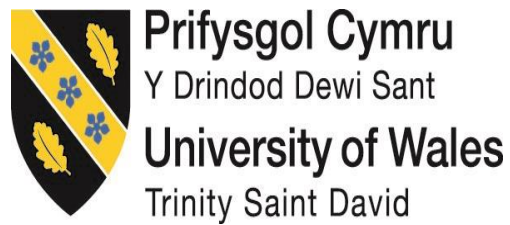


Module Handbook

ECHC 7002 The Counselling Reflexive Practitioner



BA/MArts Programme

MODULE CODE: ECHC7002
TITLE: The Counselling Reflexive Practitioner
DATED: 17/05/2017

LEVEL: 7
CREDITS: 30

JACS CODE: B940

AIM(S)

- To develop reflexivity in practice.
- To develop and establish resiliency.
- To fully incorporate the use of 'self' within the therapeutic relationship.

LEARNING OUTCOMES

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

- Critically self-reflect as the therapist, drawing on an empirical methodology that contributes to understanding of the therapeutic relationship in counselling and psychotherapy.
- Critically apply appropriate methodology in relation to dealing with complex problems or those of an unfamiliar or unpredictable nature.
- Work in a systematic way with knowledge/data relevant to the discipline of counselling/psychotherapy.
- Critically discuss and analyse complex concepts and work independently and with some originality.

INDICATIVE CONTENT

- Reflective Practice and Reflexivity
- Self awareness, resilience and professional practice
- Group and individual practice in developing self-awareness,
- Giving and receiving feedback to deepen self awareness and provide mutual support in practice
- Receiving and responding to peer and facilitator feedback
- How our stories influence therapy
- Reflection on personal therapy and life history.
- Transparency and self-disclosure
- Phenomenological self noticing
- The Wounded Healer
- Developments within Reflective practice

LEARNING AND TEACHING STRATEGY

Lectures will introduce the students to the concepts, principles and practices. Tutorials and seminars will introduce practical examples which will be used to support the application, discussion, and critical evaluation of techniques learned. Case studies will also be used to develop understanding and application of the techniques.

The allocation of teaching to deliver the module is:

Activity type	Hours	Percentage
Scheduled learning	100	33%

Independent learning	200	66%
Placement learning		
TOTAL	300	100%

ASSESSMENT (Please see Assessment Proformas)

Assessment Component 1: 25%

Practical – academic interview (20 minutes)

Exemplar:

Present your research design for the phenomenological investigation which you will undertake in assignment two

Assessment Component 2: 75%

Coursework: Academic essay (6000 words)

Exemplar:

Undertake a phenomenological investigation of you as therapist, using an empirical research design and present your findings as a piece of written research. This will include an ethical approval submission.

Assessment Summary

Activity type	Percentage
Written exam	
Coursework	75%
Practical	25%
TOTAL	100%

EDUCATION FOR SUSTAINABLE DEVELOPMENT (ESD)

Does the module contribute to ESD?	Yes
Sustainable Literacy Skills - Students are encouraged to consider and engage with conversations relevant to sustainability. The module will engage students in the dialogues and tensions between the individual understanding of psychological, socio-political and constructivist theories to stimulate future thinking regarding mental health - Students are encouraged to think critically and creatively within the field of mental health and social care and explore new approaches to practice. - Students are able to appreciate the importance of environmental, social and political contexts to their studies.	

Please also see ONLINE RESOURCE LIST (Leganto) available on Moodle

Module Code	ECHC7002	
Module Title	The Counselling Reflexive Practitioner	
Classification	Reading List entry	Electronic*
Essential	Bager-Charleson, S. 2015. <i>Reflective Practice in Counselling and Psychotherapy</i> . London. Sage Publications Limited	☐
Essential	Hedges, F. 2010. <i>Reflexivity in Therapeutic Practice</i> . Basingstoke, Hampshire. Palgrave MacMillan	☐

Essential	Rose, C. 2008. <i>The Personal Development Group: The Students' Guide</i> . London. Karnac Books Limited	☐
Essential	Wright, J. and Bolton, G. 2012. <i>Reflective Writing in Counselling and Psychotherapy</i> . London. Sage Publications Limited.	☐
Further	BACP Counselling and Psychotherapy Research Journal	☐
Further	Therapy Today	☐
Further	Person-Centred & Experiential Therapies	☐
Further	Journal of Humanistic Psychology	☐
Further	British Journal of Guidance and Psychotherapy	☐
Further	Evidence Based Mental Health	☐
Further	Journal of Psychotherapy Practice and Research	☐
Further	Psychology and Psychotherapy: theory, research and practice	☐
Further	Databases e.g. ProQuest, Science Direct, JStore	☒