

Module specification

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Module Code	PSY628
Module Title	Counselling Psychology
Level	6
Credit value	20
Faculty	Social and Life Sciences
HECoS Code	100497
Cost Code	GAPS
Pre-requisite module	None

Programmes in which module to be offered

Programme title	Core/Optional/Standalone
BSc (hons) Psychology	Option
BSc (Hons) Psychology with Foundation Year	Option

Breakdown of module hours

Learning and teaching hours	24 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	24 hrs
Placement hours	0 hrs
Guided independent study hours	176 hrs
Module duration (Total hours)	200 hrs

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.

Assessment 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).

Assessment 2: A 2000-word report (e.g., formulation, ethical dilemma/counselling skills)

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1,4	Written Assignment	2,000	50%	N/A
2	2,3	Written Assignment	2,000	50%	N/A

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.

Welsh Elements

Students can present their work, access forms, resources, email correspondence, placement support and personal tutorials in Welsh.

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.D

Administrative Information

For office use only	
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