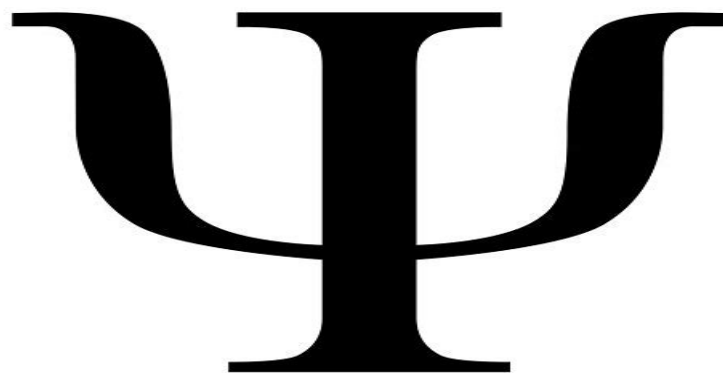




Module Handbook 2021- 2022

ECPS5008 Counselling Skill and Approaches



Centre for Psychology and Counselling

ECPS5008 Counselling Skills and Approaches

LEVEL: 5
CREDITS:40

JACS CODE:C843

AIM(S)

- To further the advancement of counselling skills developed from level four and 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 appropriate use of a range counselling skills.
- Gain contextual knowledge and awareness within a relevant placement that offer support and care within mental health and well-being.
- Develop a critical understanding of the various theoretical approaches within 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 – Due to COVID Restrictions – Students will not be undertaking

- 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
- Understanding and further developing of a range of counselling skills.
- Contextual understanding of using embedded counselling skills within a variety of mental health and care sector.
- Understanding and application of code of conducts and ethical frameworks with professional practice.
- Awareness and understanding of diversity within context of counselling skills.

LEARNING AND TEACHING STRATEGY

Taught lecture content will be introduced and developed through a combination of lectures and interactive practical work, the latter involving a range of strategies including small group exercises such as triads and dyads.

T

he study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	60	15%
Independent learning	220	55%
Placement learning	120	30%
TOTAL	400	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Practical Skills Assessment	15 minute DVD recording with a 1500 reflective commentary; linking theory to practice	30%

This practical skills assessment will allow students to demonstrate the development of their embedding helping skills. (Please see Assessment Specification form)

Assessment Component 2

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Case Study	2000 words	20%

Students will be asked to critically explore how a specific case study might use a specified therapeutic approach with the client. (Please see Assessment Specification form)

Assessment Component 3

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Portfolio of Evidence	3 elements plus 1,000 word reflective commentary	30%

Students will be asked to present a portfolio of evidence to showcase their placement experience and an accompanying written reflective piece. These may include: examples of work carried out as part of the placement, diary entries/blog, minutes of meetings attended,

Assessment Component 4

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
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Seminar Presentation	10 minute PowerPoint seminar presentation	20%
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This seminar presentation will allow students to critically reflect on their placement experience.

Assessment Summary

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

This module is not linked to a Professional, Statutory and regulatory Body (PSRB).

READING LIST Please see the core text highlight in Blue. Books and Journal Articles are also located within the Leganto ONLINE Reading list on Moodle.

Module Code	ECPS5008	
Module Title	Counselling Skills and Approaches	
Classification	Reading List entry	Electronic*
Essentials	McLeod, J. (2009) <i>Introduction to Counselling</i> . Maiden Head: McGrawHill/Open Univeristy Press.	☒
Essential	McLeod, John and McLeod, Julia, (2011). <i>Counselling skills: a practical guide for Counsellors and helping professionals</i> . Maidenhead, Berkshire: McGrawHill/Open University Press	☒
Further	Reeves, A. (2013). <i>An Introduction to Counselling and Psychotherapy: From Theory to Practice</i> . London: Sage	☐
Essential	Midwinter, R. (2015). <i>Embedding Counselling and Communication Skills</i> . East Sussex: Routledge.	☐
Further	Wright, J. and Bolton, G. (2012). <i>Reflective Writing in Counselling and Psychotherapy</i> . London: Sage.	☐
Further	Bond, T. (2015). <i>Standards and Ethics in Counselling</i> 4 th ed. Los Angeles: Sage	☐
Further	Corey, G. (2013). <i>Theory and practice of counselling and psychotherapy</i> . 9th Ed. Pacific Grove, Calif: Brooks/Cole	☐
Further	Egan, G. (2013). <i>The Skilled Helper, A Problem Management and Opportunity Approach</i> . 10 th ed. California: Brooks/Cole	☐
Further	Feltham, C. and Horton, I., eds. (2012). <i>The Sage Handbook of Counselling and Psychotherapy</i> . 3rd Ed. London: Sage	☐
Further	Jones, Smith, E. (2012). <i>Theories of Counseling and Psychotherapy. An integrative approach</i> . Thousand Oaks, California: Sage	☐
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>	☒

Required Additional equipment and resources:

Access to an electronic device, that allows you to research and interact with various activities within the On-Campus Sessions. Notebook, journal, paper, pens, colourful markers.

