Module specification

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Module code	COU416
Module title	Person-Centred Counselling Skills (1)
Level	4
Credit value	20
Faculty	Social & Life Sciences
Module Leader	Jackie Raven
HECoS Code	100495
Cost Code	GASC

Programmes in which module to be offered

Programme title	Is the module core or option for this programme
Diploma of Higher Education in Counselling	Core

Pre-requisites

N/A

Breakdown of module hours

Learning and teaching hours	38 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	**38** hrs
Placement / work based learning	0 hrs
Guided independent study	162 hrs
Module duration (total hours)	200 hrs

Module aims

To enable students to demonstrate an understanding of the need to provide an environment conducive to listening (physically and contractually) and reflect upon how ways of listening (and not listening) impact upon clients. Opportunity and encouragement for students to begin listening to others with acceptance, congruence, and empathically. An opportunity for students to offer active listening skills to a colleague client and to receive the same.

Module Learning Outcomes - at the end of this module, students will be able to:

1	Work with a peer to develop the ability to contract for skills practice
2	Evaluate the effectiveness of the application of empathy, UPR, and congruence in skills practice
3	Demonstrate the ability to identify ethical and professional issues and where appropriate act on these.
4	Demonstrate the ability to reflect on personal strengths and areas for development and identify areas for personal and professional development.

Assessment

Indicative Assessment Tasks:

1. Evaluate a 5 minute extract from a 20 minute audio recording of a 'helping' session with a colleague 'client' from the training group.

2. Attendance: attendance and participation are requirements of the course because they evidence the number of training hours received for potential future individual accreditation with professional bodies such as BACP.

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 2, 3 & 4	Coursework	100%
2		Attendance	Pass/ Fail

Derogations

Credits shall be awarded by an Assessment Board for those modules in which all elements have been passed and a pass grade of 40% has been achieved.

The course complies with ethical requirements that not more than 1/3rd of a course can be considered for RPL. This 1/3rd can only be considered from year one of a two year programme under Glyndŵr University Regulations. Therefore only the first two Modules COU416 and COU417 could be eligible for consideration.

Learning and Teaching Strategies

Experiential learning through group work. Practical counselling and listening skills being developed through live practice with peers applying theory (from module COU402 which runs concurrently) in practice.

Community meeting / Home Group

Listening practice groups including triads, peer and tutor observations and feedback

Audio recordings

Transcript and analysis Independent reading and reflection

Optional personal journal

Personal therapy/support activities

Tutorials

Indicative Syllabus Outline

Active listening skills (indicative attending, accompaniment, tracking, pacing, body language, minimal encouragers)

An appropriate environment for counselling

Making the contract for counselling

An introduction to working in triads – listener, observer, speaker

Skills theory – core conditions in practice

Introduction to Levels of empathy (Mearns & Thorne).

Preparing to record (equipment, contracting and technicalities)

The empathy cycle (Barrett-Lennard)

Developing empathic responses in practice.

Developing awareness of own process

Indicative Bibliography:

Please note the essential reads and other indicative reading are subject to annual review and update. Please refer to the Module handbook for relevant academic year for the latest reading list.

Essential Reads

Sanders, P. (2011), First Steps in Counselling. 4th edition. Ross-on-Wye: PCCS Books

Sanders, P. (2003), Step in to Study Counselling. 3rd edition. Ross-on-Wye: PCCS Books

Sanders, P., Frankland, A. and Wilkins, P. (2009) Next Steps in Counselling Practice. 2nd edition. Ross-on-Wye: PCCS Books.

Mearns, D. and Thorne, B. (2013), Person-Centred Counselling In Action. 4th edition. London: Sage Publications Ltd Electronic resources are made available via the VLE for each module.

These include links to video clips, presentations and lecture / seminar handout as well as digitised texts where appropriate.

Other indicative reading

BACP Ethical Framework available to download: www.bacp.co.uk/ethical_framework/

Bor, R. & Watts, M. (2011), The Trainee Handbook: A Guide for Counselling & Psychotherapy Trainees 3rd edn. London. Sage

Barrett-Lennard, G. (1998) Carl Rogers Helping System: Journey and Substance. London. Sage Keys, S. and Walshaw, T. (eds.)

The Person-Centered Counselling Primer. Ross-on-Wye: PCCS Books.

The module handbook will offer further suggested reading

Employability skills – the Glyndŵr Graduate

Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

Core Attributes
Engaged
Enterprising
Creative
Ethical

Key Attitudes
Commitment
Curiosity
Resilience
Confidence
Adaptability

Practical Skillsets
Digital Fluency
Organisation
Leadership and Team working
Critical Thinking
Emotional Intelligence
Communication