

Module specification

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Module Code	COU4
Module Title	Introducing Person-Centred Counselling Theory
Level	4
Credit value	20
Faculty	FSLS
HECoS Code	100495
Cost Code	GACG
Pre-requisite module	N/A

Programmes in which module to be offered

Programme title	Core/Optional/Standalone
Diploma of Higher Education in Counselling	Core

Breakdown of module hours

Learning and teaching hours	38 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	0 hrs
Project supervision hours	0 hrs
Active learning and teaching hours total	38 hrs
Placement hours	0 hrs
Guided independent study hours	162 hrs
Module duration (Total hours)	200 hrs

Module aims

This module aims to introduce students to counselling as a professional, ethical, and theory-based activity, with a particular focus on the principles of person-centred therapy. It provides an introductory understanding of what counselling is, how the profession is regulated, and the key ethical and professional considerations involved. Students also explore the role of personal development and its importance within counsellor training. A central aim is to enable learners to assess whether further training as a person-centred counsellor or psychotherapist is appropriate for them, using self-reflection alongside feedback from peers and tutors to inform this decision.

Module Learning Outcomes

At the end of this module, students will be able to:

1	Describe and evaluate key concepts around the theory of person-centred counselling.
2	Demonstrate an understanding of how person-centred theory is applied in practice.
3	Demonstrate and evaluate the impact of settings on client experience in counselling
4	Demonstrate an understanding of the ways that clients may access counselling.

Assessment

Indicative Assessment Tasks:

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 1:

Part A: What is person-centred counselling and how is it affected by the setting it takes place in? Students should also consider the professional and ethical constraints. (1500 words)

This assessment can be delivered in a format of the students choosing, whether this be in written essay form, via presentation live or pre-recorded, post or podcast. Students need to inform the module lead of their choice of submission.

Part B: Bearing in mind what you have learned about person-centred counselling, demonstrate your understanding of personal development and consider why it so important in counselling? (500 words)

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 NCPS.

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
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1	1, 2, 3 & 4	Coursework	2000 words total	100%	N/A
2		Attendance		PASS/FAIL	N/A

Derogations

N/A

Learning and Teaching Strategies

The module consists of lectures, workshops and fieldwork. The workshops will support class lectures and enable students to develop communication skills and foster creativity and innovation. Experiential lectures are delivered in the morning, which covers the main person-centred theory. Group work and discussions form a key part of the teaching, with students encouraged to self-reflect on the theory in relation to their own sense of self and work as future counsellors. The day starts with half an hour check in, where students are encouraged to “check-in” with the rest of the group, where they are in that moment, and what they may need from others throughout the day.

Welsh Elements

Students can present assessed and non-assessed work in Welsh, and can access all forms, resources, and email correspondence in Welsh where preferred. Students are also able to undertake personal tutorials and, where applicable, work placements through the medium of Welsh. All module information aligns with the Welsh language expectations set out in the programme specification, and appropriate support is available to ensure students can fully engage with the module in their chosen language.

Students are also encouraged to practice their counselling sessions in the medium of Welsh.

Indicative Syllabus Outline

- Group Contract. (Introductions, personal, training team and the course, policies & procedures for professional courses - handbooks).
- What is Counselling? How do clients access Counselling?
- An introduction to theory.
- An introduction to study skills & writing in counsellor training.
- Carl Rogers and The Person-Centred Approach.
- Necessary and sufficient conditions and evidence of them.
- Ethics, law and social constraints. (Contracting / Informed Consent / Legal & professional issues / Supervision)
- Introduction to Rogers’ theory of personality (the 19 propositions).
- Personal Development and Growth: what it is and why it matters.
- Power, difference and oppression; Roles in counselling & wider society.
- Beginnings, middles and endings in counselling.

Indicative Bibliography

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads:

Mearns, D. and Thorne, B. (2013) *Person-Centred Counselling in Action*. 4th edn. London: Sage Publications Ltd.

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

Sanders, P. (2003) *Step into Study Counselling*. 3rd edn. Ross-on-Wye: PCCS Books.

Thorne, B. (2003) *Carl Rogers*. 2nd edn. London: Sage Publications Ltd.

Thorne, B. (2013) *Carl Rogers*. 3rd edn. London: Sage.

Other indicative reading:

Bor, R. and 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.) (2006) *The Person-Centred Counselling Primer*. Ross-on-Wye: PCCS Books.

NCPS Ethical Framework available to download: <https://ncps.com/about-us/code-of-ethics>

Administrative Information

For office use only	
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