Contemporary Context of Counselling Skill M4X00954

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Definitions of Health and Well Being

- Health and well-being can be described as the absence of physical illness, disease and mental distress. This is a negative definition of health and well-being.
- Health and well-being can be described as the achievement and maintenance of physical fitness and mental stability. This is a positive definition of health and well-being.
- Health and well-being as being the result of a combination of physical, social, intellectual and emotional factors. This is a holistic definition of well being.
- Ideas about health and well being change over time and vary between different cultures and life stages.

Factors Positively Influencing Health and Well-being

- Balanced Diet
- Adequate Rest
- Regular Exercise
- Work Life Balance
- Supportive Relationships
- Adequate financial resources

Risks To Health and Well-being

- Genetically Inherited Diseases
- Substance Misuse
- Inadequate Diet
- Lack of exercise
- Too much stress
- Poverty
- Inadequate housing
- Unprotected Sex
- Environmental Pollution
- Social Isolation

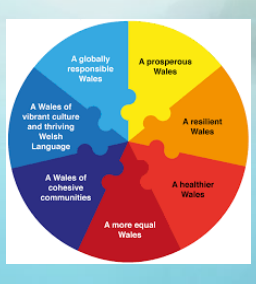
Social Services and Well-being (Wales) Act 2014.

- Physical and mental health and emotional well-being;
- Protection from abuse and neglect;
- Education, training and recreation;
- Domestic, family and personal relationships;
- Contribution made to society;
- Securing rights and entitlements;
- Social and economic well-being; and
- Suitability of living accommodation.

Who is responsible for Health and Well-Being?

Well-being of Future Generations (Wales) Act 2015

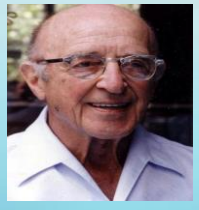
- This Act is about improving the social, economic, environmental and cultural well-being of Wales.
- Public Bodies working together
- https://www.youtube.com/watch?v=rFeOYIxJbmw
- http://gov.wales/topics/people-and-communities/people/future-generations-act/?lang=en



Where does Health and Well-being start? And how do we promote the well-being of people in Wales?

Abraham Maslow (1908-1970)

Carl Rogers (1902-1987)



- Person-Centred Approach
- Core Conditions
- Self Actualisation
- Maladaptive behaviour and emotions are the result of the individual becoming detached from their basic positive nature.

Health as Need-Satisfaction

- Doyal and Gough (1991) argue that 'health' and 'autonomy' are the most basic human needs which are the same for everyone, all humans have a right to optimum need-satisfaction
- However, this depends on culture, interests and education
- Seedhouse (1997) considers Information, literacy and numeracy skills and sociality as essential to good health
- **The Salutogenic model as a theory to guide health promotion** (Aaron Antonovsky, 1996) an approach focusing on factors that support human health and well-being, rather than on factors that cause disease.

Neuroscience and Neuropsychotherapy

- Focuses on the dynamic interplay between the mind, the body, social interaction and environment on the person's well-being.
- Emphasises an holistic view of people

Different ways of understanding Health experience

- Medical Model
- Biopsychosocial model
- Social constructionism
- Cross-cultural perspective
- Health belief systems

ASSIGNMENT GUIDANCE

Assessment Component One

- Academic Essay - 2000 words (10% +/-)
- Essay Title: "There is often a link between ill health and poverty; Discuss the social, economic and environmental influences that impact psychological health and well-being"
- SUBMISSION DATE: 5th December 2017 at 12:00

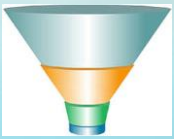
Learning Outcomes:

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

- Recognise health as a contested topic and Counselling's position in the discipline
- Evaluate a range of theories of causality relating to emotional distress and its impact on well-being
- Recognise the links between individual experience of health and health issues and the wider structural elements relevant to health and well-being.
- Employ appropriate academic conventions in the production and presentation of work.

