

Level 5

Module Code	ECH5001	
Module Title	Contemporary Mental Health (Level 5)	
Classification	Reading List entry	Electronic*
Essential	Claringbull, N., (2011). <i>Mental health in Counselling and Psychotherapy</i> (Counselling and Psychotherapy practice series). Exeter, UK: Learning Matters ☒	☒
Essential	Lees, J., ed. (2016) <i>The Future of Psychological Therapies</i> . London: Routledge ☐	☐
Essential	Paris, J., (2013). <i>The Intelligent Clinician's Guide to the DSM-5</i> . Oxford: Oxford University Press ☐	☐
Essential	Fernando, S., (2010). <i>Mental Health Race and Culture</i> . Basingstoke: Palgrave Macmillian ☐	☐
Essential	Fundamental Facts about Mental Health - Mental Health Foundation - Free Download https://www.mentalhealth.org.uk/sites/default/files/fundamental-facts-about-mental-health-2016.pdf ☒	☒
Essential	Together for Mental Health Delivery Plan 2016 -2019 (Mental Health Strategy Wales) http://gov.wales/topics/health/nhswales/plans/mental-health/?lang=en ☒	☒
Further	Brown, R., Martin. D. and Barber, P., (2009) <i>Mental Capacity Act 2005: A guide for practice</i> . Exeter: Learning Matters. ☐	☐
Further	Newbiggings , K., (2015) <i>Independent Health Advocacy: The right to be heard</i> . London: Jessica Kingsley Publications ☐	☐
Further	World Health Organization - Mental Health http://www.who.int/mental_health/en/ ☒	☒
Further	Mind http://www.mind.org.uk/ ☒	☒

Module Code	ECH5002	
Module Title	The Therapeutic Process (Level 5)	
Classification	Reading List entry	Electronic*
Essential	Charura, D., and Paul, S., eds. (2014) <i>The therapeutic relationship handbook: theory and practice</i> . Berkshire, England: Open University Press/McGraw-Hill Education.	☐
Essential	Cooper, M. (2003) <i>Existential therapies</i> . London: Sage.	☐
Essential	Elliott, R., Watson, J.C., Goldman R.N. and Greenberg L.S. (2004) <i>Learning Emotion-focused therapy: the process-experiential approach to change</i> . Washington DC: American Psychological Association.	☐
Essential	Joyce, P. and Sills, C. (2014) <i>Skills in Gestalt Counselling</i> . London: Sage	☐
Essential	Mearns, D. and Thorne, D. (2013) <i>Person-Centred Counselling in Action</i> . London: Sage.	☐
Essential	Moodley, R., Epp, L. and Yusuf, H. eds. (2012) <i>Counseling across the cultural divide: The Clemmont E. Vontress Reader</i> . Ross-on-Wye: PCCS Books.	☐
Essential	Richards, C., and Barker, Meg J., 2015. <i>The Palgrave handbook of the psychology of sexuality and gender</i> . Palgrave.	☐
Further	Bozarth, J., and Wilkins, P., eds., (2001) <i>Unconditional positive regard. Rogers' therapeutic conditions: evolution, therapy and practice</i> . Ross-on-Wye, Herefordshire: PCCS Books.	☐
Further	Coplan, A., and Goldie, P., eds. (2014) <i>Empathy: philosophical and psychological perspectives</i> . Oxford: Oxford University Press.	☐
Further	Douglas, B. and James, P. (2014) <i>Common presenting issues in Counselling and Psychotherapy</i> . London: Sage.	☐
Further	Gregg, M. and Seigworth, G. J. (2010) <i>The Affect theory reader</i> . London: University of Duke Press.	☐
Further	Greenberg, L. (2011) <i>Emotion-Focused therapy</i> . Washington D.C.: American Psychological Association.	☐
Further	Haugh, S. and Merry, T. 2001. <i>Empathy (Rogers therapeutic conditions evolution theory and practice)</i> Ross-on-Wye, Herefordshire: PCCS Books. Howe, D. (2012) <i>Empathy: what it is and why it matters</i> . Basingstoke, Hampshire: Palgrave Macmillan.	☐
Further	Nelson-Jones, R. (2011) <i>Six key approaches to Counselling and therapy</i> . 3 rd ed. London: Sage.	☐
Further	Mearns, D. and Cooper, M. (2005) <i>Working at relational depth in Counselling and Psychotherapy</i> . London: Sage.	☐

