

ECHC6001 Personal Development and Professional Profile

WEEK 1 INTRODUCTION

"One of the most beautiful gifts in the world is the gift of encouragement. When someone encourages you, that person helps you over a threshold you might otherwise never have crossed on your own." John O 'Donohue



Aims for today

- ▶ Welcome
- ▶ Connection
- ▶ Induction Information
- ▶ Module Expectations & Learning Outcomes
- ▶ Module Structure & Delivery – Weekly Planner
- ▶ Assessments
- ▶ Reading List/Online Resource List - Leganto
- ▶ Contracting with group/on-line

Module Expectations

- ▶ Engagement within your own Self-Discovery & exploring your identity(s)
- ▶ Engagement with Moodle and the resources that have been provided.
- ▶ Keeping a *Reflective Journal*
- ▶ Take Care of Self (***Resilience is how you recharge not how you endure***) Suzie Tarrant...[Twitter]
- ▶ Flexibility & Patience...

Learning Outcomes

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

- ▶ Critically discuss the implicit power imbalance in the counselling/psychotherapy relationship.
- ▶ Demonstrate a knowledge of and willingness to discuss sexual matters when appropriate, whatever the client's sexual orientation or the nature of the client's problem.
- ▶ Critically appraise the interrelatedness of truth claims, belief and ideology, and their influence on professional practice.

Module Structure and Delivery

Blended Learning Approach

Weekly Planner (***Subject to adaptations and changes***)

Continue to look at your personalised timetables for updated information

- ▶ On-Campus Teaching – Mondays 9-10 am
- ▶ Online Sessions – Wednesday 11-12pm – Synchronous and Asynchronous Teaching
 - ❑ Synchronous (Online Sessions through Microsoft Teams) TEAMS GROUP WILL BE SET UP
 - ❑ Asynchronous (Recorded Lectures or Recorded Resources to view)

MODULE THEMES – Semester One

- ▶ *Developing a Professional Identity*
- ▶ *Reflective Practice: Values and Principles*
- ▶ *The Power of the Narrative*
- ▶ *Poetry and Metaphor*
- ▶ *Identity: Professional and the Personal*
- ▶ *Cultural Identity-How do we listen to the conversations on diversity?*

Assessments (Subject to External Approval)

Assessment Component 1: 50% (please refer to the Assessment Proforma)

- ▶ Produce a promotional video of the therapeutic approach that you will offer to your clients. - **November 30th 2020**

Assessment Component 2: 50%

- ▶ Practical: Presentation (20 minutes)
- ▶ You will present, to your peers, a critical reflection on your future professional development. **May 10th 2021**

Online Resource List – Leganto

- ▶ Available on Moodle (please go to your Moodle Page)
- ▶ Provides you with easy access to the see the resources that are being recommend for you to review.
- ▶ Both online resources and books that are available through Click and Collect via the Library.

Additional Resources

- The On Being Project <https://onbeing.org/>

is a nonprofit media and public life initiative. We make a [public radio show, podcasts, and tools for the art of living](#). [Six grounding virtues](#) guide everything we do.

We explore the intersection of spiritual inquiry, science, social healing, community, poetry, and the arts. We're offering ongoing special content for this moment, including conversations about [race and healing](#), "care packages" for [caregivers and uncertain times](#), and a starting point [for the exhausted and overwhelmed](#).

Additional Resources



- Unlocking Us: Brené Brown

Conversations that unlock the deeply human part of who we are, so that we can live, love, parent, and lead with more courage and heart.

<https://brenebrown.com/unlockingus/>

Excellent! pods casts.

- BACP Diversity Hub

<https://www.bacp.co.uk/cpd/cpd-hub/diversity/>

Additional Resources

- Bolton, G. and Delderfield, R. (2018) *Reflective Practice Writing and Professional Development 5th Ed.* London: Sage Publications

<https://study.sagepub.com/education/education-all-phases/bolton-with-delderfield-reflective-practice>

- Reflective practice is critical enquiry into any aspect of our practice, deepening and clarifying understanding of it and our relationship with it. It involves reflection, an important aspect of which is reflexivity.

Contracting with the Group

On-campus
Online

What needs to be in the contract?

Wednesday Session – September 30th

- ▶ Synchronous Sessions (Online with TEAMS) you will be invited. 11-12pm.
- ▶ Please take a look at the Weekly Planner:
 - ▶ Rory Lee Oakes – Reflective Journal Writing and
 - ▶ Gillie Bolton Therapeutic Writing
