

Module Code	ECPS5013
Title	Counselling Theory and Approaches
Date	27/05/2022
Level	5
Credits	20
Pre-Requisites	

AIM(S)

- To gain a critical understanding of embedded and theoretical counselling approaches that underpin a range of counselling and mental health professions today.

LEARNING OUTCOMES

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

- Demonstrate a critical understanding of the various theoretical approaches within counselling and embedded counselling practice.
- Gain an awareness of the significance of counselling research on counselling practice.
- Recognise the limits of knowledge, skill, ethical boundaries, and experience in counselling.
- Take responsibility for their own learning and skill development, including effective personal planning, self-reflection, and project management skills.

INDICATIVE CONTENT

- Theoretical understanding of the traditional 'Forces'; of human psychological theory from a Counselling and Psychotherapy perspective which include Psychodynamic, Cognitive Behavioural (CBT), Humanistic, Postmodern, and Systemic approaches.
- Current trends in counselling research.
- Cultural diversity within counselling practice

LEARNING AND TEACHING STRATEGY

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	30	15%
Independent learning	170	85%
Placement learning		
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Individual Seminar Journal Review Presentation	15-minutes	50%

Assessment Component 2

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Research Report	2,000 words	50%

Assessment Summary

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

READING LIST

Module Code		
Module Title	Counselling Theory and Approaches	
Classification	Reading List entry	Electronic*
Essential	Reeves, A. (2022). <i>An Introduction to Counselling and Psychotherapy</i> . 2 nd ed. Sage	☒
Essential	Neukrug, E. ed. (2015). <i>The SAGE Encyclopedia of Theory in Counseling and Psychotherapy</i> . Sage	☒
Essential	Pedersen, P. et al. (2016). <i>Counseling Across Cultures</i> . Sage	☒
Essential	McLeod, J. (2022) <i>Doing Research in Counselling and Psychotherapy</i> 4 th ed. Sage.	☒
Further	McLeod, J. (2009) <i>Introduction to Counselling</i> . McGrawHill/Open Univeristy Press.	☒
Further	Corey, G. (2013). <i>Theory and practice of counselling and psychotherapy</i> . 9 th ed. Brooks/Cole.	☐

Further	Mearns, D. and Thorne, B., with McLeod, J. (2013). <i>Person-centred Counselling in action</i> . 3 rd ed. London: Sage	☐
Further	Therapy Today BACP https://www.bacp.co.uk/bacp-journals/therapy-today/	☒
Further	<i>British Journal of Guidance and Counselling</i>	☒
Further	<i>Counselling Psychology Quarterly</i>	☒
Further	<i>Journal of Humanistic Counseling</i>	☒
Further	<i>Journal of Counselling and Education</i>	☒
Further	<i>Cognitive Behaviour Therapy</i>	☒
Further	<i>Person-Centered & Experiential Psychotherapies</i>	☒