

## Module Specification

### Module Summary Information

<b>1</b>	<b>Module Title</b>	Counselling Psychology
<b>2</b>	<b>Module Credits</b>	20
<b>3</b>	<b>Module Level</b>	6
<b>4</b>	<b>Module Code</b>	PSY6107

<b>5</b>	<b>Module Overview</b>
<p>This module explores the origins, developments and refinements in counselling psychology, in both theory and practice, as well as the necessary communication processes and skills employed in clinical practise across a range of settings in the human services. You will be introduced to key theoretical approaches to counselling psychology, core conditions underpinning successful counselling relationships and essential skills employed in counselling practice.</p> <p>This module responds to and reflects the growing trend in psychology for a combination of theoretical understanding and practice skills. Counselling psychology is particularly concerned with helping people address emotional and psychological issues in their lives. Effective listening, communication and helping skills are recognised as essential in a variety of professions and work contexts where people work closely with other people. Many of these settings are favoured routes for psychology graduates entering employment. This module will prepare you with basic demonstrable practise skills and introduce you to the theories underpinning many therapies, which come under the umbrella term “counselling psychology”.</p> <p>Psychological interventions from the whole range of counselling therapies will be included (from psychoanalysis, human-centred therapy, gestalt therapy, rational emotive therapy, counselling, cognitive behavioural therapy, mindfulness, and compassion-focused therapy) and their places among the evolution of psychology as a clinical discipline will be evaluated. The impact of such interventions upon clients and practitioners will be evaluated, including clinical efficacy as well as ethical issues of modern-day practice. Particular emphasis will be given to how the variety of research evidence can provide support for the adoption and redundancy of particular therapeutic modalities across time.</p> <p>This module aims are: [1] To provide you with a critical understanding of theoretical issues fundamental in Counselling Psychology, and [2] To set Counselling Psychology theory and practice in the context of contemporary, social, cultural and economic factors which are set out by The British Psychological Society (BPS, 2014). These aims will identify and appraise the key theoretical models that underpin Counselling Psychology.</p> <p>How this module fits with the programme philosophy: This module fits in with the programme philosophy because it: a) allows you to explore scientific approaches to understanding the mind, brain and behaviour in relation to the workplace, b) it contributes to the continuing professional development where you will consolidate knowledge and skills in psychology which can be applied to real world contexts, c) teaching methods and assessment in this module facilitates employability skills (e.g. communication, teamwork, and problem-solving). Further signposting will be given for those students who are keen to pursue interests in working to a</p>	

trajectory, which may project them towards the roles of clinical, health, forensic, or educational psychologist roles and related graduate destinations.

How this module fits with the School of Social Sciences Learning, Teaching & Assessment Strategy: This module fits in with the strategy for the programme in the following way: a) You will play an active role in your learning, through engaging with and problem solving real world case studies presented to you during lectures and seminars, b) learning outside of the classroom will also be encouraged, you will be supported with further reading and online based resources which will promote independent learning, c) formative learning activities will play a central role to this module to building confidence and preparing you for your summative assessment, d) the flexible nature of the assessment topic will allow you to tailor your student learning experience towards your current interests and areas relevant to future employment.

This module will support you in the appraisal of counselling psychology theories, models and applications and initiatives which will be considered from both an individual and community based perspective. The module will support the appraisal of counselling psychology (theories and applications) in the context of contemporary, social, cultural and economic factors, which are placed within local, national and international contexts. Within this module, evidenced-based research and real world applications within counselling contexts and practice-based work will be considered.

6	Indicative Content
	<ul style="list-style-type: none"> <li>• Assessment, diagnosis and treatment</li> <li>• Awareness of holistic and the less-established talking and non-talking therapies</li> <li>• Communication skills necessary to facilitate effective counselling work</li> <li>• Critical evaluation of the evidence, literature and support behind talking therapies</li> <li>• Different reasons why talking and non-talking therapies are accessed and used</li> <li>• Efficacy of talking therapies and comparison interventions</li> <li>• Ethical debates and considerations for clients and practitioners</li> <li>• Fostering positive atmosphere and creating client-counsellor relationships</li> <li>• Recent advances in uses of talking therapies</li> <li>• Theoretical underpinnings of major areas within talking therapies</li> </ul>

<b>7</b>	<b>Module Learning Outcomes</b>	
	<b>On successful completion of the module, students will be able to:</b>	
	<b>1</b>	Demonstrate an understanding of the historical and present developments in counselling psychology
	<b>2</b>	Appraise the key theoretical approaches in counselling psychology
	<b>3</b>	Critically evaluate theory and practical approaches in counselling psychology.
	<b>4</b>	Assess and evaluate the impact of therapeutic techniques on individual difficulties and contemporary societal problems.

<b>8</b>	<b>Module Assessment</b>		
<b>Learning Outcome</b>			
	<b>Coursework</b>	<b>Exam</b>	<b>In-Person</b>
<b>1</b>	<b>X</b>		

<b>9</b>	<b>Breakdown Learning and Teaching Activities</b>	
<b>Learning Activities</b>		<b>Hours</b>
<b>Scheduled Learning (SL)</b> includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable		33
<b>Directed Learning (DL)</b> includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE		37
<b>Private Study (PS)</b> includes preparation for exams		130
<b>Total Study Hours:</b>		200