

Module specification

When printed this becomes an uncontrolled document. Please access the **Module Directory** for the most up to date version by clicking on the following link: **[Module directory](#)**

Module code	COU421
Module title	Contemporary Person-Centred Counselling Theory
Level	4
Credit value	20
Faculty	Social & Life Sciences
Module Leader	Edward Hewitt-Symonds
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

For office use only	
Initial approval date	30 th March 2021
With effect from date	1 st September 2021
Date and details of revision	
Version number	1

Module aims

To provide opportunities to further develop and explore an understanding of the theory and practice of counselling and psychotherapy by considering contemporary developments to theory and comparison to another counselling tradition/s

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

1	Demonstrate and critically evaluate an aspect of Rogers' Person-Centred Theory.
2	Demonstrate an awareness around recent development in counselling including Pluralism, and Integrative and Eclectic approaches to counselling.
3	Demonstrate an awareness around diversity and inclusivity issues in counselling and its impact on clients.
4	Demonstrate an awareness of professional and ethical standards and issues and personal boundaries, and their impact on working with clients
5	Demonstrate an understanding of the place of personal and professional development as a counsellor.

Assessment

Indicative Assessment Tasks:

Theory and reflection essay to include PD report one assignment including 2 parts 100% weighting of the overall mark.

1. Theory and reflection essay (2500 words): Research an aspect of theory discussed during the module and evaluate and demonstrate your understanding of this aspect of theory in light of your own experience.

2. PD Report (500 words): Evaluate your development since the start of the course and the impact learning about counselling theory and engaging in practice has had upon you.

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.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1,2, 3, 4 & 5	Essay	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.

Not eligible for RP(E)L

Learning and Teaching Strategies

Community meeting / 'check-in'

Small group, pairs and whole group discussion and feedback during lectures, seminars, experiential and interactive workshops to relate theory to personal experiences and practice.

Theory and reflection essay

Formative assessment on written assignments.

Video recordings (historical and demonstration)

Independent reading, research, and reflection

Optional personal journal

Personal therapy/support activities

Tutorials

Use of ICT:

A Module Handbook and Virtual Learning environment (VLE)

The module will draw on published books, journals and web resources in the field.

Indicative Syllabus Outline

Introduction to modules

Configurations of self in theory and practice

Introducing 'moments of movement'

Considering other approaches & Pluralism

Difficult process: Attachment theory meets Gendlin meets Margaret Warner

Sexuality and diversity: how many genders are there?

Social responsibility, diversity and inclusion

Supervision in counselling

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

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

Rogers, C. (1957) The necessary and sufficient conditions of therapeutic personality change. *Journal of Consulting Psychology* Vol.21, No. 2

Rogers, C. (1959) A Theory of Therapy, Personality, and Interpersonal Relationships as developed in the Client-Centred Framework. In S. Koch (ed), *Psychology, a Study of Science* (Vol. 3 Formulations of the person and the social context, pp. 184-256). New York. McGraw Hill Book Company.

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.

Purton, C. (2007) *The Focusing-Oriented Counselling Primer: A Concise, Accessible, Comprehensive Introduction*. 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