

Module Code	ECCS6002
Title	Reflective Practice in Counselling
Date	10/01/2019
Level	6
Credits	30
Pre-Requisites	

AIM(S)

- To develop an understanding of reflective/reflexive practices within counselling skills that explore the relationship of *self* (self-awareness) and its impact on therapeutic relationships and being in relationship to others.

LEARNING OUTCOMES

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

- Demonstrate self-reflective and reflexive practices within the context of counselling skills, drawing upon ethical and principal values within the counselling tradition.
- Critically demonstrate reflective/reflexive practices that contributes and supports professional practices and growth such as reflective/reflexive writing and personal development.
- Critically self-reflect as a reflective practitioner, drawing on an empirical methodology that contributes to understanding of the therapeutic relationship in counselling and psychotherapy.
- Take responsibility for their own learning and skill development; including effective personal planning, self-reflection and project management skills.

INDICATIVE CONTENT

- An understanding of theoretical concepts, models and frameworks that underpin reflective practices and reflective writing.
- Ethical values and principles that underpin reflective practices. i.e. ethics of care.
- 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
- The power of the narrative; how our stories influence therapeutic relationships, working with metaphor.
- The impact of diversity within the therapeutic relationship.

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	N/A	N/A
TOTAL	300	100%

ASSESSMENT

Assessment Component 1

(Tick one)

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Presentation	20mins	50%

Assessment Component 2

(Tick one)

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Coursework	4000 words	50%

Assessment Summary

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

READING LIST

Module Code	ECCS6002	
Module Title	Reflective Practice in Counselling	
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	Wright, J. and Bolton, G. 2012. <i>Reflective Writing in Counselling and Psychotherapy</i> . London. Sage Publications Limited.	☐
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	☐