Writing an Academic Essay

- Focus on the essay question. Read and understand the aim of the assignment, it has been designed to enable you to meet the learning outcomes for this module.
- Allow yourself plenty of time to prepare, read and research around the topic
- Draw a plan for your essay, it should have a clear beginning, middle and end



Writing a Good Essay

- PLAN and PREPARATION
- Pay attention to detail, presentation is important
- Format the structure of your essay, set the font size to size 12 or 14, Ariel or New Roman Times
- **Double Line Spacing**
- Indent paragraphs
- Use Headers and Footers. Display page numbers and your student number on each page.
- APA Referencing

Essay Plan

A good essay....

- Has a good strong structure – a clear obvious beginning, middle and end
- It addresses the essay question. Your discussion will not only answer the question, it will look at it from different perspectives.
- Your discussion will be supported by research informed academic literature from a wide range of sources i.e. text books, academic journals and articles, in this particular essay, you will look at it from the BACP ethical framework proposed by the British Association for Counselling and Psychotherapy.
- The conclusion will summarise your discussion and raise further questions. It pulls your discussion together and leaves the reader wanting to know more
- Write in third prose and avoid personal pronouns such as I, me, you and we. This is an academic essay, you need to be writing in third person. For example... Rogers (1961) proposed a theory which... It has been suggested that.....

How much do I need to write in each section?

Essay Structure

- As a rough guide you might want to think about the physical structure in the following way:

Essay Word Count is 2000(10%+/-)

- Introduction 10% - 200 words
- Conclusion 10-15% - 200-300 words
- Main body/discussion would then be about 1,500.
- This is only meant as a Rough guide!

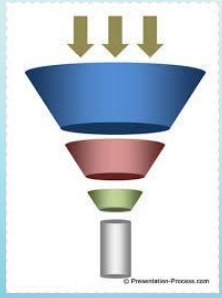
What is the purpose of an Introduction?

Introduction

- A concise review of relevant empirical and theoretical literature from the area under study
- Sets the scene for the essay– a rationale
- A good research question should have been informed by a review of the academic literature
  - Theory
  - Models
  - Empirical evidence

Why is an Introduction important?

- It enables the reader to understand your research question and why it is **important** and **relevant**
- Start broad, and then narrow down to focus on the literature most relevant to your discussion.
- It should be totally clear by the end of your introduction why you are looking at your specific research question, how you will address your topic and what the literature is currently saying about this subject area.



General introduction – broad themes/theories/evidence base

Specific themes/theories/empirical studies that are directly relevant to your specific question

Your specific research question/hypothesis

Your introduction should

- Flow
- Be concise and clear
- Tell a strong academic story
- Be unbiased
- Cover relevant historical and up-to-date literature (studies and theories) in appropriate detail
- Synthesise, critique and evaluate

What information needs to be included in my discussion?

Discussion

- A really important section
- A comprehensive discussion of the essay question supported by empirical, research informed, peer reviewed evidence and literature
- Keep focussed on the question, don't waffle!
- Takes time to get it right – Practice makes perfect!

School of Psychology Referencing Guide 2016-17

- Please ensure that you read and familiarise yourself with the 2016-17 Referencing Guide, particularly information relating to plagiarism and unfair practice.
- PRACTICE - PRACTICE – PRACTICE
- Peer support

Unfair Practice

Defined as 'any act, intentional or otherwise, whereby a person may obtain for himself/herself or for another, an unpermitted advantage…'

- One of the most serious offences at University

Plagiarism – claiming that the work of others is your own

- Avoiding plagiarism
- Penalties for plagiarising

Collusion

- Unauthorised co-operation between two or more students

University Regulations: Undergraduate Student Guide, September 2017

Submission

- Submit Electronically through TURNITIN
- Draft Portal: Text similarity reports. Draft Submissions do not include the return of feedback
- Final Portal
- Marking Criteria
- **Student Self Evaluation Form
- Students will receive written feedback for work submitted via Turnitin within twenty clear term-time working days after submission of assignment. Pay attention to feedback and use it
- Individual tutor feedback

Late Submission of Assignments

- Late submission penalties are applied to work that is not submitted by the published deadline
- Work submitted up to one week late will be capped at 40%. Later than 7 days 0%.
- Late submission penalties may only be lifted with the approval of the Extenuating Circumstances Panel.
- Work cannot be accepted more than one week after the submission deadline and will be regarded as a non-submission.

(University Regulations: Undergraduate Student Guide, September 2017