



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Communication and Counselling **Amanda Owens and Dave Wilde**

An Introduction to the Module **Getting to Know You**

Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives



www.uwtsd.ac.uk

Getting to Know You

- **Amanda Owens - Programme Director**
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- Room AS206 - 2nd Floor
- As Above

What will be covered in this module ?

- Understanding Counselling
- Counselling Theory /Therapy
- Person Centred, Cognitive Behavioural Therapy and Psychodynamic.

- Developing communication and counselling skills
- The value of communication and counselling skills within the Health and Social Care Sector.
- Identifying the current Challenges within Health and Social Care.
- What can be done to improve communication and professional practice?

- Defence mechanisms.
- The BACP ethical codes and boundaries .
- Recommendations for improvement ?

Practical Sessions

- Group work /discussion
- Triad sessions - development and observation of communication and counselling skills
- Presentations/seminars

Ok - but how will I be assessed?

- There will be 2 assignments in Semester 1
- Assignment 1 - Video Critique
+supportive paper
- Assignment 2 - Essay

Do you feel like this yet?



Keep Calm and Lets Carry On !

Group Activity

What is expected of me when I complete my assignments ?

- In small groups discuss the above .

Understanding Your assignment

- Proforma
- Submission
- Turnitin
- Key points/content
- Referencing
- Word count
- Proof read
- Draft

- Grading Criteria
- Self Assessment
- Responsibility
- Extenuating Circumstance– SLT
- Support Liaison Tutor - Karen Hudson

Summary

- Overview of module
- Assessment
- Understanding your assignment/proforma
- Expectations /Responsibility

Questions ?

- Please don't worry , we are here to help and support you .