

Module Details	
Module Title	Introduction to Counselling
Module Code	PSY4001-B
Academic Year	2022/3
Credits	20
School	School of Social Sciences
FHEQ Level	FHEQ Level 4

Contact Hours	
Type	Hours
Online Lecture (Asynchronous)	16
Practical Classes or Workshops	33
Directed Study	151

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

Module Aims
The module focusses on developing knowledge and skills essential for effective counselling. Counselling skills will develop utilising illustrative casework, and practice in the group, emphasising personal development and growth, exploration of self and relationships in a supportive, AND confidential environment. Learning also covers interviewing strategies, creating a counselling skills professional framework, anti-discriminatory principles and practice, and the British Association of Counselling and Psychotherapy (BACP) framework of ethics and good practice.

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. - BACP ethical framework for good practice in counselling and psychotherapy. - Practical introduction to the skills used by a counsellor. - Creating and maintaining a therapeutic relationship.

Learning Outcomes	
Outcome Number	Description
01	Describe theoretical perspectives to counselling.
02	Identify and reflectively evaluate own and others' strengths and areas for development in context of teamwork.
03	Explain the relationship between counsellor theory, practice and experience and common client life challenges and characteristics to an informed audience.
04	Outline ethical and philosophical issues to clients.
05	Recognise, assert and question own ethical values in the context of the ethical and unethical solutions to counselling dilemmas.
06	Know and use the ethical principles of the BACP ethical framework to solve ethical dilemmas experienced by counsellors.
07	Explore difference and diversity and their impact on self, colleagues and counselling relationships.

Learning, Teaching and Assessment Strategy
Students will develop the knowledge, understanding and skills necessary to meet the learning outcomes of the module through the instructional learning and teaching strategy; team-based learning. Students will study the core knowledge-based content of the module out of class; this is then assessed through readiness assurance tests (i-RAT), which are MCQ assessments for learning taken at regular intervals throughout the semester. Students discuss the i-RAT assessment in groups and retake the assessment as a team (t-RAT). In class sessions, students will apply their new knowledge to formative and summative team application exercises. Experiential understanding of the person-centred approach will be developed through practical sessions. Formative Assessment: On-going Peer evaluations of team and interpersonal skills Summative Assessment: Classroom Test One - On-going assessment using individual and team readiness assurance process (i-RAPs & t-RAPs), with weighting between each negotiated by the cohort at the start. The default is equal parts i-RAP and t-RAP. Approximately 20 to 30 minutes per unit (approximately 6 to 8 units) = 33% of overall mark. Classroom Test Two - Ongoing team application exercises. Approximately 500 words per unit or equivalent (approximately 6 to 8 units) = 33% of overall mark. Coursework - Peer evaluations of team and interpersonal skills = 34% of overall mark. Supplementary Assessment if required: Coursework One - structured portfolio of theoretical learning- approximately 5 accounts of 500 words each, maximum total of 2,500 words- = 70% of overall mark. Coursework Two - Structured portfolio of reflective accounts - Approximately 5 accounts of 300 words each with a maximum total of 1,500 words = 30% of overall mark.

Mode of Assessment			
Type	Method	Description	Weighting
Summative	Team-Based Assessment	On-going assessment using individual and team readiness assurance tests (i-RATs & t-RATs; approx. 20-30 minutes per unit	33%
Summative	Team-Based Assessment	Ongoing team application exercises	33%
Summative	Self and Peer Assessment	Peer evaluations of team and interpersonal skills	34%
Referral	Coursework - Written	Structured portfolio of theoretical learning	70%
Referral	Coursework - Written	Structured portfolio of reflective accounts	30%
Formative	Self and Peer Assessment	Formative peer evaluations of team and interpersonal skills	N/A

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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