

Module Specification

Module Code	ECPR7002
Title	Therapy and Context
Date	11/12/2019
Level	7
Credits	30
Pre-Requisites	

AIM(S)

- To contextualise therapeutic practice within the wider mental health context, including multi-disciplinary working and the role and impact of NICE on mental health provision, consider contemporary responses to mental health diagnoses and how psychological problems develop, with a focus on the implications of severe pathology for practice.
- To consider the rationale and philosophy underpinning the process of therapeutic change in Emotion Focused Therapy and to engage with, and develop appropriate and robust interventions based on its principles.

LEARNING OUTCOMES

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

- Demonstrate familiarity with a model of assessment compatible with their core theoretical model in order to determine the client's therapeutic needs, while maintaining an awareness of other assessment strategies.
- Critically appraise a range of therapeutic responses, strategies and interventions to inform practice and critically assess potential limitations of their preferred theoretical model or models in work with specific clients.
- Recognise signs and symptoms associated with mental distress and regularly update knowledge about mental health and well-being and be aware of psychopharmacological interventions commonly used in the treatment of mental health problems and be sensitive to the impact that prescribed medication may have on the therapeutic relationship and process of counselling/psychotherapy.
- Critically evaluate ways in which government policies and recommendations such as those in the National Institute for Health and Clinical Excellence (N.I.C.E.) guidelines may impact on mental health service provision and client well-being.
- Critically appraise the range of psychological services and interventions available to clients and recognise and respect inter-professional and multi-agency approaches to mental health.
- Apply consistently a comprehensive, in-depth and research-informed body of knowledge in their practice.

- Critically appraise the effect of their own values, beliefs, attitudes and behaviours when working as a psychotherapist.
- Ensure a consistent commitment to continuing professional and personal development, including self-awareness and fitness to practice.

INDICATIVE CONTENT

Module content will be taught through the following elements:

Therapeutic Theories - Emotion Focused

The learner will develop a range of therapeutic interventions within the Humanistic modality.

This element will focus on the theory and practice of Emotion Focused Therapy (EFT): Process-Experiential Theory; Client microprocessors; therapist processes; empathy and exploration; care and feeding of the therapeutic relationship; access and allowing experience; problematic experiences; Gestalt chair-work for conflict splits; Empty-chair work for unfinished interpersonal issues. In addition the unit will critically appraise the evidence base of EFT, assessing its limitations, evaluating interventions and comparing its efficacy to other modalities. The unit will particularly focus on Counselling for depression and anxiety.

Specific themes rising out of this context could be:

- Considering a range of theories and interventions
- Developing a strategy of interventions
- Adaptation and flexibility with modes of intervention
- Responding to management of problematic situations, including violation of the therapeutic contract
- Endings
- Review of client's work

Mental Health Framework

The learner will be supported to develop an applied understanding of the field of mental health and its relationship to therapy. In addition, there will be consideration of the current discourses and disputes associated with the field of mental health, the current legislation, current diagnostic tools and regional and international strategies, as well as the Humanistic dialogues and critiques associated with current mental health practices.

The content of this module could contain the following themes:

- mental health and the challenges of sustainability
- the legal framework and guidance of the Mental Capacity Act of 2005
- the legal frame work and understanding of the Mental Health Act 2007
- the Mental Health (Wales) Measure 2010
- psychopathology and the current diagnostic resources of the DSM 5, ICD 10
- pharmacological intervention

- mental health provision and services; local and global i.e. Mind, Mental Health Foundation
- mental health in relation to 'Race' and Cultural issues
- mental health and diversity
- confidentiality and boundaries in a mental health setting
- understanding the Protection of Vulnerable Adults requirements
- understanding addiction and co-occurring diagnoses
- model of Harm Reduction
- homelessness and areas of social exclusion
- the 'benefits' framework with respect to Mental Health
- Mental Health and sustainability
- EcoMind – the practices of mental health sustainability

Professional Autonomy and Accountability

This element builds on the learning of the previous module with regards to the theories, role, use and experience of supervision. Self-awareness and reflective practice is also developed and deepened.

Supervision

Theories of supervision: being an effective supervisee; models of supervision; seven-eyed supervision; trans-cultural supervision; case study work around supervision;

Reflective practice

Transformative learning

Models of reflective practice

Self-awareness in relation to own practice

Critical reflection

Critical reflection of issues of diversity in relation to self and practice

Considering own values in relation to the environment and practice implementation

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
Presentation		20 minutes			50%

Assessment Component 2

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

Assessment Summary

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

The programme is validated by the National Counselling Society. This module is largely unchanged from the previous programme validation and has therefore been checked and confirmed by the NCS as meeting all course expectations.

INDICATIVE READING LIST

Module Code	ECPR7002	
Module Title	Therapy and Context	
Classification	Reading List entry	Electronic*
Essential	Amhed, S., 2014. <i>The cultural politics of emotion</i> . 2 nd ed. London: University of Duke Press.	☐
Essential	Elliott, R., Watson, J.C., Goldman R.N. and Greenbreg L.S. 2004. <i>Learning Emotion-focused therapy: the process-experiential approach to change</i> . Washington DC: American Psychological Association.	☐
Essential	Pilgrim, D., 2014. <i>Key concepts in Mental Health (SAGE key concepts series)</i> . London: Sage.	☐
Further	Greenberg, L., 2001. <i>Emotion-Focused therapy</i> . Washington D.C.: American Psychological Association.	☐

Further	Ledoux, J., 1998/2003. <i>The emotional brain: the mysterious underpinnings of emotional life</i> . London: Phoenix Press.	☐
Further	Watson, Joshua C. and Flamez, B., 2014, <i>Counseling assessment and evaluation</i> :	☐
Further	American Psychiatric Association. 2013., <i>Diagnostic Statistical Manual of Mental Disorders DSM - 5</i> . Washington D.C: American Psychiatric Association.	☐
Further	Barker, P. ed., 2011. <i>Mental health ethics: the human context</i> . Abingdon, Oxon: Routledge.	☐