

Module specification

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Module Code	PSY766
Module Title	Therapeutic Approaches
Level	7
Credit value	20
Faculty	FSLS
HECoS Code	100497
Cost Code	GAPS
Pre-requisite module	None

Programmes in which module to be offered

Programme title	Core/Optional/Standalone
MSc Applied Psychology	Core

Breakdown of module hours

Learning and teaching hours	21 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	21 hrs
Placement hours	0 hrs
Guided independent study hours	179 hrs
Module duration (Total hours)	200 hrs

Module aims

This module will increase students' understanding and knowledge of the philosophical underpinnings and theoretical underpinnings of a variety of therapeutic approaches. The module will also familiarise students with different therapeutic practices in various models of therapy. Students will also increase insight into the complexity, benefits, and challenges of therapeutic practice.

Module Learning Outcomes

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

1	Critically analyse and discuss the philosophical and/or therapeutic underpinnings in therapeutic approaches.
2	Synthesise and evaluate different therapeutic approaches in relation to client work.
3	Critically evaluate and review therapeutic approaches using literature, theory, and informed personal/professional reflection.
4	Demonstrate understanding and awareness of in-depth ethical considerations in therapeutic work with clients.

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 critical essay (e.g., critically compare Person-Centred Counselling with one other therapeutic approach of students choosing eg, CBT, Psychodynamic, Mindfulness).

Assessment 2: A 2000-word portfolio (e.g., a brief 1000-word case study and a 1000-word reflection).

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1, 3	Written Assignment	2000 word	50%	N/A
2	2, 4	Portfolio	2000 word	50%	N/A

Derogations

All elements of assessment must be attempted. The pass grade for this module is 50%.

Learning and Teaching Strategies

Students will receive weekly lectures which may include seminars, practical workshops, or demonstrations. Students will also learn via self-directed study through independent reading and the completion of assignments. Individual tutorials will be available to students as an additional point of contact if requested by the student.

Welsh Elements

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

Indicative Syllabus Outline

- Person-Centred Therapy
- Cognitive Behavioural Therapy
- Psychodynamic therapies
- Third Wave therapies
- Producing formulations
- Therapeutic Relationship
- Treatments for various presenting issues (e.g., trauma, low mood, anxiety etc.)
- The role of supervision
- Therapist self-care (burnout and vicarious trauma)
- Ethical considerations in therapy
- Therapeutic consultation (working in teams as a therapist)

Indicative Bibliography

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

Essential Reads:

Reeves, A. (2022). An Introduction to counselling and psychotherapy: From theory to practice. (3rd ed.). SAGE

Other indicative reading:

Beck, J.S. (2021). Cognitive behavior therapy: Basics and beyond (3rd ed.). Guildford Press.

British Psychological Society. (2021). BPS code of ethics and conduct. BPS.

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

Joseph, S. & Worsley, R. (2005). Person-centred psychopathology: A positive psychology of mental health. PCCS Books.

Rogers, C. (1995). A way of being. Houghton Mifflin Harcourt.

Rogers, C. (2004). On becoming a person: A therapist's view of psychotherapy. Hachette.

Spurling, L. (2017). An introduction to psychodynamic counselling (3rd ed.). Macmillan International Higher Education.

Administrative Information

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