

1.	Title	Comparative Approaches (CA)
2.	Level *	5
3.	Credits	20
4.	Indicative Student Study Hours	200
5.	Core (must take and pass), Compulsory (must take) or Optional	Core

* **Foundation Level=3 Degree Year 1 = 4 Degree Year 2 = 5 Degree Year 3 = 6**

PG (Masters) = 7

5. Brief Description of Module (purpose, principal aims and objectives)

This module will consolidate students' knowledge of the person-centred counselling approach and introduce a range of alternative approaches to counselling and psychotherapy for critical consideration and comparison. Contemporary developments such as Person-Centred Experiential 'Counselling for Depression' (PCE-CfD), Dynamic Interpersonal Therapy (DIT), Interpersonal Therapy (IPT) and 'Third wave' CB Therapies will be considered.

Knowledge of a range of the major conceptual frameworks for counselling and psychotherapy will prepare students for work settings, enabling them to communicate effectively with other counsellors and psychotherapists who may not share the same philosophy of practice. The module will therefore require students to compare and contrast the Person-centred approach with at least one other major approach to counselling and psychotherapy covered on the module.

6. Learning Outcomes - On successful completion of this module a student will be able to:

(Add more lines if required)

1.	Appraise person-centred concepts in relation to counselling and psychotherapy
2.	Evaluate a range of psychological approaches to developmental theory and therapeutic work with clients
3.	Compare and contrast the PCA with at least one other therapeutic modality
Generic Learning Outcome(s)	
4.	Compare and contrast concepts in order to draw conclusions

7. Assessment

Pass on aggregate or Pass all components <i>(modules can only be pass all components if this is a PSRB requirement)</i>	Pass all components
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Summary of Assessment Plan

	Type	% Weighting	Anonymous Yes / No	Word Count/ Exam Length	Learning Outcomes Coverage	Comments
1.	Comparative essay	100	Yes	3000	1,2,3,4	For Theory only route, with reference to own issues only.

Further Details of Assessment Proposals
Give brief explanation of each assessment activity listed

- An essay to critically compare the person-centred approach to counselling with at least one other approach covered on the module, with reference to own and/or client* issues encountered.

*any reference to clients in academic work must be fully and carefully anonymised.

8. Summary of Pre and / or Co Requisite Requirements
Pass level 4/Year 1

9. For use on following programmes
Dip HE Person-Centred Counselling
BA Counselling and Psychotherapy

1.	Module Leader	Sophia Carbonero
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2.	Indicative Content
	<ol style="list-style-type: none"> 1. Review of classical and developments of person-centred theory and therapy and critical comparison with the following: 2. Freudian Psychoanalysis 3. Jungian analytical psychology 4. Contemporary psychodynamic approaches including DIT and IPT 5. Cognitive approaches including ABC model (Ellis) and Beck, 6. 'Third Wave' (DBT, ACT etc.) 7. Integrative approaches including Egan's 'Skilled Helper' model 8. Eclecticism and Pluralism 9. EBP and 'common factors' perspectives 10. Narrative and Critical Theory perspectives 11. Systemic approaches 12. Other contemporary developments in counselling & psychotherapy theory including the neuroscientific perspective

3. Delivery Method <i>(please tick appropriate box)</i>					
Classroom Based	Supported Open Learning	Distance Learning	E-Learning	Work Based Learning	Other (specify)
✓					
<i>If the Delivery Method is Classroom Based please complete the following table:</i>					
	Activity (lecture, seminar, tutorial, workshop)	Activity Duration - Hrs	Comments	Learning Outcomes	
1	Seminars	35		1,2,3	
2	Tutorial	5		“	
3	Workshop	1	Assignment/referencing/ study skills	“	
4	Self-directed learning	159	Including assignment prep	“	
	Total Hours	200			
If delivery method is <i>not</i> classroom based state lecturer hours to support delivery					

4. Learning Resources

To include contextualised Reading List.

Comparative Approaches (CA)

Reading List

Essential:

Dryden, W., & Reeves, A. (eds) (2014) *The Handbook of Individual Therapy* 6th edn. London: Sage.

Feltham, C., (2010) *Critical Thinking in Counselling and Psychotherapy*. London: Sage

Tudor, K., (2018) *Psychotherapy: a critical examination*. Monmouth: PCCS Books

Recommended:

McLeod, J., (2017) *Pluralistic Therapy: Distinctive Features*. Abingdon: Routledge

Norcross, J., Wampold, B. and Lambert, M. (eds) (2019) *Psychotherapy Relationships that Work* Vol. 1 & 2. 3rd edn. USA: OUP

Journals and Websites:

Beck Cognitive Behaviour Therapy

https://beckinstitute.org/?glid=EA1aIQobChMIjo7liKDY5QIVxbHtCh3mxwumEAAYASAAEgIJOPD_Bw

The Freud Museum <https://www.freud.org.uk/>

Hayes, S. and Hofman, S. (2017) 'The third wave of cognitive behavioural therapy and the rise of process-based care' *World Psychiatry*, 2017 Oct, 16:3, 245–246. [online] Available from:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5608815/>

Hobbs, C. (2018) 'A Short Introduction to Narrative Therapy' [online] Available from:

<https://edpsy.org.uk/blog/2018/short-introduction-narrative-therapy/>

Pluralistic Practice: Celebrating diversity in Therapy <http://pluralisticpractice.com/>

Sue, S., Zane, N., Nagayama Hall, G. and Berger, L. (2009) 'The Case for Cultural Competency in Psychotherapeutic Interventions' *Annual Review of Psychology*. 2009:60, 525–548 [online] Available from:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2793275/>

Pink Therapy <https://www.pinktherapy.com/>