

Module Code	ECCS6004
Title	Reflective Practice in Counselling
Date	11/10/2023
Level	6
Credits	30
Pre-Requisites	None
DBS Check	May be required ☐ Not required ☒

AIM(S)

- To engage in reflective and reflexive practice and monitor own personal and professional development and well-being, to consider, challenge, and reflect on own values, beliefs, attitudes and behaviour, and consider impact on relationship with others and to promote equality, diversity and inclusivity in practice and challenge discrimination and prejudice on a professional, organizational, and systematic level.

LEARNING OUTCOMES

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

- demonstrate reflective and reflexive practices within the context of counselling skills, drawing upon ethical and principal values within the counselling tradition;
- critically evaluate and apply relevant professional ethical codes of practice, including those respecting diversity, equality and anti-discriminatory practice;
- critically reflect on own values, beliefs, attitudes and behaviour and be consciously aware of one's own bias and unconscious bias, in relation to social context, gender, age, ethnicity, national or ethnic origin, culture, class, ability, sexual orientation, religion and beliefs;
- critically demonstrate reflective and reflexive practices that supports professional and personal development, drawing on research-informed therapeutic responses, strategies and interventions to inform practice;
- recognise own personal and professional strengths and limitations that may affect practice and develop appropriate self-support and self-care strategies;
- take responsibility for own learning and skill development and use self-reflection and self-appraisal to critically review own use of skills, personal and professional development and personal planning.

INDICATIVE CONTENT

- Theoretical concepts, models and frameworks that underpin reflective practices and reflective writing.
- Self-awareness of personal development and social identity.
- Humanistic concepts of personality development.
- Personal development planning and goal setting.
- Self-awareness, resilience, and self-care.
- Recognising limitations, power, and strength.

- Personal values and principles, such as ethical, social, diversity and environmental issues.
- Professional behaviors: ethical and moral values, attributes and competencies.
- Practical creativity, flexibility, self-motivation, autonomy.
- Group dynamics and development.
- Personal development planning and goal-setting.
- Personal and professional development groups.
- Reflective writing and journals.
- Receiving and responding to peer and facilitator feedback.
- The power of the narrative.
- Working with imagery and metaphor.
- The impact of diversity within the therapeutic relationship.
- The use of identified personal tutors, Personal Development Groups and Personal Development Planning will provide opportunities for development of self-awareness, 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 reflective practice video presentation, using purpose built digital technology. This will be supported by written reflective narrative 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
Practical Skills Demonstration	25 minutes	50%

Assessment Component 2

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Essay	3000 words	50%

Assessment Summary

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

INDICATIVE READING LIST

Module Code	ECCS6004	
Module Title	Reflective Practice in Counselling	
Classification	Reading List entry	Electronic*
Essential	Bager-Charleson, S. (2020) <i>Reflective Practice and Personal Development in Counselling and Psychotherapy</i> (2nd Ed). London: Sage Publications	☐
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	Wright, J. and Bolton, G. (2012) <i>Reflective Writing in Counselling and Psychotherapy</i> . London. Sage Publications Limited.	☐
Further	Bassott, B. (2020) <i>The Reflective Journal</i> . Bloomsbury Publishing	☐
Further	Bassott, B. (2015) <i>Reflective Practice Guide: An Interdisciplinary Approach to Critical Reflection</i> . Routledge	☐
Further	Stedmon, Dallos, Stedmon, Jacqui, & Dallos, Rudi. (2009). <i>Reflective practice in psychotherapy and counselling</i> . Maidenhead: McGraw-Hill/Open University Press.	☒
Further	Rose, C. (2008) <i>The Personal Development Group: The Students' Guide</i> . London. Karnac Books Limited	☐
Further	Thompson, S and Thompson, N. (2018) <i>The Critically Reflective Practitioner</i> . 2 nd Ed. London: Palgrave	☐