

1.	Title	Developing Counselling Practice (DCP)
2.	Level *	4
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 equip students with a further developed understanding and experience of the person-centred approach to therapeutic counselling, supporting them to begin professional practice with clients in Year 2. In addition, students will consolidate their understanding of person-centred counselling as a form of helping. This module will also provide opportunities for students to further develop their awareness of self and others through interaction and feedback process, in preparation for professional supervision in year 2. Students will consolidate understanding of the psychological ideas underpinning the person-centred approach, including consideration of equality and diversity. With guidance and support from tutors and from peer groups, learners will have further opportunities to examine self in new ways and, consequently, evaluate their own and others' development. Learners will be introduced to case management and professional practice procedures in line with Colchester Institute Counselling Service (CICS) policies and procedures, the British Association of Counselling and Psychotherapy Ethical Framework for the Counselling Professions, and relevant legislation.

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

*(Add more lines if required)*

1.	Demonstrate competent, ethical Person-Centred practice in a 30-minute audio-recorded skill practice session with a peer
2.	Analyse the principal ethical, environmental and contractual features of counselling using a person-centred approach, with reference to own 30-minute audio-recorded session with a peer
3.	Evaluate own and others' suitability to practice as an ethical person-centred counsellor through participation in feedback and ongoing self-reflection processes.
<b>Generic Learning Outcome(s)</b>	
4.	Demonstrate capacity for summative self-evaluation

**7. Assessment****Pass on aggregate or Pass all components***(modules can only be pass all components if this is a PSRB requirement)***Pass all components****Summary of Assessment Plan**

	Type	% Weighting	Anonymous Yes / No	Word Count/ Exam Length	Learning Outcomes Coverage	Comments
1.	30-minute audio-recorded session with a peer	80	No	=2000	1	Assessed against a rubric
2.	Personal Statement of readiness for professional practice	20	Yes	500	2,4	
3.	Record of practice sessions (min. x 6)	0 P/F	No	N/A	3	Minimum 6 x observed 30 minute practice sessions with peers

**Further Details of Assessment Proposals**

Give brief explanation of each assessment activity listed

1. Students will choose an audio-recorded session from those conducted with peers throughout the semester to submit as evidence of their competent person-centred counselling practice
2. Students will write a reflective Personal Statement of Readiness for professional practice (in year 2) with reference to Task 1
3. Students will keep evaluation records of weekly 30 minute practice sessions with peers in triads/tetrads, a minimum of six of which should be signed by the observing tutor

**8. Summary of Pre and / or Co Requisite Requirements**

Nil

**9. For use on following programmes**

Dip HE Person-Centred Counselling / BA Counselling and Psychotherapy

**Module Specification  
annually**

**Part 2- to be reviewed**

<b>1. Module Leader</b>	Kelly Rothery
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<b>2. Indicative Content</b>	<ol style="list-style-type: none"> <li>1. Giving and receiving formative and summative feedback using designated forms</li> <li>2. Developing attitudes and qualities of the Person-centred counsellor</li> <li>3. Development of theory of person-centred practice; the therapeutic conditions</li> <li>4. Developing communication of qualities and attitudes</li> <li>5. Developing communication with diverse client groups and issues</li> <li>6. Consolidating the counselling process; session management issues; contracting and confidentiality</li> <li>7. Client feedback and review; referrals and disclosures</li> <li>8. BACP <i>Ethical Framework for the Counselling Professions</i>; developing awareness of law in counselling and psychotherapy including Mental Capacity (2005)</li> <li>9. Experiential triad/tetrad skill practice with peer and tutor feedback and group discussion (weekly) and practice log review</li> <li>10. Introduction to the Person-Centred Experiential Psychotherapy Scale (PCEPS)</li> <li>11. Introduction to Colchester Institute Counselling Service (CICS) policies, procedures and paperwork</li> <li>12. Orientation to supervision and CICS line management</li> </ol>
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<b>3. Delivery Method</b> (please tick appropriate box)					
Classroom Based	Supported Open Learning	Distance Learning	E-Learning	Work Based Learning	Other (specify)
✓					

If the Delivery Method is **Classroom Based** please complete the following table:

	<b>Activity (lecture, seminar, tutorial, workshop)</b>	<b>Activity Duration - Hrs</b>	<b>Comments</b>	<b>Learning Outcomes</b>
1	Seminar	11		1,2
2	Observation/feedback	24		3,4
3	Workshop	1	Assignment/referencing/ study skills	1,2,3,4
4	Tutorial	5		1,2,3,4

5	Self-directed learning	159		1,2,3,4
	<b>Total Hours</b>	<b>200</b>		
If delivery method is <i>not</i> classroom based state lecturer hours to support delivery				

#### 4. Learning Resources

*To include contextualised Reading List.*

## Developing Counselling Practice (DCP)

### Reading List

#### Essential:

Frankland, A. and Sanders, P. (2009) *Next Steps in Counselling Practice: A students' companion for degrees, HE diplomas and vocational courses*. Ross on Wye: PCCS Books

Mearns, D. and Thorne, B (2007) *Person-Centred Counselling in Action*. 3rd edn. London: SAGE Publications Ltd

Tolan, J. (2016) *Skills in Person-centred Counselling and Psychotherapy* 2nd edn. London: SAGE Publications Ltd

#### Recommended:

Mearns, D and Cooper, M (2017) *Working at Relational Depth in Counselling and Psychotherapy*. 2<sup>nd</sup> edn. London: Sage

Wilkins, P (2009) *Person-centred Therapy: 100 Key Points*. London: SAGE

#### Journals and Websites:

The Association for the Development of the Person-Centred Approach [online] Available from: <https://adpca.org/content/welcome-adpca>

British Association for Counselling & Psychotherapy (2018) *Ethical Framework for the Counselling Professions*. Lutterworth: BACP Available at <https://www.bacp.co.uk/media/3103/bacp-ethical-framework-for-the-counselling-professions-2018.pdf>

Centre for Studies of the Person [online] Available from: <https://www.centerfortheperson.org/>

Schmid, P. (2019) *The person-centred website* [online] Available from: <http://pfs-online.at/1/index-pcanet.htm>

'What is the person-centred approach?' [online] Available from: <https://www.the-pca.org.uk/about/what-is-it.html>