



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

**Contemporary
Context of
Counselling
Skill**
M4X00954

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Module Learning Outcomes

- ❖ Recognise health as a contested topic and Counselling's position in the discipline
- ❖ Evaluate a range of theories of causality relating to emotional distress and its impact on well-being
- ❖ Recognise the links between individual experience of health and health issues and the wider structural elements relevant to health and well-being.
- ❖ Employ appropriate academic conventions in the production and presentation of work suitable for this level

**Contemporary Context of
Counselling Skills**

**Learning
Outcomes**
:

• Recognise health as a contested topic and Counselling's position in the discipline.

**Lesson
Aims:**

• To define the concept of Counselling Practice and explore professional roles and how these make a difference to the lives of others

**Contemporary Context of
Counselling Skill**

**What is
Counselling?**

**Contemporary Context of
Counselling Skill**

**What do we mean
by Contemporary
Context?**

Contemporary Context of Counselling Skill

What is therapy and counselling?

- Therapy offers a safe, confidential place to talk about your life and anything that may be confusing, painful or uncomfortable. It allows you to talk with someone who is trained to listen attentively and to help you improve things.

(BACP, 2017)

- <https://youtu.be/t-olXvqgttk>

Trawsnewid Addyg...Trawsnewid Bywydau Transforming Education...Transforming Lives

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Consider The roles of professionals who provide counselling

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What do Therapists Do?

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Counselling and Psychotherapy – Is there a difference?

Counselling and Psychotherapy

The BACP (2012) defines counselling and psychotherapy as: 'umbrella terms that cover a range of talking therapies. They are delivered by trained practitioners who work with people over a short or long term to help bring about effective change or enhance well-being'

British Psychological Society Counselling Psychologists

- Seeks to develop phenomenological models of practice and enquiry
- Integrates traditional scientific psychology.
- Emphasis on psychotherapeutic relationship

Medical or Social Phenomenon

- Oxford Dictionary (2012) states:
- Counselling is 'The provision of professional assistance and guidance in resolving personal or psychological problems'
- Psychotherapy is 'the treatment of mental disorder by psychological rather than medical means'
- Suggests that Psychotherapy is akin to a medical model (treatment)
- Counselling more aligned with a psychosocial model of helping, or supporting

Professional Training Routes

- Counsellor
- Psychotherapist
- Counselling Psychologist
- Clinical Psychologist
- Psychiatrist

Counselling Skills

- ❖ 'Embedded Counselling Skills' are provided by people who are employed as teachers, nurses, social workers or any profession whose work involves front-line contact and interacting with people, and whose role involve supporting people. (McLeod and McLeod, 2011)

Next Week Approaches to Counselling and Psychotherapy

- What types of therapy are there?**

World Mental Health Awareness Day

- Tuesday 10th October 2017
- 10:30 – 3:30
- Grand Theatre – Arts Wing

Preparation Reading for next week

- British Association for Counselling and Psychotherapy www.bacp.co.uk
- Claringbull, N., 2010. 'What is Counselling and Psychotherapy?' Exeter: Learning Matters. Ebook . Chapter 1
- McLeod, J. 2013. *An Introduction to Counselling and Psychotherapy*. 5th ed. Buckingham: Open University Press.
- Reeves, A. (2013) *An Introduction to Counselling and Psychotherapy*. London: Sage. Chapter 3