Counselling Skills and Approaches

Scheme of Work

Assessments: Assignment Specification Proforma's are available on Moodle

- 1x case study essay
- 1x Practical Skills– Practical Skills Assessment & Reflective Commentary
- 1x Placement Presentation
- 1x Portfolio of Evidence:

10x Recordings/asynchronous learnings

Structure of On-Camps Sessions

<i>All sessions follow this structure unless indicated</i>	
9.30-11	Session 1 (90 minutes)
11-11.15	Comfort break (30 minutes)
11.30-12.30	Session 2 (60 minutes)
12.30-1.15	Lunch (45 minutes)
1.15-2.45	Session 3 (90 minutes)
2.45-3	Comfort break (15 minutes)
3-4	Session 4 (60 minutes)

Weekly Planner

Date	Recordings/Asynchronous Learning	On-Campus Sessions
W/C 26 th September	WEEK ONE Overview of the Module Skills/Theory/ Application – Voluntary Experience <i>'The changing landscape of counselling'</i>	WEEK ONE – Bev to Deliver Counselling Skills Workshop Session 1: Welcome, Ice Breakers Activities, Contracting, Review of Skills - Short Video clips. Session 2: 10-minute writing exercise, Self-Awareness/Reflective Practice - Journaling Johari exercise – Growing Edge Session 3: Demonstrations of Skills – Role of the Observer Small Group work Session 4: Recap of the day
W/C 4 th October	WEEK TWO Theoretical Approaches: Psychodynamic Perspective Online buddies/small groups	
W/C 11 th October	WEEK THREE Theoretical Approaches: Cognitive Behaviour Perspective	
W/C 18 th October	WEEK FOUR Theoretical Approaches: Humanistic Perspectives	WEEK TWO Session 1: Questions from last week. Assessment Discussion Group Activity/ Psychodynamic Approach –
READING WEEK		

W/C 1 st November	WEEK FIVE Theoretical Approaches: Post Modern Theories & A Pluralistic Perspective	Significance of understanding attachment. Psychodynamic Techniques – scribbling exercise - Winnicott Session 2: Exploring a case scenario/case study application and the efficacy of current psychodynamic approaches today – Journal article discussion Session 3: Small Groups/Online Buddies Practical Skills Session & Reflective Practice Session 4: Placement Updates & Check out.
W/C 8 th November	WEEK SIX Positive Psychotherapy – Positive Psychology	WEEK THREE Session 1: Q & A, CBT with exercises and short video clips. Session 2: Exploring a Case Study Scenario and the efficacy of CBT today – journal article discussion Session 3: Practical Skills Session Session 4: Mini (3 minute) presentations on voluntary experiences
W/C 15 th November Assessment 1: Case study Essay	WEEK SEVEN Skills Workshop Reflective Practice	
W/C 22 nd November Assessment 2: Practical Skills Recordings	WEEK EIGHT Practical Skills Assessment – REVIEW reflective practice	
W/C 29 th November Assessment 2: Reflective Commentary	WEEK NINE Placement Presentation Preparation and Portfolio Building	WEEK FOUR Session 1 Q & A, Humanistic Perspectives including Motivational Interviewing Interventions/Skills Session 2: Exploring the efficacy of Humanistic approaches. Session 3: Practical Skills Sessions – noticing and working with emotions Session 4: Group Process
W/C 6 th December Assessment 3: Placement Presentations (10 minutes)	WEEK TEN Recap of Skills Portfolio Preparation	WEEK FIVE Session 1: Q & A A Pluralistic Perspective – Mick Cooper – John McLeod Case Study Overview Session 2: Efficacy of Pluralistic Approach – Journal Discussion.

		Session 3: Practical Skills Session – Working Online Session 4: Group Process Placement Updates
W/C 17th January Assessment 4: Placement Portfolio		WEEK 6 Session 1: Positive Psychotherapy – Positive Psychology – Exercise's Session 2: Efficacy of these interventions with discussion Session 3: Practical Skills Session Session 4: Group process
		Week 7: Session 1: Q &A Review of Skills for your practical skills demonstration. Fishbowl Session 2: 1:1 session on Placements Session 3: Practical Skills Session Session 4: Reflective Practice
		Week 8 <i>Practical Skills Recordings TEAMS to be scheduled</i>
		Week 9 Session 1: Placement Presentation Preparation Session 2: Portfolio Building (Examples to be provided) Session 3: Practical Skills Session 4: Group Process – Skills Evaluation
		Week 10 Session 1 & 2 Placement Presentations Session 3: Placement Portfolio Session 4 Module Evaluation

Glossary of terms for the module

Group Contract - A contract between each member of the group which consists of mutually agreed ground rules in adherence within the classroom and online environment of the module.

