

Module Code	ECPR7003
Title	Professional Practice and Therapist Competencies
Date	11/12/2019
Level	7
Credits	30
Pre-Requisites	

AIM(S)

- To consider and apply the concept of professionalism to practice including obligations and responsibilities within professionalism, and the application of professionalism to wider organisational contexts and how to work with them.
- To consider the theoretical basis for any specific presenting problems or issues, the theoretical basis for therapeutic work with any self-defined populations whilst developing professional knowledge through an evidence-based paradigm and developing therapeutic competency.

LEARNING OUTCOMES

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

- Apply appropriate strategies and interventions in work with specific client populations and client issues and assess whether the type of psychotherapy that can be offered is suitable for particular clients. Recognise and make appropriate decisions in response to ethical dilemmas and legal responsibilities when assessing potential risk to the client or others.
- Summarise the client's difficulties, as perceived by the therapist, and articulate the ways in which psychotherapy can address them and when appropriate openly and freely discuss sexual matters, whatever the client's sexual orientation or the nature of the client's problem.
- Make use of supervision to develop their understanding about clinical work and to enhance and protect their well-being.
- Recognise that specific knowledge and skills are required to work with particular client groups, for example children and young people.
- Interpret and apply relevant policies and codes of the employing organisation, including equal opportunities statements, disability statements and widening participation strategies and deliver the psychotherapy services with due regard to the practice setting.
- Apply consistently a comprehensive, in-depth and research-informed body of knowledge in their practice.

INDICATIVE CONTENT

Module content will be taught through the following elements:

- Theory and Practice: Client populations and presenting issues

Presenting issues:

Trauma Work: advances in neuroscience; the basic processes underlying trauma; methods of working with trauma; cognitive and affective interventions; safety work; working with

survivors of abuse; vicarious trauma and self-care; assessment; referral; supervision; evidence-based interventions.

Creative Interventions: conveying emotion and thought by different populations through working with expressions of personal vision and belief; evidence-based interventions;

Addictions: the history and development of the recovery movement; principles of recovery; recovery and treatment, social networks and public policy; recovery interventions; complexity and integration; assessment; referral; supervision; evidence-based interventions;

Bereavement: theories and models of bereavement; working with grieving; anger and guilt; loss and attachment; historical changes; cultural variety; working with distinct populations; evidence-based interventions;

Eating distress: diagnosis, prevalence and cause; therapeutic approaches and interventions; risk factors; nutrition; evidence-based research; supervision

Sex: talking about sex; sex across life spans; sexual identity; culture and sex; supervision; referral; evidence-based research

Mindfulness: the roots of Mindfulness; theory and practice of Mindfulness; therapeutic application; integrating Mindfulness; research: supervision; evidence-based research

Self-harm and suicide: theory and practice of working with suicidal clients; therapeutic application; supervision; evidence-based research

Issues reflecting client populations:

Race, Culture and Counselling Competence: postmodern and postcolonial theories of Counselling; challenging transnational Counselling contexts; relationship, communication and language; multicultural curriculum; supervision; referral; research base.

Sexuality: Queer theory and heteronormativity; psychological queering; transgender and identity; cultural considerations; supervision; evidence-based research; referral

Spirituality, religion and faith: values-based Practice; spirituality and mental health; spiritual assessment; spiritual competence; supervision; evidence-based research; referral

Gender issues.

Working with young people: historical, national, ethical and legal issues in working with children and young people; child development;

Non-western practices of healing – native traditions; working with the natural world.

- **Professionalism and personal development**

Supervision: students will extend their practice competence through case study work drawing on examples from case scenarios illustrated from unit 7 above.

Ethical and legal dilemmas: students will extend their practice competence through case study work drawing on examples from case scenarios illustrated from unit 7 above.

Assessment: students will extend their practice competence through case study work drawing on examples from case scenarios illustrated from unit 7 above.

Audit and evaluation: managing the Counselling process in organizations; evaluating and auditing workplace Counselling/private practice; CORE; record keeping

- **Social Organization and Context**

Building and sustaining professional relationships: work-based scenarios.

Working within management structures: work-based scenarios; wider role of the Counsellor; line-management and supervision. Developing supervision policy and practice in organisations. Supervising in teams and team development.

Working within organizational policies and procedures: interpreting and applying relevant policies and codes of the employing organisation, including equal opportunities statements, disability statements; widening participation strategies; health and safety; safeguarding. Time-limited therapy.

Working within organizational policies and procedures: Counselling within organizations; models of Counselling within organizations; impact of the organization on workplace Counselling; institutionalization of power and oppression in Counselling; social justice; the politics of Counselling; the micro-politics of Counselling.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	80	25%
Independent learning	220	75%
Placement learning		
TOTAL	300	100%

ASSESSMENT

Assessment Component 1

☐	Written exam	☐	Coursework	☒	Practical
Mode of assessment		Volume		Weighting	
Practical Performance Project		20 minutes		50%	

Assessment Component 2

☐	Written exam	☒	Coursework	☐	Practical
Mode of assessment		Volume		Weighting	
Essay		4,000 words – Critical Literature		50%	

Assessment Summary

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

NCS is the accrediting body for this module and programme. Although the module title has changed for this new validation, the essence of the module is still the same.

INDICATIVE READING LIST

Please take a look at the online reading list as well as suggestions that are provided within the Module as these are more up to date;

Module Code	ECPR7003	
Module Title	Professional Practice and Therapist Competencies	
Classification	Reading List entry	Electronic*
Further	Buehler, S., 2014. <i>What every mental health worker need to know about sex</i> . London: Springer Publishing Company.	☐
Further	Lago, C. and Smith, B., eds., 2013. <i>Anti-discriminatory practice in counselling & psychotherapy</i> . 2 nd ed. London: Sage.	☐

Essential	Wright, J., and Bolton, G., 2012. <i>Reflective writing in Counselling and psychotherapy</i> . London: Sage.	☐
Essential	BACP (British Association for Counselling and Psychotherapy) (2013) <i>Ethical Framework for Good Practice</i> : Lutterworth:BACP	
Further	Claveirole, A. and Gaughan, M. 2011. <i>Understanding Children and Young People's Mental Health</i> . Oxford: Wiley-Blackwell.	☐
Further	Derezotes, D. S., 2014. <i>Transforming historical trauma through dialogue</i> . London: Sage.	☐
Further	Dean, H., 2010. <i>Understanding Human Need (Understanding Welfare Series: Social Issues, Policy and Practice Series)</i> . Bristol: Polity Press.	☐
Further	Bond, T., and Mitchels, B., 2015. <i>Confidentiality and record keeping in Counselling and Psychotherapy [legal resources for Counsellors and Psychotherapists]</i> 2 nd ed. London: BACP/Sage	☐
Further	Totton, N., 2010. <i>The problem with Humanistic therapies</i> . London: Karnac Books	☐