

Module Code	ECCS6005
Title	Counselling Skills
Date	11/10/2023
Level	6
Credits	30
Pre-Requisites	None
DBS Check	May be required ☐ Not required ☒

AIM(S)

- To develop and use basic counselling skills ethically and safely in a variety of professional contexts, to recognise own personal and professional strengths and limitations that may affect practice and develop appropriate self-support and self-care strategies, and to demonstrate a critical awareness and application of relevant professional codes of ethical practice and professional standards.

LEARNING OUTCOMES

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

- demonstrate the secure use of a range of counselling skills; communicating empathic understanding and acceptance;
- demonstrate the qualities of empathy, unconditional positive regard and genuineness;
- recognise own personal and professional strengths and limitations that may affect practice and develop appropriate self-support and self-care strategies;
- demonstrate a critical awareness and application of relevant professional codes of ethical practice and professional standards;
- promote equality, diversity and inclusivity and critically identify and address implicit biases and prejudices within self and practice;
- take responsibility for own learning and skill development and critically review own use of skills, personal and professional development and personal planning.

INDICATIVE CONTENT

- Philosophy of human nature, growth and development.
- Humanistic concepts of personality development.
- Psychotherapeutic strategies and interventions.
- Pluralistic counselling.
- Person-centred theory and practice.
- 6 conditions of therapeutic change (3 of which are core).
- Empathy and empathic understanding.
- Communication and active listening, such as: Visibly tuning in - SOLER, Focused listening, Responding Skills: Paraphrasing, reflecting and summarising, identifying key themes and feelings, listening to non-verbal messages, use of questions, clarifying, empathic listening.

- Ethics and Law.
- Professional boundaries, Contracts, informed consent and confidentiality.
- Models of supervision.
- Equality, diversity and inclusivity.
- Understanding of mental health systems and structures.
- Emotional competency and emotional warmth.
- Self- awareness, and identity.
- Personal and professional development.
- Reflective and reflexive practice.
- Self-Care, burnout, compassion fatigue.
- Mindfulness and focusing.
- Digital Technology – Online and telephone counselling.
- Developing sustainable development knowledge.
- The use of identified personal tutors, Personal Development Groups and Personal Development Planning will provide opportunities for self-awareness and personal development, enabling students to maximize learning and fulfil potential.
- Formative assessment and feedback are a collaborative process between student, peers, and tutor. Tutor *modelling and* demonstration, tutor and peer observation and the giving and receiving feedback on skills work is an important part of the students' learning process and professional development.
- Summative assessment will be set as a practical skills practice demonstration evidenced in an audio video recording using purpose built digital technology. This will be supported by a written skills evaluation/ case study analysis reflecting on individual personal and professional development.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	40	13%
Independent learning	260	87%
Placement learning		
TOTAL	300	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Essay	2500 words	40%

Assessment Component 2

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Practical Performance	30 minutes	60%

Assessment Summary

Activity type	Percentage
Written exam	
Coursework	40%
Practical	60%
TOTAL	100%

INDICATIVE READING LIST

Module Code	ECCS6005	
Module Title	Counselling Skills	
Classification	Reading List entry	Electronic*
Essential	McLeod, J. and McLeod, J., (2011) <i>Counselling Skills: A Practical Guide for Counsellors and Helping Professionals</i> . Maidenhead, Berkshire: McGrawHill/Open University Press	☒
Essential	Mearns, D. and Thorne, B., with McLeod, J. (2013) <i>Person-Centred Counselling in action</i> . 4 th ed. London: Sage	☐
Essential	Midwinter, R and Dickson, J. (2015) <i>Embedding Counselling and Communication Skills</i> . Routledge	☒
Essential	Nelson Jones, R. (2016) <i>Basic Counselling Skills: A Helpers Manual</i> . London: Sage.	☐
Essential	Reeves, A. & Bond, T. (2021) <i>Standards and Ethics for Counselling in Action</i> . London: Sage Publications	☐
Essential	Reeves, A. (2022) <i>An Introduction to Counselling & Psychotherapy: From Theory to Practice</i> . London: Sage	☐
Further	Saunders, P (2007) <i>Using Counselling Skills on the telephone and in computer mediated communication</i> . PCCS Books	☐
Further	Cooper, M and Dryden, W (2016) <i>The Handbook of Pluralistic Counselling and Psychotherapy</i> . London: Sage	☐
Further	Egan, G. (2013) <i>The Skilled Helper, A Problem Management and Opportunity Approach</i> . 10 th ed. California: Brooks/Cole	☐
Further	Feltham, C and Horton, I., eds (2012) <i>The Sage Handbook of Counselling and Psychotherapy</i> . 3 rd ed. London: Sage	☒

Further	Green, J. (2010) <i>Creating the Therapeutic Relationship in Counselling and Psychotherapy (Counselling and Psychotherapy Practice Series)</i> . Exeter: Learning Matters.	☐
Further	Jones Smith, E. (2015) <i>Theories of Counseling and Psychotherapy: an integrative approach</i> . 2 nd ed. Thousand Oaks, California: Sage	☐
Further	Rogers, C. (1995) <i>Client-centred Therapy</i> . New York: Houghton Mifflin	☐
Further	McLeod, J. (2011) <i>Introduction to Counselling</i> , 4 th ed. Maidenhead: Open University Press.	☒
Further	Sutton, J and Stewart, W. (2013) <i>Learning to counsel: Develop the skills, insight and knowledge to counsel others</i> . Oxford: \how to Books Limited	☒