

Prifysgol Wreccsam Wrexham University

Module specification

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Module Code	COU423
Module Title	Introduction to Counselling
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
Wrexham University Certificate of Continuing Education (Introduction to Counselling, 10-week study programme)	Standalone

Breakdown of module hours

Learning and teaching hours	30 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	30 hrs
Placement hours	0 hrs
Guided independent study hours	150 hrs
Module duration (Total hours)	180 hrs

Module aims

The aim of the module is to start to develop students understanding of counselling theory, practice and skills. The module will give students the base level understanding, to allow them to progress onto further counselling study or to use within their existing employment It will also foster development of the following transferable/key skills and attributes:

- Presentation skills
- Identification of strengths and weaknesses of approaches to counselling
- Academic writing skills and study skills

- Development of listening / counselling skills and reflexivity

Module Learning Outcomes

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

1	Define and evaluate key aspects of the broad historical and cultural background of counselling.
2	Begin to develop and demonstrate the ability to use counselling skills, reflecting upon personal strengths and areas for development.
3	Begin to develop an understanding of why people engage in counselling and the theoretical and evidence-based outcomes.
4	Define and evaluate some strengths and weaknesses of the key approaches and ideas from prominent figures in the field of 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: Learners will submit an individual essay that demonstrates knowledge of a background to the development of counselling:

How did counselling develop and discuss the strengths and weakness of the person-centred approach and one other main approach. Consider how counselling differs from other helping professions.

Assessment 2:

Students will demonstrate their developing counselling skills in a small group with a written summary of their strengths and areas for development. Students will be required to both receive and provide constructive peer feedback on practice and include this feedback in the summary of the evaluation of their practice.

Based on feedback from peers and your own opinion of your listening practice write a report evaluating your practice. Please consider your strengths and areas for development.

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
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1	1, 3, 4	Coursework	1250	60%	N/A
2	2	Coursework	750	40%	N/A

Derogations

Assessments must be completed and passed, to be able to award the certificate of continuing education.

Learning and Teaching Strategies

This module adheres to the Active Learning Framework (ALF), combining key-note lectures, set readings, and whole-class or small-group discussion to introduce and explore central ideas, philosophical principles, and ethical issues in counselling. Learning is enhanced through evaluative debate, targeted video observation where appropriate, peer-group presentations to share work-in-progress, and small-group skills practice with feedback to consolidate understanding. ICT resources—including the module handbook and Virtual Learning Environment (VLE)—provide essential support, while study is informed by a wide range of published books, academic journals, and reputable web-based materials.

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.

Indicative Syllabus Outline

- Historical emergence of counselling and background to its development.
- Key figures, approaches and concepts in counselling.
- Introduction to the development of counselling skills.
- Research and data supporting evidence-based counselling practice

Indicative Bibliography

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

Essential Reads:

Sanders, P. (2011) *First steps in counselling: A student's companion for introductory courses*. 4th edn. Ross-on-Wye: PCCS.

Feltham, C. and Horton, I. (eds.) (2006) *Sage handbook of counselling and psychotherapy*. London: Sage.

Haugh, M. (2010) *Counselling skills and theory*. Oxon: Hodder Education.

Other indicative reading:

Bell, E. (1996) *Counselling in Further and Higher Education*. Buckingham: Open University Press.

Cully, S. and Bond, T. (2011) *Integrative Counselling Skills in Action*. 2nd edn. London: Sage.

Dryden, W. (2006) *Counselling in a Nutshell*. London: Sage.

Egan, G. (2010) *The Skilled Helper*. Belmont: Brooks/Cole. (Earlier editions acceptable).

Evans, G. (2011) *Counselling Skills For Dummies*. Chichester: Wiley and Sons.

Feltham, C. (1992) *What is Counselling?* London: Sage.

McLeod, J. (2003) *Introduction to Counselling*. 3rd edn. London: Open University Press.

McLeod, J. (2007) *Counselling Skill*. London: Open University Press.

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

Administrative Information

For office use only	
Initial approval date	April 2026
With effect from date	September 2026
Date and details of revision	
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