Group Process – A time to reflect with others on what you have been learning about yourself and your skills that you are developing.

Journal Writing/Reflective Practice – You are encouraged to engage in journal writing after each practice skills sessions as this will enhance your reflective practice. This allows you to grow in your self-awareness of your skills and personal development. – ***Please review the reflective practice guidance (Academic Support Tutor Handbook)***

Online Buddies – 2-3 persons - To continue your skills development outside of the formal learning environment – Skills need practice. Group Contract will be adhered to in the online environment and in the classroom environment as well as adherence to the BPS/BACP ethical codes of practice.

Practical Skills Sessions - In each session you will have the opportunity to work in small groups/triad/dyads to work on your helping skills: Case Scenarios and your own topic areas will be used. You will be contracting with your own groups/triad/dyad and be reminded of keeping safe within your own self-disclosures.

Self-Assessment of Skills – A check list of skills that you will be asked to rate yourself on how you are doing throughout the module. This provides you with your own evidence of growth and what needs further consideration.

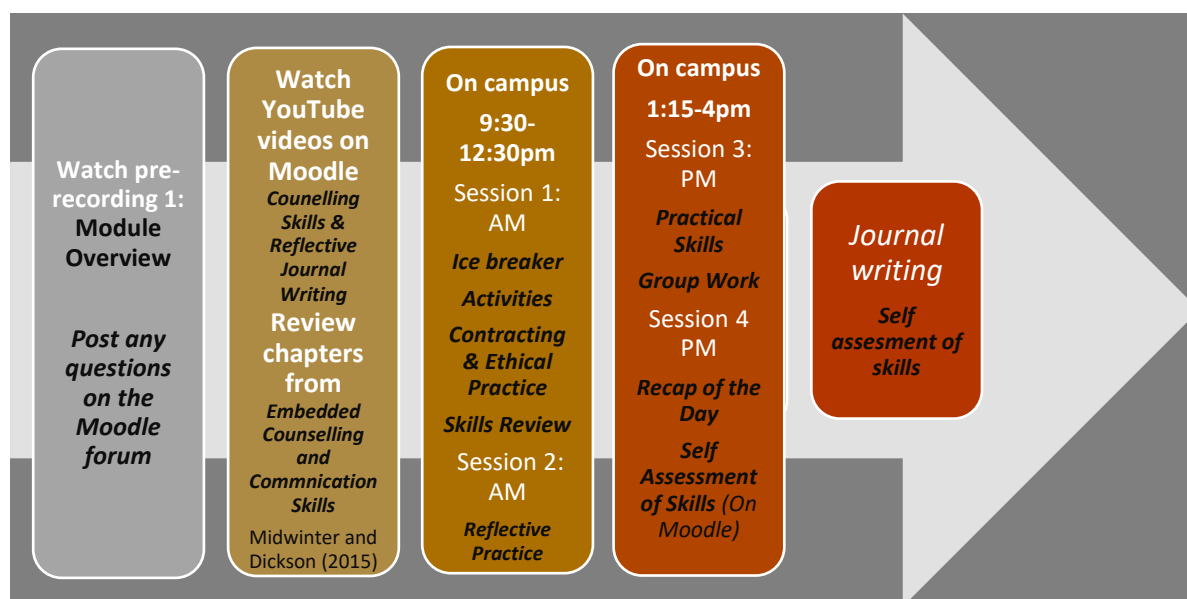
Working Online – Please consider the following for working online: *Provide a safe and secure environment:* private room or doors closed, use of headphone, have a plan for when there are disruptions. *Equipment Requirement:* access to a camera and headphones. *Awareness of your positioning and facial expressions*

Visual Guide

The following is a weekly visual guide for the CSA module. This will also appear on your Moodle pages each week along with recordings, YouTube Videos, essential readings, journal articles for discussion and other pertinent information. Essential books (Online) and journal articles are available on your **Online Leganto Reading List**.

