

Module Details	
Module Title	Counselling in Practice
Module Code	PSY6007-B
Academic Year	2020/1
Credits	20
School	School of Social Sciences
Subject Area	Psychology
FHEQ Level	FHEQ Level 6
Pre-requisites	PSY4001-B, PSY5007-B
Co-requisites	N/A

Contact Hours	
Type	Hours
Online Seminar (Synchronous)	11
Practical Classes or Workshops	22
Directed Study	167

Availability	
Occurrence	Location / Period
BDA	University of Bradford / Semester 2

Module Aims
<p>This module focuses on the therapeutic process, from initial assessment, through to identifying treatment needs, designing therapeutic interventions, delivering these interventions, and evaluating their outcome. Throughout this module you are encouraged to reflect on your initial attempts at counselling practice, identifying strengths and areas for improvement.</p>

## Outline Syllabus

- Recognise and apply the principles of one or more major therapeutic models in counselling.
- Comprehend the need for an ethical framework for good practice in counselling.
- Further develop awareness of personal strengths and limitations as they affect counselling.
- Learn to frame the helping act from a multicultural perspective and appreciate the importance of cultural sensitivity in counselling work.
- Develop an appreciation of the importance of ongoing supervision and feedback in counselling work.
- Recognise and address ethical issues in applying helping skills.
- Understand, recognise, and implement counselling techniques necessary for effective counselling.
- Assess personal assets, limitations, and reactions to theories and develop an initial personal philosophy of counselling and how people change.
- Apply counselling skills to appropriately address issues raised in counselling skills sessions with colleagues.
- Reflect on strengths and areas of improvement in personal- counselling practice.

## Learning Outcomes

Outcome Number	Description
01	1a) demonstrate an understanding of the complexities of contractual relationships in counselling contexts; 1b) develop deeper appreciation of the skills needed to deliver a psychological intervention and the theories that underpin these approaches; 1c) identify the attitudes, values, and beliefs are thought to facilitate change and growth, recognising different philosophical paradigms.
02	2a) demonstrate awareness of the skills needed to deliver a psychological intervention, and use skills these in practical activities; 2b) implement assessments to evaluate intervention based engagement; 2c) demonstrate ethical competence in engaging in counselling practice; 2d) demonstrate competence in reflecting effectively, for example developing the ability to learn from experiential encounters.
03	3a) communicate ideas effectively using a range of written and oral means; 3b) be computer literate for the purposes of furthering your own learning and the presentation of ideas; 3c) participate in and be aware of contextual and interpersonal factors in groups and teams; 3d) undertake self-directed study in a supportive environment; 3e) recognise the need to assess your own skills and to harness them; 3f) recognise some of your own strengths as well as areas for development; 3g) recognise the value and application of ethical principles in a broader social context.

## Learning, Teaching and Assessment Strategy

The module is taught by a combination of asynchronous online lectures, synchronous online seminars (LO's 1a-1c), workshop based practical activities and group discussions (LO's 2a-2c, 3a-3g). The workshop activities provide you with the opportunity to apply and practice counselling skills taught in earlier counselling modules, read and discuss case histories and complete pen and paper exercises and practical activities in order to further explore issues raised in the seminar.

Assessment 1 will test LO's 1a-1c, 2a-2c, 3a-3g; Assessment 2 will test LO's 1a-1c, 2d, 3a-3g. Supplementary assessment is as original.

## Mode of Assessment

Type	Method	Description	Length	Weighting
Summative	Coursework	Reflective Essay on Personal Development	N/A	30%
Summative	Coursework	Portfolio of learning of the therapeutic process including a transcript of a 30 minute audio tape	N/A	70%

## Reading List

To access the reading list for this module, please visit <https://bradford.rl.talis.com/index.html>

*Please note:*

*This module descriptor has been published in advance of the academic year to which it applies. Every effort has been made to ensure that the information is accurate at the time of publication, but minor changes may occur given the interval between publishing and commencement of teaching. Upon commencement of the module, students will receive a handbook with further detail about the module and any changes will be discussed and/or communicated at this point.*

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