

Module Code	ECPS6020
Title	Reflexive Counselling Skills
Date	28/10/2022
Level	6
Credits	20
Pre-Requisites	None

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;
- employ humanistic person-centred counselling skills; beginning to develop an awareness of the significance of relational depth within reflexive practices;
- critically demonstrate reflective/reflexive practices that contribute and support professional practices and growth such as reflective/reflexive writing and personal development;
- 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.
- Working with humanistic perspective – person-centred – core condition skills; working towards an understanding of relational depth.
- Phenomenon and Phenomenological noticing within the therapeutic setting.
- 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	30	15%
Independent learning	170	85%
Placement learning		
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam
 ☐ Coursework
 ☒ Practical

Mode of assessment	Volume	Weighting
Practical Skills Recording	20 minutes	50%

Assessment Component 2

☒ Coursework
 ☐ Practical
☐ Written exam

Mode of assessment	Volume	Weighting
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Reflective piece	2,500 words	50%
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Assessment Summary

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

INDICATIVE READING LIST

Module Code	ECPS6020	
Module Title	Reflexive Counselling Skills	
Classification	Reading List entry	Electronic*
Essential	Bager-Charleson, S., (2020). <i>Reflective Practice and Personal development in counselling and psychotherapy</i> . Sage.	☐
Essential	Midwinter, R, & Dickson, J. (2015). <i>Embedding counselling and communication skills: A relational skills model</i> . Routledge.	☒
Essential	McLeod, J., (2016). <i>An introduction to counselling and Psychotherapy. 6th Edition</i> . Open University Press.	☒
Further	Amari, N., (2020). 'The use of self in counselling psychology and Buber's 'turning'. <i>Educational Publishing Foundation</i> .	☒
Further	McLeod, J. (2007). <i>Counselling Skill</i> . Open University Press.	☐
Further	Smith, K. (2016). Learning from triads: Training undergraduates in counselling skills. <i>Counselling & Psychotherapy Research</i> . 16(3) pp.123 – 132	☒