

BSc (Hons) Psychology & Counselling Reading List 2020/2021

Level Five:

Code	Name	Key Texts
ECPS5002 Sem 1	Research Methods II	- Brace, N., Kemp, R., & Snelgar, R. (2016). <i>SPSS for psychologists (and everybody else)</i> (6th ed.). Basingstoke: Palgrave Macmillan. ONLINE ACCESS - Coolican, H. (2014). <i>Research methods and statistics in psychology</i> (5th ed.). London: Hodder & Stoughton. ONLINE ACCESS
ECPS5003 Sem 1	The Brain, Biology and Cognition	- Pinel, J. P. J (2014). <i>Biopsychology</i> (8th Ed.) Boston, Mass: Pearson ONLINE ACCESS - Eysenck, M. W., & Keane, M. T. (2015). <i>Cognitive psychology: A student's handbook</i> (7th ed.). Hove: Psychology Press. ONLINE ACCESS
ECPS5004 Sem 1	Individual Differences Across the Lifespan	- Maltby, J, Day, L., & Macaskill, A. (2013). <i>Personality, individual differences and intelligence (3rd ed.)</i>. Harlow, England: Pearson. ONLINE ACCESS - Chamorro-Premuzic, T. (2015). <i>Personality and individual differences (3rd ed.)</i>. Chichester: BPS Wiley
ECPS5008 Sem 2	Counselling Skills and Approaches	- McLeod, John and McLeod, Julia, (2011). <i>Counselling skills: a practical guide for Counsellors and helping professionals</i>. Maidenhead, Berkshire: McGrawHill/Open University Press ONLINE ACCESS - Midwinter, R. (2015). <i>Embedding Counselling and Communication Skills</i>. East Sussex: Routledge ONLINE ACCESS - McLeod, J, (2009) <i>Introduction to Counselling</i> 4th ed. Maidenhead: McGraw Hill/Open University Pres: ONLINE ACCESS
ECPS5005 Sem 2	Social Psychology: Global perspectives	Baumeister, R. F., & Bushman, B. J. (2014). <i>Social psychology and human nature</i>. Boston, MA: Cengage. ONLINE ACCESS

Level Six:

Code	Name	Key Texts
ECPS6001 Sem 1 & 2	Psychology Empirical Project	- American Psychological Association. (2010). <i>Publication manual of the American Psychological Association</i> (6th ed.). APA: Washington, DC. - Brace, N., Kemp, R., & Snelgar, R. (2016). <i>SPSS for psychologists</i> (6th ed.). Hants: Palgrave Macmillan. ONLINE ACCESS - Coolican, H. (2014). <i>Research methods and statistics in psychology</i> (6th ed.). London: Hodder & Stoughton. ONLINE ACCESS - Forshaw, M. (2013). <i>Your undergraduate psychology project: A student guide</i> (2nd ed.). Chichester: BPS Blackwell. - Smith, J. (2015). <i>Qualitative psychology: A practical guide to research methods</i> (3rd ed.). London: SAGE. - Walliman, N. (2014). <i>Your undergraduate dissertation: The essential guide for success</i> (2nd ed.). London: SAGE.
ECPS6009 Sem 2	Reflexive Counselling Skills	Bager-Charleson, S. 2015. <i>Reflective Practice in Counselling and Psychotherapy</i>. London. Sage Publications Limited ONLINE ACCESS

Compulsory Module		Stedmon, Dallos, Stedmon, Jacqui, & Dallos, Rudi. (2009). <i>Reflective practice in psychotherapy and counselling</i>. Maidenhead: McGraw-Hill/Open University Press. ONLINE ACCESS
ECPS6002	Clinical Psychology: Treatment and Approaches	Bennett, P. (2011). <i>Abnormal and clinical psychology: An introductory textbook</i> (3rd ed.). Maidenhead, England: McGraw Hill. ONLINE ACCESS
ECPS6003 Sem 1	The Psychology of Prejudice and Discrimination	Kite, M. E., & Whitley, B. E. (2016). <i>Psychology of prejudice and discrimination</i>. Abingdon: Routledge. ONLINE ACCESS
ECPS6004 Sem 2	Mental Health in Children and Young People	- Vostanis, P. & Williams, R., 2008. Mental health interventions and services for vulnerable children and young people, London ; Philadelphia: Jessica Kingsley Publishers. ONLINE ACCESS - Blakemore, S.-J., 2019. Adolescence and mental health. The Lancet, 393(10185), pp.2030–2031. ONLINE ACCESS - Blakemore, S.-J., 2018. Avoiding Social Risk in Adolescence. Current Directions in Psychological Science, pp.Current Directions in Psychological Science , 27 (2) pp. 116–122. (2018) ONLINE ACCESS - Lerner, R.M. & Steinberg, L.D., 2004. Handbook of adolescent psychology 2nd ed., Hoboken, N.J.: John Wiley & Sons - Adverse Childhood Experiences (ACE Study) file:///C:/Users/edu-rg/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/XADVU53T/ACE%20Report%20FINAL%20(E)_Welsh%20Adult%20Population.pdf - Adverse Childhood Experiences and their association with Mental Well-being in the Welsh adult population file:///C:/Users/edu-rg/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/XADVU53T/ACE%20%20Mental%20Well-being%20Report%20E.pdf
ECPS6005	Cognition in Action	- Esgate, A., Groome, D., & Baker. K. (2005). <i>An introduction to applied cognitive psychology</i>. Hove: Psychology Press. ONLINE ACCESS - Groome, D., & Eysenck, M. (2016). <i>An introduction to applied cognitive psychology</i>. Hove: Psychology Press - Durso, F. T. (Ed.). (2006). <i>Handbook of applied cognition</i>. Chichester; NY: Wiley.
ECPS6006	Health Psychology	- Conner, M., & Norman, P. (2005). <i>Predicting health behaviour</i> (2nd ed.). Maidenhead: Open University Press. - Conner, M., & Norman, P. (2005). <i>Predicting health behaviour research and practice with social cognition models</i> (2nd ed.). Maidenhead: Open University Press. ONLINE ACCESS - Pinel, J. P. J (2014). <i>Biopsychology</i> (8th Ed.) Boston, Mass: Pearson ONLINE ACCESS - Morrison, V., & Bennett, P. (2012). <i>An introduction to health psychology</i> (3rd ed.). Harlow: Prentice Hall. ONLINE ACCESS
ECPS6007 Sem 1	CBT and the new Cognitive Therapies	- McLeod, J, (2009) Introduction to Counselling 4th ed. Maidenhead: McGraw Hill/Open University Pres: ONLINE ACCESS Chapter 8 Cognitive Behavioural Therapy approaches. - Jones-Smith, E. (2016). <i>Theories of counselling and psychotherapy</i> (2nd ed.). London: Sage - Digitalised Chapter provided beginning of Semester. - Journal: Cognitive Behaviour Therapy (ONLINE ACCESS) The main resources for this module will be journal articles and online resources. Start researching the following Third Wave CBT Approaches and Authors through engaging with the internet, you tube and online library resources.

		Third Wave CBT Approaches and authors Dialectical Behaviour Therapy (DBT Dr Marsha Lineham Acceptance Commitment Therapy (ACT) Dr Steven Hayes Mindfulness-Based Stress Reduction (MBSR; Kabat-Zinn Mindfulness-Based Cognitive Therapy (MBCT; Segal, Williams, & Teasdale, 2002)