

MODULE SPECIFICATION PROFORMA

Module Title:	Counselling Adult Clients Experiencing Depression (Theory)	Level:	6	Credit Value:	30
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Module code:	COU609	Is this a new module?	YES	Code of module being replaced:	
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Cost Centre:	GASC	JACS3 code:	B940
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Trimester(s) in which to be offered:	1,2	With effect from:	September 16
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School:	Social & Life Sciences	Module Leader:	Madi Ruby /
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Scheduled learning and teaching hours	60
Directed Learning	20
Guided independent study	188
Placement	27
Clinical supervision	5
Module duration (total hours)	300

Programme(s) in which to be offered	Core	Option
BSc (Hons) Counselling (Adults)	✓	
Glyndŵr University Certificate of Continuing Education (Counselling Adult Clients Experiencing Depression (Theory))	✓	<input type="checkbox"/>

Pre-requisites
None

Office use only

Initial approval September 16

APSC approval of modification *Enter date of approval*

Have any derogations received SQC approval?

Version 1

Yes No ✓

Module Aims

This module aims to build on a person-centred foundation for working with adult clients who present as depressed.
 The module will consider bio-psycho-social theories of depression and how societal factors can influence concepts of depression.
 The module aims to develop students understanding of the multifaceted nature of depression and how a deeper and critical understanding of concepts relating to depression can impact on and potentially enhance counselling practice.

Intended Learning Outcomes

Key skills for employability

- KS1 Written, oral and media communication skills
- KS2 Leadership, team working and networking skills
- KS3 Opportunity, creativity and problem solving skills
- KS4 Information technology skills and digital literacy
- KS5 Information management skills
- KS6 Research skills
- KS7 Intercultural and sustainability skills
- KS8 Career management skills
- KS9 Learning to learn (managing personal and professional development, self-management)
- KS10 Numeracy

At the end of this module, students will be able to		Key Skills	
1	Demonstrate a comprehensive and critical understanding of bio-psycho-social perspectives of depression.	1	3
		4	5
		6	
2	Debate how competing constructs of depression impact on the effective provision of counselling for depression.	1	3
		4	5
		6	
3	Critically discuss the merits of person-centred therapy for depression in relation to biological, social, economic and cultural factors which contribute to depression.	1	3
		4	5
		6	7

Transferable/key skills and other attributes

- Academic Writing skills
- Research Skills
- Advanced communication skills
- Team working
- Working with others
- Supporting people

Assertiveness Skills
 Listening skills
 Working with confidential material
 Accepting feedback
 Reflective practice
 Working within policies and procedures
 Working with diversity
 Working to agreed deadlines
 Keeping records
 Using ICT

Derogations

None

Assessment:

1. A presentation critically discussing the values and limitations of using assessment tools in person-centred counselling with depressed clients.
2. An essay critically discussing the impact of biological, cultural, social and political factors influencing counselling with depressed clients and their relationship to person-centred theory.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	1	Presentation	30		20 minutes
2	2,3	Essay	70		2500

Learning and Teaching Strategies:

Community meeting / Home groups
 Lectures / workshops / seminars / presentations by guest speakers (where possible / appropriate)
 Independent reading and reflection
 Optional Personal journal
 Personal therapy/support activities as appropriate
 Personal clinical supervision
 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.

Syllabus outline:

Assessment tools for depression
 Working with adult clients who are experiencing depression
 Defining depression in humanistic terms
 Neuroscience and depression
 Culture and depression
 Legal, professional and ethical issues in working with depression
 The impact of working with depressed clients on the therapist

Bibliography:

Essential reading

Cozolino, L (2010), *The Neuroscience of Psychotherapy: Healing the Social Brain*. London. Norton

Sanders, P & Hill, A (2014), *Counselling for Depression: A person-centred & Experiential Approach to Practice*. London, Sage.

Tudor, K and Worrall, W (2006), *Person-centred Therapy: A Clinical Philosophy*. London, Routledge.

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

Bozarth, J.D. (2011) *Rogerian Empathy in an Organismic Theory: A Way of Being*. In J.Decety, & W. Ickes (Eds.), *The Social Neuroscience of Empathy* (pp. 101 – 112) *Massachusetts Institute of Technology*

The module handbook will offer further suggested reading

Relevant Journals

British Journal of Guidance and Counselling
Counselling and Psychotherapy Research (BACP).

Websites

www.bacp.co.uk