

Module specification

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Refer to guidance notes for completion of each section of the specification.

Module Code	PSY628
Module Title	Counselling Psychology
Level	6
Credit value	20
Faculty	Social and Life Sciences
HECoS Code	100497
Cost Code	GAPS

Programmes in which module to be offered

Programme title	Is the module core or option for this programme
BSc (hons) Psychology	Option
BSc (Hons) Psychology with Foundation Year	Option

Pre-requisites

None

Breakdown of module hours

Learning and teaching hours	24 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	24 hrs
Placement / work based learning	0 hrs
Guided independent study	176 hrs
Module duration (total hours)	200 hrs

For office use only	
Initial approval date	15 th May 2024
With effect from date	September 2024
Date and details of revision	
Version number	1

Module aims

To acquaint students with the main aspects of the discipline of Counselling Psychology.

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

1	Critically discuss the approaches used in the field of counselling psychology
2	Demonstrate a comprehensive understanding of ethical and professional implications faced in counselling psychology
3	Critically evaluate the theoretical and practical therapeutic processes/relationships in counselling psychology.
4	Critically discuss key concepts within counselling psychology.

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.

1. A 2000-word essay on a specified topic in counselling psychology (e.g., the contrasting approaches of different schools of psychology to one of the key concepts covered in the module).
2. A 2000-word report (e.g., formulation, ethical dilemma/counselling skills)

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 4	Written Assignment	50%
2	2, 3	Written Assignment	50%



Derogations

None

Learning and Teaching Strategies

A range of different learning and teaching strategies will be utilised in this module, including lectures, seminars, group, and individual activities, directed and self-directed learning, and tutorials. Module content will include pre-recorded asynchronous online content that will inform synchronous sessions. This will allow students time to reflect on and further develop their knowledge ahead of consolidating learning through group workshops and/or seminars. Synchronous workshops/seminars will involve group discussions and debates. Students will practice the use of formulation models based on a case study vignettes in order to experience the process of assessment and interventions within this discipline.

All learning and teaching methods are supported by the University's virtual learning environment, Moodle, where students will be able to access clear and timely information to support the delivery of content such as videos, links to relevant online information, discussion forums, and pre-recorded lectures.

The University's Active Learning Framework (ALF) is embedded within the module to achieve optimal accessibility, inclusivity, and flexibility in terms of teaching and learning. This is in line with the principles of Universal Design for Learning (UDL). A learning blend is used that combines synchronous and asynchronous digitally enabled learning with best use of online opportunities and on-campus spaces and facilities.

Indicative Syllabus Outline

- What is Counselling psychology?
- Defining its role with other psychological disciplines
- Theories of the self
- Theoretical models and approaches (Psychoanalytic, Humanistic, Cognitive behavioural, family system therapies)
- The therapeutic relationship
- Cultural differences
- Ethical issues
- Personal/Professional Development
- Critiques of Counselling psychology
- Future trends in Counselling psychology

Indicative Bibliography:

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

Essential Reads

Douglas, B., Woolfe, R., Strawbridge, S., Kasket, E. & Galbraith, V. (Eds). (2016). *The handbook of counselling psychology*. (4th ed.). Sage.



Other indicative reading

Dryden, W., & Feltham, C. (Eds.). (1992). *Psychotherapy and its discontents*. Open University Press.

Masson, J. (1992). *Against therapy*. Flamingo.

McLeod, J. (2019). *An introduction to counselling and psychotherapy: Theory, research, and practice* (6th ed.). Open University Press.

Palmer, S. (Ed.) (2015). *The beginner's guide to counselling and psychotherapy* (2nd ed.). Sage.

Journals:

British Journal of Guidance and Counselling

Journal of Counselling Psychology

The Counselling Psychologist

