



BSc Psychology and Counselling 2023-24

**Counselling Skills and Approaches
Placement Experience Information**

Module Code	ECPS5019
Title	Counselling Skills and Approaches
Date	07/06/2023
Level	5
Credits	40
Pre-Requisites	

AIM(S)

- To further the advancement of counselling skills developed from level four and gain a critical understanding of embedded and theoretical counselling approaches that underpin a range of counselling and mental health professions today.

LEARNING OUTCOMES

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

- Demonstrate appropriate use of a range counselling skills.
- Gain contextual knowledge and awareness within a relevant placement that offer support and care within mental health and well-being.
- Develop a critical understanding of the various theoretical approaches within counselling practice.
- Recognise the limits of knowledge, skill, ethical boundaries and experience in counselling.
- Take responsibility for their own learning and skill development; including effective personal planning, self-reflection and project management skills.

INDICATIVE CONTENT

This level five module has two distinctive components: advancement of counselling skills from level four and providing theoretical underpinnings of counselling approaches. The module will include the equivalent of up to twenty days of placement experience over the course of the module within an organisation that provides support and care within the context of mental health and well-being. The choice of setting can vary but must provide an opportunity to continue to develop embedded counselling skills (**not a counselling practice placement**) and contribute to a contextual understanding of organisational mission and practice.

Indicative content includes:

- Theoretical understanding of the traditional 'Forces'; of human psychological theory from a Counselling and Psychotherapy perspective which include: Psychodynamic, Cognitive Behavioural (CBT), Humanistic, Postmodern, and Systemic approaches.
- Understanding and further developing of a range of counselling skills.
- Contextual understanding of using embedded counselling skills within a variety of mental health and care sector.
- Understanding and application of code of conducts and ethical frameworks with professional practice.
- Awareness and understanding of diversity within context of counselling skills.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	60	15%
Independent learning	220	55%
Placement learning	120	30%
TOTAL	400	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Practical Skills Assessment	15-minute video recording	30%

This practical skills assessment will allow students to demonstrate the development of their embedding helping skills.

Assessment Component 2

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Case Study	2,500 words	30%

Students will be asked to critically explore how a specific case study might use a specified therapeutic approach with the client.

Assessment Component 3

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Portfolio of Evidence	3 elements plus 1,500 word reflective commentary	40%

Students will be asked to present a portfolio of evidence to showcase their placement experience and an accompanying written reflective piece. These may include: examples of work carried out as part of the placement, diary entries/blog, minutes of meetings attended, etc.

Assessment Summary

Activity type	Percentage
Written exam	
Coursework	60%
Practical	40%
TOTAL	100%

This module is not linked to a Professional, Statutory and regulatory Body (PSRB).

INDICATIVE READING LIST

Module Code	ECPS5010	
Module Title	Counselling Skills and Approaches	
Classification	Reading List entry	Electronic*
Essential	Jones, Smith, E. (2012). <i>Theories of Counseling and Psychotherapy. An integrative approach</i> . Thousand Oaks, California: Sage	☐
Essential	McLeod, John and McLeod, Julia, (2011). <i>Counselling skills: a practical guide for Counsellors and helping professionals</i> . Maidenhead, Berkshire: McGrawHill/Open University Press	☒
Essential	Reeves, A. (2013). <i>An Introduction to Counselling and Psychotherapy: From Theory to Practice</i> . London: Sage	☐
Essential	Midwinter, R. (2015). <i>Embedding Counselling and Communication Skills</i> . East Sussex: Routledge.	☐
Essential	Wright, J. and Bolton, G. (2012). <i>Reflective Writing in Counselling and Psychotherapy</i> . London: Sage.	☐
Essential	Bond, T. (2015). <i>Standards and Ethics in Counselling 4th ed</i> . Los Angeles: Sage	☐
Further	Corey, G. (2013). <i>Theory and practice of counselling and psychotherapy</i> . 9th Ed. Pacific Grove, Calif: Brooks/Cole	☐
Further	Egan, G. (2013). <i>The Skilled Helper, A Problem Management and Opportunity Approach</i> . 10 th ed. California: Brooks/Cole	☐
Further	Feltham, C. and Horton, I., eds. (2012). <i>The Sage Handbook of Counselling and Psychotherapy</i> . 3rd Ed. London: Sage	☐
Further	Mearns, D. and Thorne, B., with McLeod, J. (2013). <i>Person-centred Counselling in action</i> . 3 rd ed. London: Sage	☐
Further	Therapy Today BACP https://www.bacp.co.uk/bacp-journals/therapy-today/	☒
Further	<i>British Journal of Guidance and Counselling</i>	☒
Further	<i>Counselling Psychology Quarterly</i>	☒
Further	<i>Journal of Humanistic Counseling</i>	☒
Further	<i>Journal of Counselling and Education</i>	☒
Further	<i>Cognitive Behaviour Therapy</i>	☒
Further	<i>Person-Centered & Experiential Psychotherapies</i>	☒

The Counselling Skills and Approaches Placement

1. The *Counselling Skills and Approaches* module at Level Five will include the equivalent of up to 10 days / 60 hours within a vocational setting that is linked to supporting human care and flourishing. Note that this is **not** a counselling practice placement.
2. It is the responsibility of **the student** to find, contact and arrange a suitable placement.
3. Students must not, under any circumstances, miss any scheduled sessions for any modules to attend their placement.
4. The placement itself is not assessed, but the things that you do and the skills that you gain whilst on the placement will allow you to complete the portfolio and presentation assessments for the module.
5. There is no work involved for your placement contact (within the chosen organisation). There is no need for them to write a report, but they would be asked to complete an attendance/performance form to confirm that you have attended the required ten days at your placement.

Where can I go to complete my placement?

You can contact any organisation that allows you to gain exposure to, or observe, practices involved in supporting human care and flourishing. Some examples (this is not an exhaustive list – please consult other options with the module/placement coordinator):

- Mental health charities
- Education providers
- Social services
- Local counselling organisations
- And others...

You cannot start your placement until all documents/forms have been signed off by Ruth.

It is **your responsibility** to work out your hours with your placement; you can complete your hours however or whenever you wish, as long as this is supported by the provider.

You can start your placement at any time, providing all has been confirmed and signed off before starting. Students will not be permitted to attend placement until confirmation has been provided by the placement provider AND Ruth.

In addition, and in accordance with university regulations, no students can start a placement if they have not attended the placement briefing.

What do I need to do now?

Attend the placement briefing

To be held on Thursday 25th May 2023.

Over the summer period

Start to think about where you could go for your placement
Make contact with organisation(s).

Relevant information, documents, forms, codes of conduct, etc. to be uploaded to folder on BSc Psychology and Counselling Moodle homepage.

Submission of Placement Information Form

First point to submit: by no later than 12pm (midday) on Monday 12th June 2023.

Second submission: by no later than 12pm (midday) on Wednesday 12th July 2023

Final submission: September: TBC

Placements can only start **after** all approval has been provided

Placement related assessment submissions in January 2022.