

Module Title:	Comparative Approaches
Module Code:	DHPC08I/BAPC08I
Level:	5
Credits:	15
Pre-requisites:	Successful Completion of Year 1

Module Description:

The module is designed to develop a sound knowledge of the person-centred counselling approach and to provide opportunities for students to reflect critically on counselling and psychotherapy issues. A broad conceptual framework will enable students 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 Humanistic Person-centred approach with at least one other approach to counselling and psychotherapy drawn from either the psychodynamic or the cognitive behavioural field.

Indicative Content:

- Introduction to the module – assignment guidelines- group exercise
- The notion of the “whole” person – Mearns
- Introduction to alternative approaches – Psychodynamic and Cognitive approaches
- Psychodynamics, including, principles, processes of change, transference issues and critical comparison with Person-centred approach
- Assignment workshop
- Cognitive approaches – including A-B-C model (Ellis) and Beck’s model; critical comparison with person-centred model assignment workshops
- Towards integration and eclecticism
- Review and evaluation of the module

Specific Learning Resources

TV/DVD

Bibliography

Highly Recommended

- Gray, A (1994). *An Introduction to the Therapeutic Frame*. Hove: Routledge
- Jacobs, M (2010). *Psychodynamic Counselling in Action*. 4th Ed. London: SAGE Publications Ltd
- Padesky, C (1995). *Clinician’s Guide to Mind Over Mood*. New York: The Guildford Press

Module Specifications: School of Health & Social Sciences

Stevens, A (2001). *Jung - A Very Short Introduction*. Oxford: Oxford University Press
Westbrook, D, Kennerley, H and Kirk, J (2011). *An Introduction to Cognitive Behavioural Therapy - Skills and Application*. 2nd ed. London: SAGE Publications Ltd
Dryden, W (2011) *Counselling in a Nutshell*. 2nd ed. London: Sage
Trower, P, Casey, P and Dryden, W (2011). *Cognitive-behavioural Counselling in Action*. 2nd ed. London: Sage
Mearns, D (2002). *Developing Person-centred Counselling*. 2nd ed. London: SAGE Publications Ltd
Nelson-Jones, R (2011). *Six Key Approaches to Counselling and Therapy*. 2nd ed. London: Continuum

Recommended

Barrett-Lennard, GT (1998). *Carl Rogers' Helping System*. London: Sage
Bozarth, J and Wilkins, P (eds) (2001). *Unconditional Positive Regard*. Ross on Wye: PCCS Books
Cain, DJ (2002). *Classics in the Person-centred Approach*. Ross on Wye: PCCS Books
Casement, P (1985) *On Learning from the Patient*. London: Routledge
Clarkson, P & Pokorny, M (1994). *The Handbook of Psychotherapy*. London: Routledge
Curwen, P and Palmer, S and Ruddell, P (2000). *Brief Cognitive-Behavioural Therapy*. London: Sage
Dryden, W and Neenan, M (2004). *Rational Emotive Behavioural Counselling in Action*. 3rd ed. London: Sage
Dryden, W and Reeves, A (eds) (2014). *The handbook of Individual Therapy* 6th ed. London: Sage
Dryden, W and Reeves, A (2008). *Key Issues for Counselling in Action*. 2nd ed. London: SAGE Publications Ltd
Haug, S and Merry, T (eds) (2001). *Empathy*. Ross on Wye: PCCS Books
Kirschenbaum, H and Henderson, V L (eds) (1990). *The Carl Rogers Reader* London: Constable (Classic Text)
Rennie, DL (1998). *Person-Centred Counselling: An Experiential Approach* London: SAGE Publications Ltd
Storr, A (1991). *The Art of Psychotherapy*. 2nd ed. Oxford: Heinemann/Butterworth
Thorne, B and Lambers, E (1998). *Person-Centred Therapy: A European Perspective* London: SAGE Publications Ltd.
Wilkins, P (2003). *Person-Centred Therapy in Focus*. London: SAGE Publications Ltd.

Background Reading

Gay, P (1995). *The Freud Reader*. London: Vintage
Gendlin, E (1981). *Focusing*. London: Bantam
Jung, C and Jaffe, A (1995). *Memories, Dreams, Reflections* London: Fontana
Lomas, P (2001). *The Limits of Interpretation: thoughts on the nature of psychotherapy*. 2nd ed. London: Constable
Masson, J (1990). *Against Therapy*. London: Fontana
Segal, J (2004). *Melanie Klein*. 2nd ed. London: SAGE Publications Ltd
Stevens, A (1991). *On Jung*. 2nd ed. London: Penguin

Module Learning Outcomes

Module Specifications: School of Health & Social Sciences

Subject Specific Learning Outcomes

On successful completion of this module you will be able to:

LO 1	Critically consider of the major implications of person-centred concepts for an analysis of client work.
LO 2	With minimal guidance, identify, critically, evaluate and synthesise a range of perspectives on the nature of the therapeutic relationship.
LO 3	Critically compare and contrast the Person-centred Approach with at least one other approach to counselling, with some assistance

Assessment Title or element	Weighting (%)
A written assignment involving a comparison of the person-centred approach to counselling and psychotherapy with ONE other approach (3,000 words)	100%

Information correct at point of publication.