



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

**Contemporary
Context of
Counselling
Skill**
M4X00954

Module Leader: Andrea Williams

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Contemporary Context of Counselling Skill

The Module Aims to:

- ❖ Consider definitions and distinctions of the roles and practices of Counselling within the fields of Care, Well-being and Psychological Health
- ❖ Locate practices within Contemporary Health Care Professional Practice

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- ❖ The module will explore the broad concept of 'health' and consider the social, political and economic influences which determine the shape of health care. The module will consider Counselling's place within this construct and discuss the range of concepts, theories and practices that sit under the umbrella of 'psychological health and well-being'

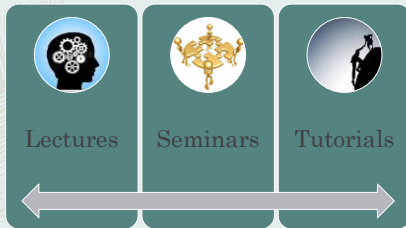
Module Learning Outcomes

- ❖ 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

Module Content

- ❖ What is Counselling?
- ❖ Defining Health in the Twenty First Century.
- ❖ The Multidisciplinary Nature of Psychological Health and Service provision.
- ❖ Ethics and Professional Standards
- ❖ Mental Health and Well-Being

Contemporary Context of Counselling Skills



Contemporary Context of Counselling

Assessment Component One

- An Academic Essay
- 2,000 words
- Due: 5th December 2017

Assessment Component Two

- An Academic Poster and Oral Seminar Presentation (15 minutes)
- Due: 5th March 2018



Assessment Component One

- ❖ Academic Essay - 2000 words (10% +/-)
- ❖ Essay Title: "There is often a link between ill health and poverty; Discuss the social, economic and environmental influences that impact psychological health and well-being"
- ❖ SUBMISSION DATE: 5th December 2017 at 12:00

Assessment Component Two

Assessment Details:

'Compare and contrast two therapeutic interventions and consider the impact of each, in relationship to working with psychological distress. Present your findings on an academic poster and demonstrate your understanding in a fifteen minute oral presentation'

- ❖ Submission date: 5th March 2018

Academic Year 2017-18

- ❖ Semester One: 25th September 2017 - 26th January 2018
- ❖ Reading Week: 30th October - 3rd November 2017
- ❖ Assessment
- ❖ Component One: 5th December 2017
- ❖ Christmas Break: 18th December 2017 - 5th January 2018
- ❖ Exam Period One: 10th - 19th January 2018
- ❖ Semester Two: 29th January 2018 - 13th July 2018
- ❖ Assessment
- ❖ Component Two: 5th March 2018
- ❖ Easter Break: 2nd-20th April 2018
- ❖ Exam Period Two: 9th - 22nd May 2018

World Mental Health Awareness Day

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

Resources

- ❖ Moodle
- ❖ <http://moodle.uwtsd.ac.uk/course/view.php?id=2032#section-3>
- ❖ Module Handbook
- ❖ Programme Handbook (SOP Homepage)
- ❖ Core text Books
- ❖ APA Referencing Guide – Academic Skills Module
- ❖ Library Services
- ❖ Student Services
- ❖ Study Support drop-in sessions (Monday Afternoon and Wednesday)

Module Core Text

- ❖ Bond, T., 2015. *Standards and Ethics for Counselling in Action*. 4th ed. London: Sage Chapter 4
- ❖ Claringbull N., 2010. 'What is Counselling and Psychotherapy?' Exeter-Learning Matters.
- ❖ Folham, C. and Horton, L., eds. 2012. *The Sage Handbook of Counselling and Psychotherapy*. 3rd ed. London: Sage.
- ❖ Glasby, J., 2012. *Understanding Health and Social Care*. 2nd ed. Bristol: Polity Press.
- ❖ Hartley, D., 2010. *Understanding Human Need (Understanding Welfare Series: Social Issues, Policy and Practice Series)*. Bristol: Polity Press.
- ❖ McLeod, J. 2013. *An Introduction to Counselling and Psychotherapy*. 5th ed. Buckingham: Open University Press.
- ❖ McLeod, J. and McLeod, J., 2011. *Counselling Skills: a Practical Guide for Counsellors and Helping Professionals*. Maidenhead: McGrawHill/Open University Press.
- ❖ Morrison, V and Bennett, P., 2012. *An Introduction to Health Psychology* 3rd ed. England: Pearson Education Limited.
- ❖ Reeves, An Introduction to Counselling and Psychotherapy
- ❖ **You will need to register onlinevents:**
- ❖ <http://www.onlinevents.co.uk/wp-login.php>

Questions

- ❖ What do we mean by Counselling?