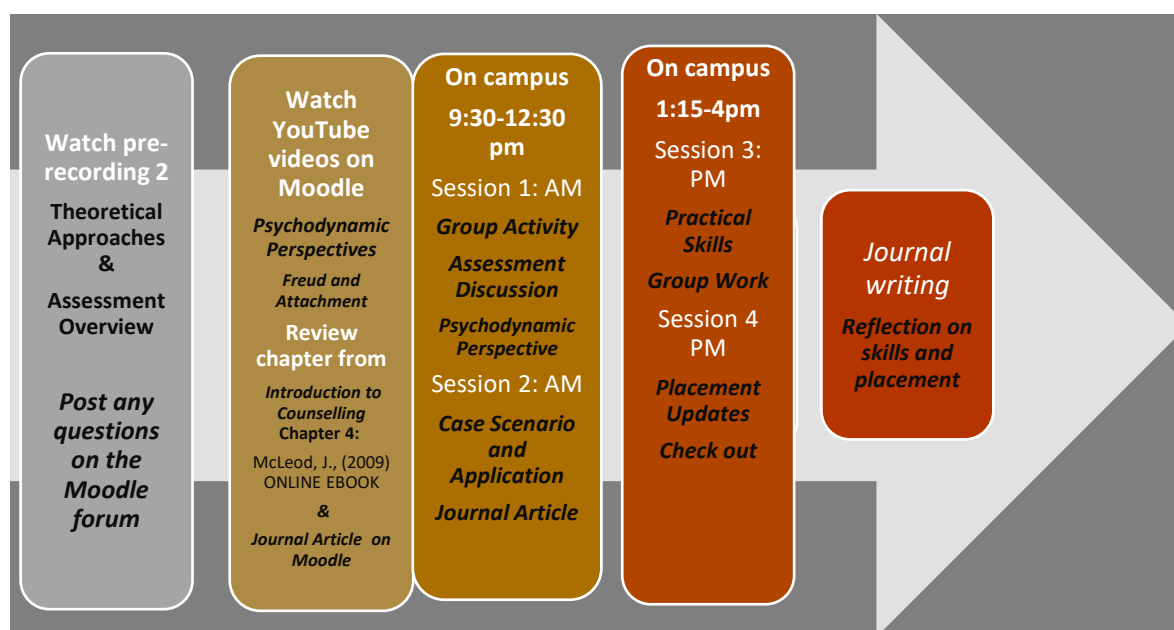
Information is subject to change when required.

Week One: Counselling Skills Workshop



Please view the following information below on Moodle.

Week Two: Theoretical Approaches – Psychodynamic Perspective

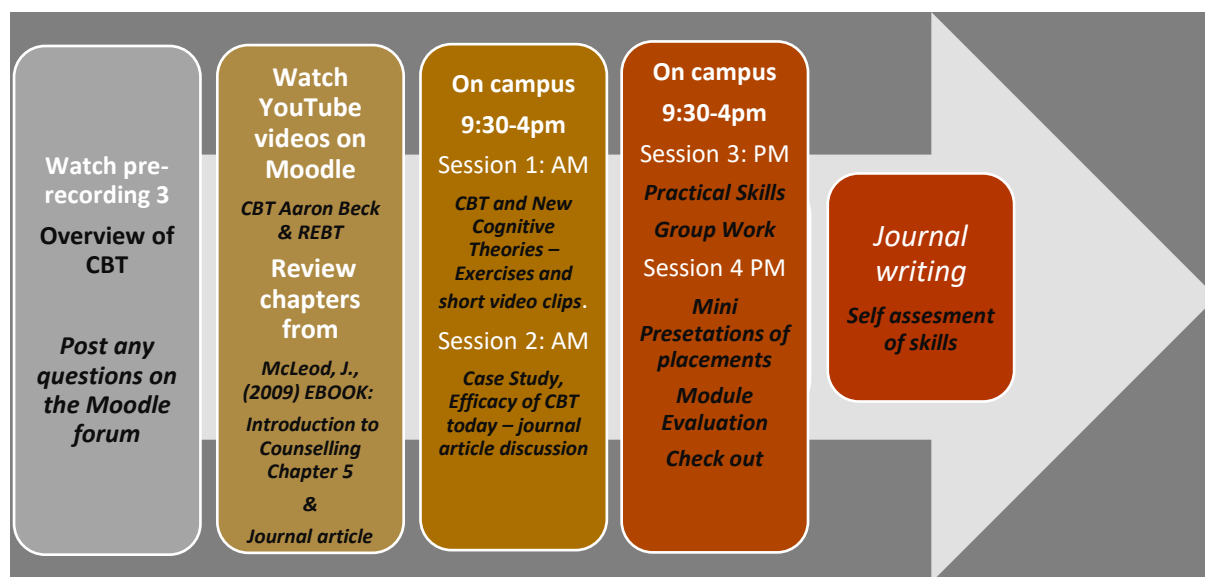


Please view the following information below on Moodle.

