

Module specification

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Module Code	COU705
Module Title	Counselling Skills 2
Level	7
Credit value	20
Faculty	FSLS
HECoS Code	100495
Cost Code	GASC
Pre-requisite module	N/A

Programmes in which module to be offered

Programme title	Core/Optional
MSc Counselling	Core

Breakdown of module hours

Learning and teaching hours	88 hrs
Placement tutor support	10 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	98 hrs
Placement / work based learning	0 hrs
Guided independent study	102 hrs
Module duration (total hours)	200 hrs

Module aims

- To build on the learning and understanding developed in module COU7** Counselling Skills 1
- To enable students to develop their practical counselling skills to demonstrate an understanding of the need (and ability) to provide a relationship offering the conditions of psychological contact, empathy, Unconditional Positive Regard and Congruence in counselling.
- To develop their reflective practice ability.
- To develop the awareness and understanding of ethical professional, legal and ethical issues within a person-centred counselling relationship.

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

1	Develop the ability to apply key person-centred skills in practice in observed and recorded practice sessions.
2	Evaluate a recorded segment of 20 minutes skills practice from a minimum 50-minute session with a peer as 'client,' to demonstrate understanding of personal strengths and areas for development.
3	Evidence an awareness of Person-Centred practice in others and evaluate peer recordings aligning with relevant theory.
4	Develop the ability to contract for clients in 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 Coursework: Evaluate / appraise a 20 minute extract from a 50 minute audio/video recording of a 'helping' session with a "client" student counsellor from the student cohort.

This evaluation should consider both the helpful and less helpful aspects of your practice related to the theory of therapy (the necessary add sufficient conditions). It should also pay attention to the process of therapy (such as Rogers, Barrett-Lennard or Mearns and Thorne's consideration of process stages).

Assessment 2 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. Attendance must be passed at 80% or above

Formative Assessment: Practice tape

Students are required to present an in class 20-minute extract from a 50-minute recording of a counselling session, with a fellow student, which needs to meet a level 4 or above of the PCEPS scale. This tape needs to be passed, for students to begin placement at the beginning of Year 2. The full 50-minute recording needs to be submitted, alongside the 20-minute extract, for it to be considered by the tutor team. Lecturers' decision of pass or fail is final. Students who did not complete readiness for practice assessment at the end of year 1 will be able to complete this at the beginning of year 2. Opportunities may also be available over the summer.

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1-4	Coursework		100%	n/a
2		Attendance		Pass/Refer	

Derogations

N/A

Learning and Teaching Strategies

- Experiential learning through group work. Practical counselling and listening skills being developed through live practice with peers applying theory to practice.
- Community meeting / Home Group
- Listening practice groups including triads, peer and tutor observations and feedback
- Audio recordings
- Transcript and analysis
- Feedback evaluation forms
- Independent reading 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

Welsh Elements

Assignments can be submitted in Welsh.

Indicative Syllabus Outline

- Practice sessions with peer and tutor observation and feedback
- Skills theory as appropriate
- Preparing for placement – applying, interviews etc.
- Visit/s from placement providers (According to availability).
- Therapeutic process; e.g Mearns and Thorne – beginnings, middles and endings; Rogers 7 stages of process / Barrett-Lennard 5 stages
- PCEPS: Adherence to competence framework measure.
- Experiential / creative methods

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 ed. London: Sage Publications Ltd.

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 ed. London: Sage.

Barrett-Lennard, G. (1998), *Carl Rogers Helping System: Journey and Substance*. London: Sage.

Sanders, P., Frankland, A. and Wilkins, P. (2009), *Next Steps in Counselling Practice*. 2nd ed. Ross-on-Wye: PCCS Books.

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

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

Administrative Information

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