

Module specification

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Module Code	PSY766
Module Title	Therapeutic Approaches
Level	7
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
MSc Applied Psychology	Core

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

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

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.

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).
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	Weighting (%)
1	1, 3	Written Assignment	50%
2	2, 4	Portfolio	50%

Derogations

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.

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

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

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

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

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