Essential Reading: McLeod, J. (2009) Introduction to Counselling Skills. Maidenhead: Open University (Chapter 4). **(Available online reading list)**

On-Campus Discussion – Yakeley, J. (2014) Psychodynamic psychotherapy: developing the evidence base, *Advances in psychiatric treatment* vol. 20, 269–279 doi: 10.1192/apt.bp.113.012054 **(Available online reading list)**

Week Three: Theoretical Approaches - CBT

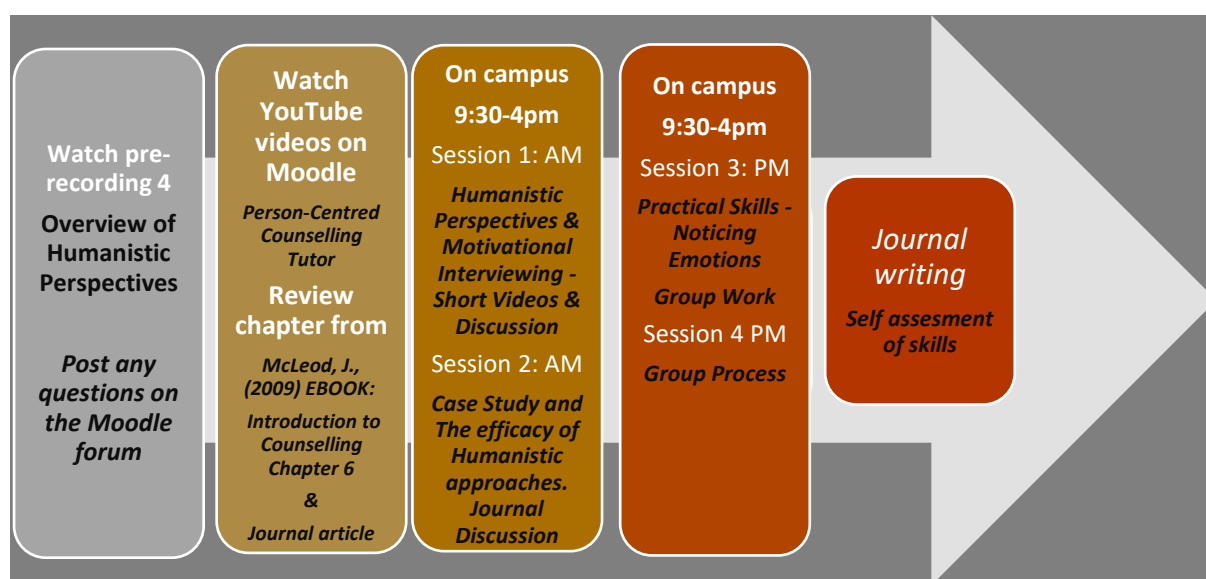


Please view the following information below on Moodle.

Essential Reading: McLeod, J. (2009) Introduction to Counselling Skills. Maidenhead: Open University (Chapter 5). **(Available online reading list)**

On-Campus Discussion: Buschmann, T., Horn, R.A., Blankenship, V.R. *et al.* The Relationship Between Automatic Thoughts and Irrational Beliefs Predicting Anxiety and Depression. *J Rat-Emo Cognitive-Behav Ther* **36**, 137–162 (2018). <https://doi-org.ezproxy.uwtsd.ac.uk/10.1007/s10942-017-0278-y> **(Available online reading list)**