Further	Moon, L., <i>Counselling ideologies: queer challenges to heteronormativity</i> . Farnham, Surrey, England: Ashgate Publishing Company.	☐
Further	Reeves, A. (2013) <i>An Introduction to Counselling and Psychotherapy: From Theory to Practice</i> . London: Sage	☐
Further	Watson, C. J., Goldman, R.,N., & Greenberg, L.S. (2007) <i>Case studies in Emotion-Focused: treatment of depression: a comparison of good and poor outcome</i> . Washington, DC: American Psychological Association.	☐
Further	Wetherell, M. (2012) <i>Affect and emotion: a new social science understanding</i> . London: Sage.	☐
Further	Wyatt, G., ed. (2001) <i>Congruence (Rogers' therapeutic condition, evolution theory and practice, volume 1)</i> . Ross-On-Wye, Herefordshire: PCCS Books.	☐
Further	Reeves, A. (2013) <i>An Introduction to Counselling and Psychotherapy: From Theory to Practice</i> . London: Sage	☐
Module Code	ECH5003	
Module Title	Personal Development 2 (Level 5)	
Classification	Reading List entry	Electronic*
Essential	Bager-Charleson, F. 2012. <i>Personal Development in Counselling and Psychotherapy</i> . London. Sage Publications Limited.	☐
Essential	Johns, H. 2007. <i>Personal Development in Counsellor Training</i> . London. Sage Publications Limited.	☐
Essential	Rose, C. 2008. <i>The Personal Development Group: The Students' Guide</i> . London. Karnac Books Limited.	☐
Further	McLeod, J. and McLeod, J. 2014. <i>Personal Professional Development for Counsellors Psychotherapists and Mental Health Practitioners</i> . Berkshire, England. Open University Press	☐

Module Code	ECH5004	
Module Title	Professional Relationships	
Classification	Reading List entry	Electronic*
Essential	Bond, T. 2015. <i>Standards and Ethics for Counselling in Action</i> . 4 th ed. London: Sage	☐
Essential	Moore, J and Roberts, R. 2010. <i>Counselling and Psychotherapy in Organisational Settings</i> . Exeter: Learning Matters	☐
Essential	Hawkins, P. and Shohet, R. 2012. <i>Supervision in the Helping Professions</i> . 4 th ed. Maidenhead: McGraw-Hill/Open University	☐
Further	McLeod, J. 2013. <i>An Introduction to Counselling and Psychotherapy</i> . 3 rd ed. Maidenhead: McGraw-Hill/Open University	☒

Further	Reid, H. and Westergaard, J. 2013. <i>Effective Supervision for Counsellors: An introduction.</i> London: Sage	☐
Further	Mitchels, B. and Bond, T. 2010. <i>Essential Law for Counsellors and Psychotherapists.</i> London: Sage	☐
Further	Jenkins, P. 2017. <i>Professional Practice in Counselling and Psychotherapy: Ethics and the Law.</i> London: Sage	☐

Module Code	ECH5005	
Module Title	Practicum 2 (Level 5)	
Classification	Reading List entry	Electronic*
Essential	Bond, T. and Mitchels, B. (2008) <i>Legal Resources for Counsellors and Psychotherapists Book 2: Confidentiality and Record keeping in Counselling and Psychotherapy.</i> Lutterworth: BACP.	☐
Essential	Corey, G., Corey, M., and Callanan, P., (2014) <i>Issues and Ethics in the Helping Professions</i> Pacific Grove CA: Brooks/Cole.	☐
Essential	Feltham, C. & Horton, I (2012) <i>The Sage Handbook of Counselling and Psychotherapy.</i> London: Sage.	☐
Essential	Hughes, G. (2014) <i>Competence and Self-care in Counselling and Psychotherapy.</i> London: Routledge.	☐
Essential	Owens, P. et al (2012) <i>Creative Ethical Practice in Counselling and Psychotherapy.</i> London; Sage.	☐
Essential	Owens, P. et al (2012) <i>Creative Ethical Practice in Counselling and Psychotherapy.</i> London; Sage.	☐
Essential	Hawkins, P. & Shohet, R. (2012) <i>Supervision in the Helping Professions.</i> Oxford; Oxford University Press.	☐
Further	Davies, M. (2007) <i>Boundaries in Counselling and Psychotherapy</i> Athena Press.	☐
Further	Creaner, M (2014) <i>Getting the Best out of Supervision.</i> London: Sage.	☐
Further	Das Nair, R & Butler, C. (2012) <i>Intersectionality, Sexuality and Psychological Therapies. Working with Gay, Lesbian, and Bisexual Diversity.</i> Oxford: Wiley- Blackwell.	☐
Further	Grant, A et al (2013) <i>Our Encounters with Suicide.</i> Ross on Wye: PCCS Books	☐

Further	Keith-Spiegel, P. (2014) <i>Red Flags in Psychotherapy: stories of ethics complaints and resolutions</i> . London: Routledge.	☐
Further	Palmer, S. and Bor, R. (2008) <i>The Practitioner's Handbook; a guide for counsellors, psychotherapists and counselling psychologists</i> . London: Sage.	☐
Further	Tribe, R. and Morrissey, J. (2015) <i>Handbook of Professional and Ethical Practice for Psychologists, Counsellors and Psychotherapists</i> . London: Routledge	☐
Further	Wedding, D & Corsini, R. (2013) <i>Case Studies in Psychotherapy</i> . California, Brooks Cole.	☐