



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

MArts/BA Humanistic Counselling Practice University of Wales Trinity Saint David

Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives



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Yr Athrofa
Institute of Education
Addysg i Gymru Education for Wales

Academic Discipline: School of Social Justice and Inclusion



MArts/BA Humanistic Counselling Practice

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Schedule for Today

14:00 Welcome – Opening Round

- What is Personal Development?
- Group Contract
- Introduction to Personal Development 1
ECHC4003, module aims, learning
outcomes and assessment
- Closing round

Module Aims

- To develop self-awareness
- To engage in a personal development process
- To develop reflective practice

Module Learning Outcomes:

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

- Demonstrate a consistent commitment to continuing professional and personal development, including self-awareness and fitness to practice.
- Respond appropriately to the effect of own values, beliefs, attitudes and behaviours when practicing as a counsellor/psychotherapist.
- Discuss the impact of diversity and diversity on the therapeutic relationship.

Module Content

- The nature and purpose of Personal Development
- Group process
- Learning Styles
- Trust and support for personal and professional growth
- Reflective Writing
- Self-awareness
- Narrative and story work
- Self and Ego
- Mindfulness

Module Structure

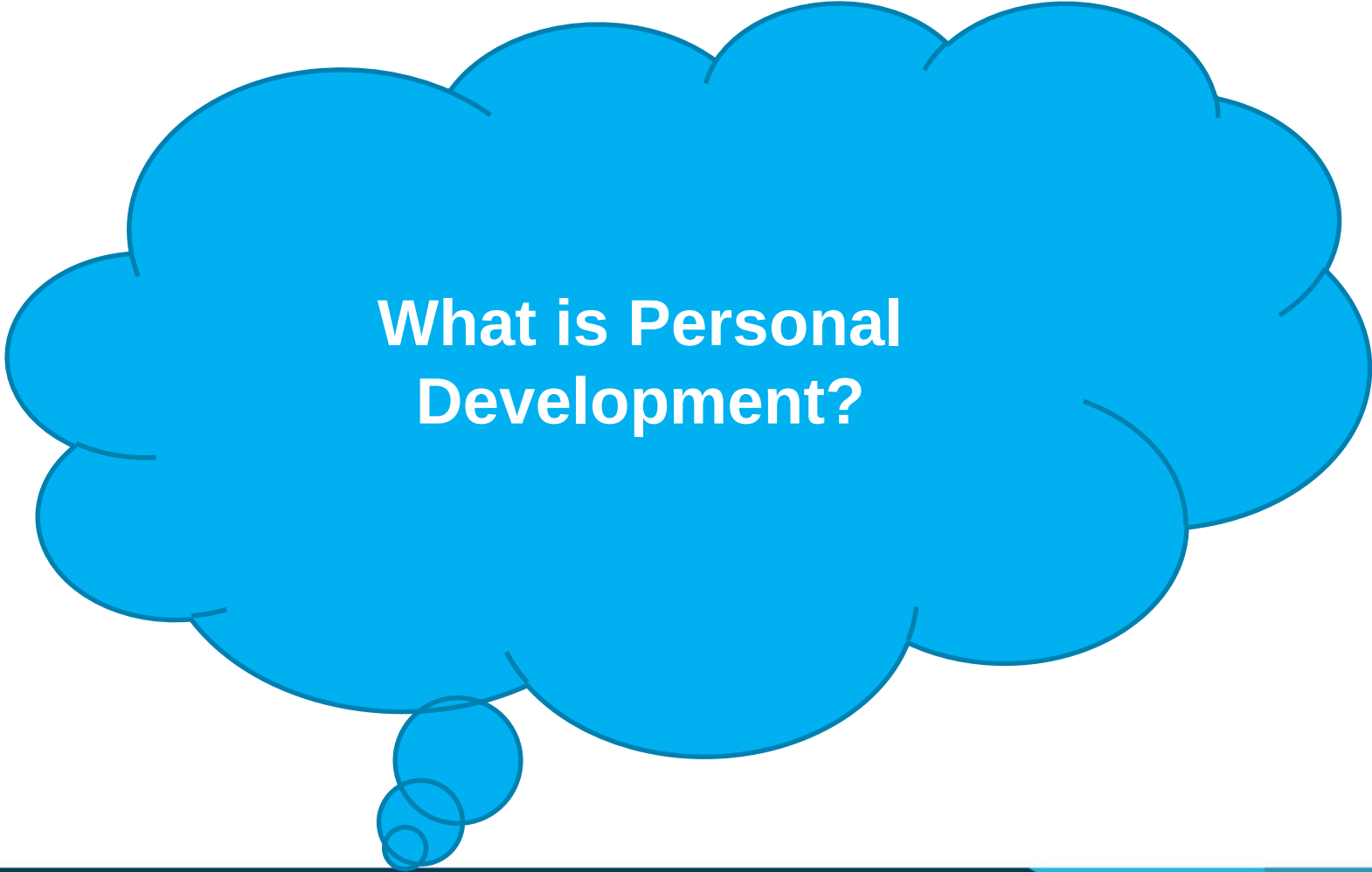
Allocation of Teaching	Hours	Percentage
Scheduled learning	40	20%
Independent learning	160	80%
Placement learning		
TOTAL	200	100%

Module Assessment

Module Code	Module Title	Level	Credits	Assessment Details
ECHC4003	Personal Development 1	4	20	Assessment Component 1: 50% Practical: Performance (5 minutes) ‘ Reflect on concept of self’ Assessment Component 2 – 50% Assessment Task: presentation (15 Minutes)

Academic Year 2018-19

- Semester 1: 24th September 2018 – 25th January 2019
- Reading Week: 29th October 2018 – 2nd November 2018
- Christmas: 17th December 2018 – 4th January 2019
- Semester 2: 28th January 2019 – 12th July 2019
- Reading Week: 25th February – 1st March 2019
- Easter: 8th April – 26th April 2019
- Bank holidays; 6th and 26th May 2019
- Exam Boards: 3rd-20th June 2019



What is Personal Development?

Group Contract

Personal Development

- At the core of Humanistic therapy lies the therapeutic relationship and relational depth between client and therapist. Research suggests that the efficacy of therapy is associated with the relationship and 'being' of the therapist. The module will begin this process of exploration of the 'self'. This process will develop throughout each level of the programme culminating with the level seven personal development module: 'The Reflective Practitioner'

Resources

- Bager-Charleson, F. (2012) Personal Development in Counselling and Psychotherapy. London. Sage Publications Limited
- Johns, H. (2007) Personal Development in Counsellor Training. London. Sage Publications Limited.
- McLeod, J. and McLeod, J. (2014) Personal Professional Development for Counsellors Psychotherapists and Mental Health Practitioners. Berkshire, England. Open University Press.
- McLeod, J & McLeod, J. 2011. Counselling Skills: A Practical Guide for Counsellors and Helping Professionals. Open University Press
- BACP Counselling and Psychotherapy Research Journal
- Therapy Today
- Person-centred & Experiential Therapies
- Journal of Humanistic Psychology
- British Journal of Guidance and Psychotherapy
- Journal of Psychotherapy and Counselling Psychology Reflections
- Therapy Today

Any Questions?

