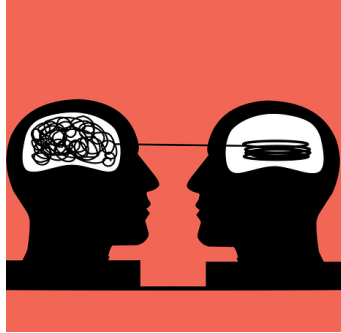


Contemporary Counselling Theories ECAC7001

Week 1: Introduction



1

Module Aims

- To critically consider the theoretical basis and associated evidence base for a range of therapeutic approaches for supporting different populations.
- To foster critical understanding of how best to communicate specialist counselling knowledge to non-expert audiences.



2

Learning Outcomes

Upon the successful completion of this module, the student should be able to:

- Critically appraise contemporary theoretical approaches to the provision of counselling and psychological support
- Synthesise relevant research evidence for the efficacy of a range of theory-based interventions in counselling
- Identify a range of appropriate theory-based strategies and interventions appropriate for specific populations
- Communicate a clear rationale for the aims, purpose, and theoretical foundations of a chosen therapeutic approach to a non-expert audience



3

Assessment Overview



Systematic Review
5,000 Words 70%



Briefing Paper 1,500
Words 15%



Presentation 10
minutes 15%

4

Systematic Literature Review

Conduct a systematic review of the effectiveness of a theory-based counselling intervention/approach. Choose one of the four topics areas for the basis of your review:

- ☐ New cognitive therapeutic approaches, such as Acceptance and Commitment Therapy (ACT), Compassion Focus Therapy (CFT) or others discussed during the module.
- ☐ Trends in working online, or AI interventions.
- ☐ Humanistic approach - Emotion Focused Therapy (EFT), Pluralistic Framework, Person Centred approaches.
- ☐ Social and cultural practices and interventions - transcultural perspectives Your systematic review search needs to identify a specific population, cultural perspectives or mode of delivery.

5

What is a Systematic Literature Review?

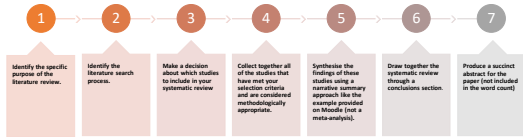
- *It is a structured, reproducible, and up-to-date review of a specific area of literature.*

- ☐ The systematic literature review offers clear stages which researchers are expected to work through which should ultimately mean that someone else repeating those same steps should identify the same studies if using the same inclusion and exclusion criteria.



6

Requirements and Steps of the SLR



7

What is a Briefing Paper?

- Outlines a particular issue and its background, usually for a government official or other policy maker.
- A briefing paper helps bring a single issue to someone's attention and fills in key details for them to know.
- It proposes solutions and recommends improvements.
- A persuasive briefing paper is concise, well-organized and covers the most important and relevant facts and solutions.



8

Presentation (10 minutes in class) on Briefing Paper to a lay audience

- Using the same topic as your systematic review prepare a plain English presentation of your briefing paper suitable for a **client (non-expert) population of your choice**.
 - Giving a presentation in plain English or 'lay' is important so you can communicate your work to all audiences.
 - Plain English helps your audience understand your message exactly as you meant it. This is helpful not only when communicating to client but also to other professionals.
- Consider who you are presenting to and why.
 - Sometimes we focus too much on what we want to talk about, when we should focus on what your audience wants to hear.
- Involving clients and nonprofessional into your public facing information will help keep it focused on your intended audience.
- When presenting to a lay audience it is best to assume they have very little or no prior knowledge of the topic area. You need to provide context, background information, and explain any technical term

9

Requirement for your BP

The aims of the Briefing Paper are to:

- Summarise the key issues presented within your Systematic Review, including the implications of research/evaluation evidence for practice.
- Stimulate discussion, share practice and support the sector's access to relevant research/evaluation evidence

Structure is found on your Moodle Page .



10

Discussion & Thoughts



11

Example of Systematic Reviews & Questions

- ☐ What is the specific population it is addressing?
- ☐ What is the research questions?
- ☐ What are the aims/objectives?
- ☐ Methodology - Exclusion/Inclusion criteria
- ☐ How were the articles evaluated?
- ☐ What conclusion(s) were drawn from the review?
- ☐ Addressed limitations?
- ☐ What is the overall layout and structure?



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