

Module specification

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Module Code	COU515
Module Title	Evidencing Trainee Practice Effectiveness in Counselling
Level	5
Credit value	20
Faculty	FSLS
HECoS Code	100495
Cost Code	GACG
Pre-requisite module	All Level 4 Modules (Diploma of Higher Education in Counselling)

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 provide students with ongoing, ethically grounded opportunities for supervised clinical practice while deepening their understanding of the person-centred case study as a tool for meaningful critical reflection. It supports learners in evidencing their clinical competence and development as reflexive practitioners, while also guiding them to critically evaluate their own therapeutic work and relevant theory to form a coherent, individualised understanding and personal philosophy of counselling and psychotherapy.

Module Learning Outcomes

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

1	Critically evaluate an example of their own client casework integrating theory, practice, personal development and competent ethical practice.
2	Demonstrate the ability to manage a client case from initial contracting and appropriate risk assessment to review and ending.
3	Demonstrate the ability to work within agency and University policies and procedures around critically informed decision making and ethical practice within their own practice on placement.
4	Demonstrate effective use of clinical supervision in and around your own practice on placement.

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: Case-Study: Utilise literature sources, clinical notes and recordings, personal experience, and personal insight to produce a case-study of approximately 3000 words. This case-study should critically appraise the effectiveness of the trainee's own work with a specific client (with appropriate evidence of informed client consent).

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.

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1, 2, 3 & 4	Coursework	3000 words total	100%	N/A
2		Attendance		PASS/FAIL	N/A

Derogations

N/A

Learning and Teaching Strategies

This module adheres to the Active Learning Framework (ALF), drawing on experiential, reflective, and practice-based learning through participation in community or home groups, independent reading, reflection, optional journalling, and personal therapy or support activities as appropriate. Learning is further supported through case discussion groups, tutorials, and external clinical supervision, all of which help students integrate theory with practice and deepen their professional understanding. Continued engagement in clinical placement counselling practice forms a central component of the module, enabling students to apply learning directly within their ongoing therapeutic work.

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

- Research in Counselling: Single case studies – how to and what personal philosophy / theoretical base am I working from? How do I know I'm sticking to it?
- Ethics and case study research (NCPS research ethics).
- Developing your professional network – support for self & client benefit
- Tribes of the person-centred nation re-visited
- The medical model: strengths, weaknesses, opportunities and threats.
- Existentialism and its relationship to the person-centred approach
- The emotion focussed and experiential approach
- Experiential / creative methods
- Private Practice / Other employment. Am I ready? How do I know?
- Bringing it all together (have I got all the evidence I need to qualify?)
- Plans for the future – working towards registration & accreditation including
- CPD requirements
- Consolidation and Ending
- Topics negotiated by the group

Indicative Bibliography

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

Essential Reads:

Davy, J. (2006) 'How to write a client case study', in Bor, R. and Watts, M. (eds.) *The Trainee Handbook: A Guide for Counselling & Psychotherapy Trainees*. London: Sage, pp. 110–134.

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

Reeves, A., & Bond, T. (2021). *Standards and ethics for counselling in action* (5th edition.). SAGE.

Sanders, P. (2003) *The Tribes of the Person-Centred Nation: A Guide to the Schools of Therapy Associated with the Person-Centred Approach*. London: Sage.

Tolan, J. and Wilkins, P. (2012) *Client Issues in Counselling and Psychotherapy*. London: Sage.

Tudor, K. (2008) *Brief Person-Centred Therapies*. 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

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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