

Introduction to Counselling

Module Code:	PSY4001-B
Academic Year:	2018-19
Credit Rating:	20
School:	School of Social Sciences
Subject Area:	Psychology
FHEQ Level:	FHEQ Level 4

Pre-requisites:

Co-requisites:

Contact Hours

Type	Hours
Tutorials	10
Laboratory	20
Directed Study	170

Availability Periods

Occurrence	Location/Period
BDA	University of Bradford / Semester 2 (Feb - May)

Module Aims

The focus will be on developing knowledge and skills essential for effective counselling. Emphasis on the learning of interviewing strategies, creating a counselling skills professional framework, anti-discriminatory principles and practice, British Association of Counselling and Psychotherapy (BACP) framework of ethics and good practice. Counselling skills will utilize illustrative casework, and practice in the group, emphasising personal development and growth, exploration of self and relationships in a supportive, confidential environment.

Outline Syllabus

- The contractual relationship.
- Principles of the major therapeutic models in counselling.
- Ethical thinking.
- Multicultural perspectives.
- Supervision and feedback in counselling work.
- Assessment of personal assets, limitations, and reactions to theories.
- The development of a personal philosophy of counselling.
- Establishment of ground rules i.e., contracting, boundaries, health and safety issues.
- British Association of Counselling ethical framework for good practice in counselling and psychotherapy.
- Practical introduction to the skills used by a counsellor.
- Creating and maintaining a therapeutic relationship.
- Appreciation of development and lifespan transitions.

Module Learning Outcomes

On successful completion of this module, students will be able to...

- 1
 - a) develop a theoretical and conceptual understanding of the major therapeutic models which underpin counselling skills including an appreciation of multiple perspectives;
 - b) demonstrate an appreciation how the use of counselling skills is related to the BACP ethical framework for good practice;
 - c) demonstrate an understanding of the attitudes, values, and beliefs which, according to selected theories, facilitate change and growth.
- 2
 - a) understand, recognize and implement basic counselling techniques necessary for effective counselling;
 - b) detect that there are meaningful patterns in behaviour and experience;
 - c) demonstrate a basic understanding of ethical issues in relation to counselling practice.
- 3
 - a) communicate ideas effectively using a range of written and oral means;
 - b) be computer literate for the purposes of furthering their own learning and the presentation of ideas;
 - c) participate in and be aware of contextual and interpersonal factors in groups and teams;
 - d) undertake self-directed study in a supportive environment;
 - e) recognise the need to assess their own skills and to harness them;
 - f) recognise some of their own strengths as well as areas for development;
 - g) recognise the value and application of ethical principles in a broader social context.

Learning, Teaching and Assessment Strategy

The module will be delivered using a variety of methods including seminars (LO's 1a, 1b, 1c), exercises designed for skills practice (LO's 2a, 2b, 2c), counselling role play (LO's 2a, 2b, 2c), small group work and discussion groups (LO's 1a-c, 2a-c). The format will normally follow: theory, skills and personal development (which will utilize small group work). You will be encouraged to take responsibility for your own personal development learning and you should be active, participative and experiential. Part of learning will be conducted by means of a weekly reflective journal. Assessment 1 tests LO's 1a-1c, 3a-g; Assessment 2

tests LO's 2a-c, 3a-g.

Mode of Assessment

Type	Method	Description	Length	Weighting	Final Assess'
Summative	Coursework	1500 word reflective essay on personal development in relation to theories covered	0 hours	50%	Yes
Summative	Coursework	2000 max word essay on counselling skills/theory/professional framework/anti-discriminatory principles	0 hours	50%	No

Legacy Code (if applicable)

SY-4007D

Reading List

To view Reading List, please go to [rebus:list](#).