Week Four: Theoretical approaches – Humanistic Perspectives



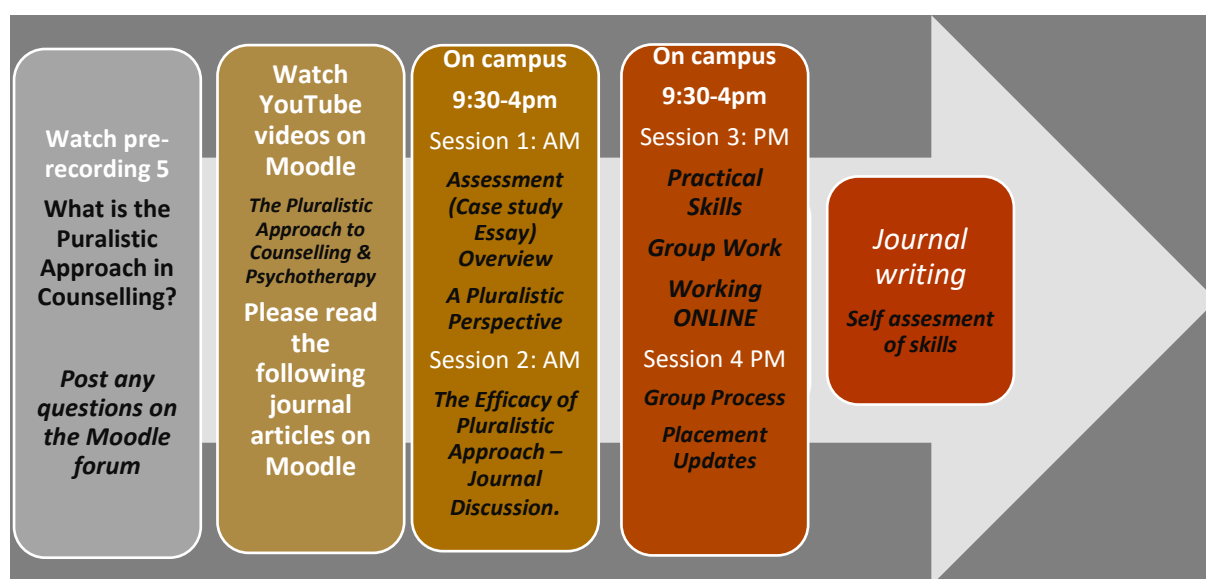
Please view the following information below on Moodle.

Essential Reading: McLeod, J. (2009) Introduction to Counselling Skills. Maidenhead: Open University (Chapter 5). **(Available online reading list)**

On-Campus Discussion: David Blowers & Sheila Haugh (2021) Health anxiety and the self-concept: a person-centered/experiential study, *Person-Centered & Experiential Psychotherapies*, 20:3, 266-281, DOI: 10.1080/14779757.2021.1938183 To link to this article:
<https://doi.org/10.1080/14779757.2021.1938183> **(Available online reading list)**

Cooper, M., Messow, C.-M., McConnachie, A., Freire, E., Elliott, R., Heard, D., Williams, C. and Morrison, J. (2017) Patient preference as a predictor of outcomes in a pilot trial of person-centred counselling versus low-intensity cognitive behavioural therapy for persistent sub-threshold and mild depression. *Counselling Psychology Quarterly*, (doi:10.1080/09515070.2017.1329708) **(Available online reading list)**

Week Five: A Pluralistic Approach in Counselling



Please view the following information below on Moodle

You Tube Videos: [The Pluralistic Approach to Counselling and Psychotherapy - YouTube](#)

On-Campus Discussion: Mick Cooper & John McLeod (2011) Person-centered therapy: A pluralistic perspective, *Person-Centered & Experiential Psychotherapies*, 10:3, 210-223, DOI:

10.1080/14779757.2011.599517 To link to this article:

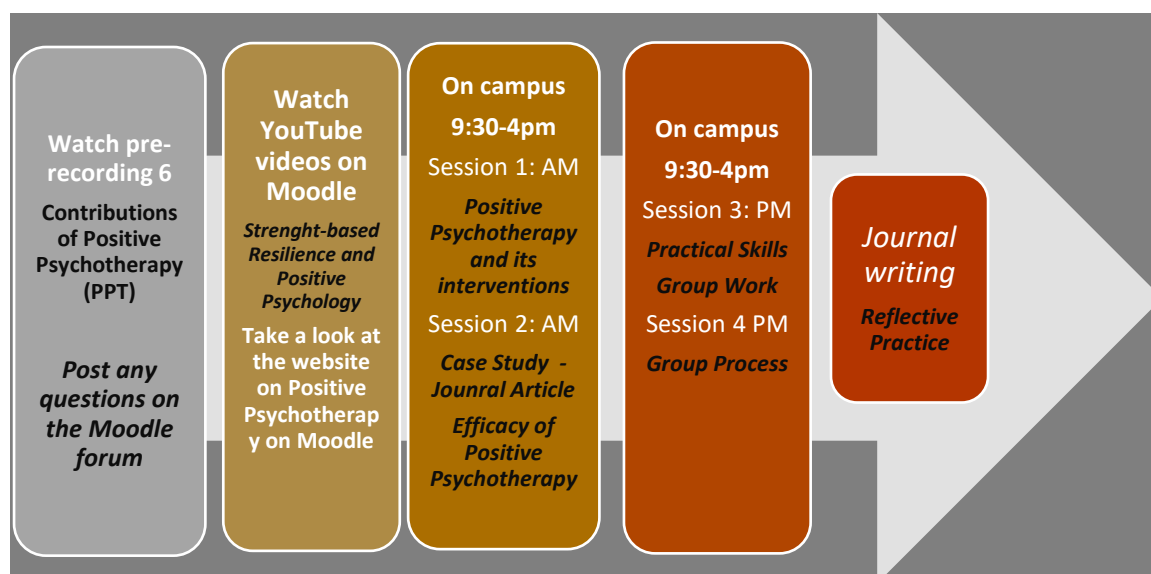
<https://doi.org/10.1080/14779757.2011.599517> (Available online reading list)

