☒
Essential	McLeod, J. (2009). <i>An Introduction to Counselling</i> 5 th Ed. Maidenhead: Open University Press.	☒
Essential	Midwinter, R. (2015). <i>Embedding Counselling and Communication Skills</i> . East Sussex: Routledge.	☒
Further	Egan, G., (2013). <i>The Skilled Helper, A Problem Management and Opportunity Approach</i> . 10 th ed. California: Brooks/Cole	☐
Further	Nelson Jones, R., (2011). <i>Basic Counselling Skills: A Helper's Manual</i> . London: Sage	☐
Further	Reeves, A. (2013). <i>An Introduction to Counselling and Psychotherapy</i> . London: Sage	☐
Further	Therapy Today BACP https://www.bacp.co.uk/bacp-journals/therapy-today/	☒
Further	<i>British Journal of Guidance and Counselling</i>	☒
Further	<i>Counselling and Psychology Quarterly</i>	☒
Further	<i>Journal of Counselling and Education</i>	☒