Wei Tao Ong, David Murphy & Stephen Joseph (2020) Unnecessary and incompatible: a critical response to Cooper and McLeod's conceptualization of a pluralistic framework for person-centered therapy, *Person-Centered & Experiential Psychotherapies*, 19:2, 168-182, DOI:

10.1080/14779757.2020.1717987 To link to this article:

<https://doi.org/10.1080/14779757.2020.1717987> (Available online reading list)

Week Six: Positive Psychotherapy



Please view the following information below on Moodle

You Tube Videos [Strength-Based Resilience & Positive Psychology | Dr. Tayyab Rashid - YouTube](#)

On-campus discussion: Seligman, M. E. P., Rashid, T., & Parks, A. C. (2006). Positive psychotherapy. *American Psychologist*, 61(8), 774–788. <https://doi.org/10.1037/0003-066X.61.8.774>

Hawley KJ, Winter Plumb EI, Conoley CW. Goal-focused positive psychotherapy in action: A case study. *J. Clin. Psychol.* 2020;76:1217–1225. <https://doi.org/10.1002/jclp.2292>

[What is Positive Psychotherapy? \(Benefits & Model\) \(positivepsychology.com\)](http://positivepsychology.com)

Week Seven: SKILLS WEEK



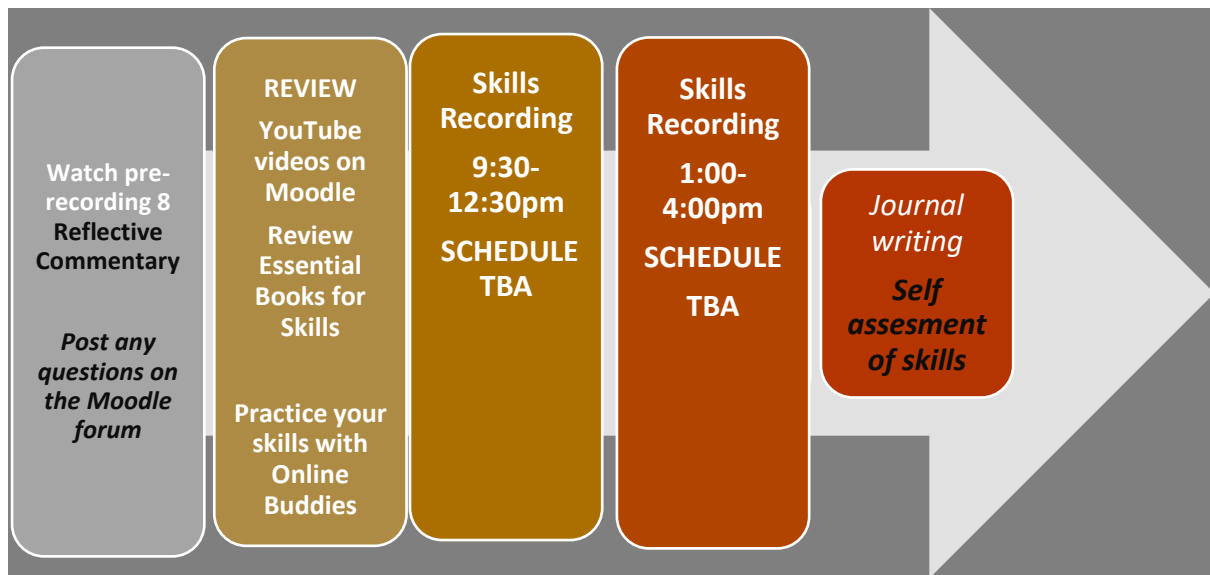
Please view the following information below on Moodle

Essential Review - Self-Assessment Skills Check list

McLeod, John and McLeod, Julia, (2011). *Counselling skills: a practical guide for Counsellors and helping professionals*. Maidenhead, Berkshire: McGrawHill/Open University Press **(Available online reading list)**

Midwinter, R. and Dickinson, J. (2015). *Embedding Counselling and Communication Skills*. East Sussex: Routledge. **(Available online reading list)**

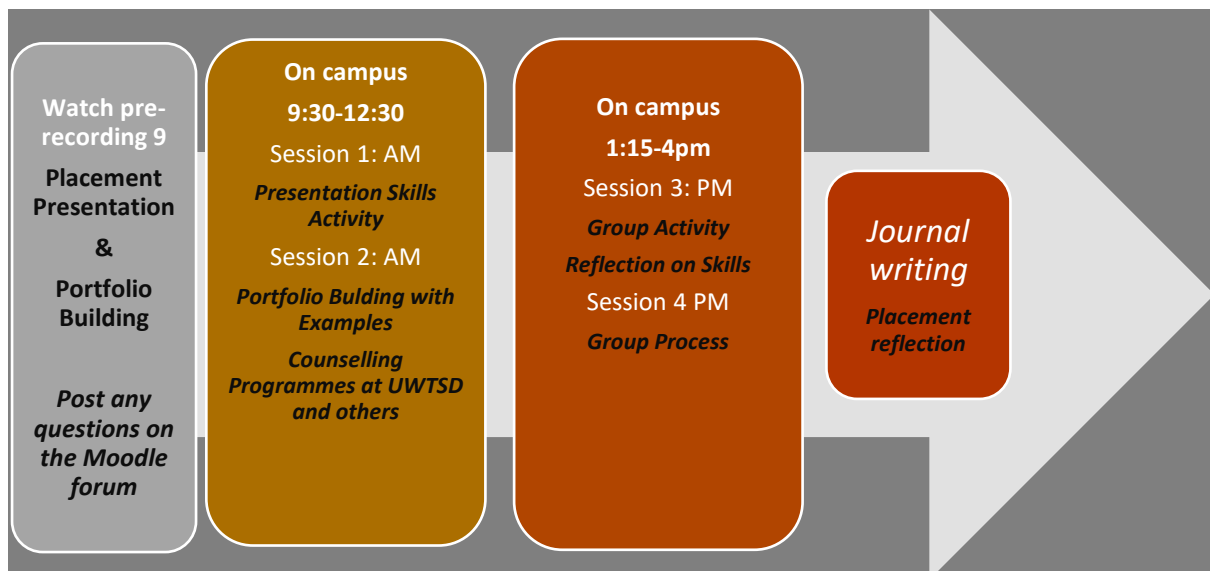
Week Eight: Skills Recording Session



Please review the following below on Moodle:

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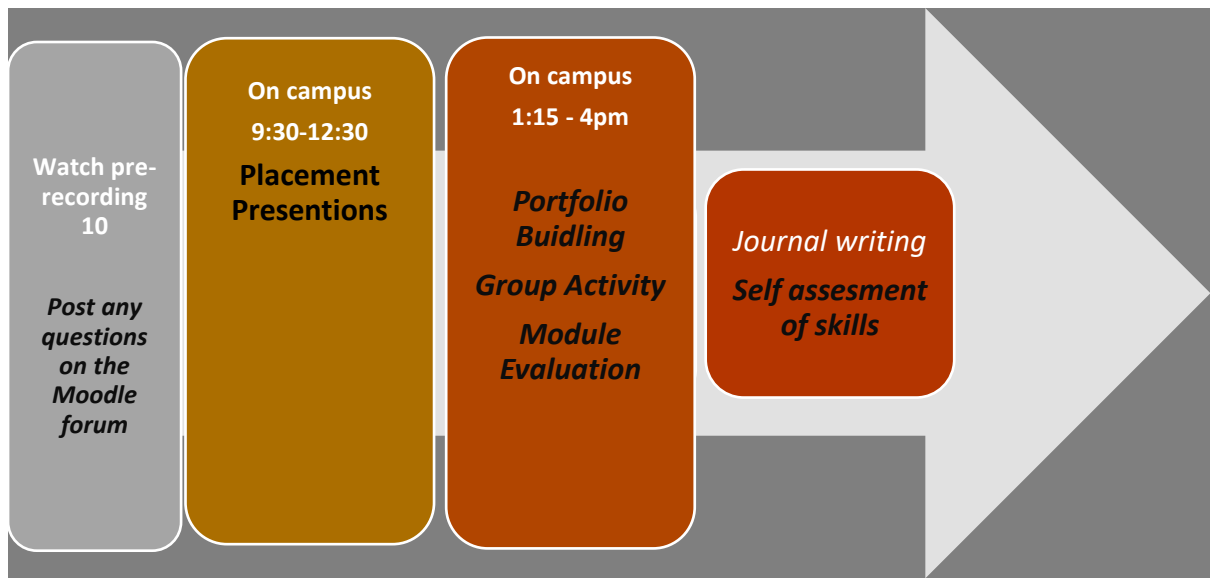
Week Nine: Placement Presentation and Portfolio Building



Please view the following information below on Moodle

TBA

Week Ten: Placement Presentations



Please view the following information below on Moodle

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