

1. Title	Introduction to Counselling Practice (ICP) DHPC01C-BAPC01C
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)

The module will equip students with initial understanding and experience of a classical, Rogerian person-centred approach to therapeutic counselling and the potential to develop person-centred attitudes, qualities and communication skills.

The module is primarily experiential, providing opportunities for students to increase their awareness of self and others through regular, small group 'practice' interaction and feedback processes. Students will also be introduced to the psychological and philosophical concepts underpinning the classical person-centred approach. With guidance and support from tutors and from peers, students will have opportunities to evaluate their own and others' practical development.

This module provides a pathway to the *Developing Counselling Practice* module in Semester 2, where students are supported towards meeting requirements to progress to professional practice with clients in Semesters 3 and 4.

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

(Add more lines if required)

1.	Define the principal ethical, environmental and contractual features of counselling
2.	Explain the basic concepts of the person-centred approach to counselling
3.	Demonstrate developing 'Person Centred' attitudes and skill in formal skill practice sessions
4.	Outline 'growing edge' of own development as an ethical person-centred counsellor through use of peer and tutor feedback and self-reflection
Generic Learning Outcome(s)	
5.	Demonstrate capacity to make constructive use of feedback

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		
Summary of Assessment Plan						
	Type	% Weighting	Anonymous Yes / No	Word Count/ Exam Length	Learning Outcomes Coverage	Comments
1.	Reflective essay	100	Yes	2500	1,2,4,5	
2.	Record of practice sessions	P/F	No	N/A	3	Minimum 3 x tutor-observed 20 minute practice sessions with peers
Further Details of Assessment Proposals						
Give brief explanation of each assessment activity listed						
1. Students will write a reflective essay entitled, 'My development as a person-centred counsellor' 2. Students will keep records of weekly 20 minute practice sessions with peers in triads/tetrads, a minimum of three of which must be observed and signed by 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

1. Module Leader	Kelly Rothery
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2. Indicative Content	<ol style="list-style-type: none"> 1. Definition of counselling (relative to other forms of help and support) 2. Aims and focus of counselling 3. Attitudes and qualities of the Person-centred counsellor 4. Introduction to theory of person-centred practice 5. Communicating qualities and attitudes via specific active listening/communication skills 6. Demonstrations 7. The counselling process; session management; contracting 8. Beginnings, middles and endings of counselling sessions 9. BACP Ethical Framework for the Counselling Professions 10. Basic awareness of law in counselling and psychotherapy 11. Giving and receiving formative and summative feedback (using designated forms) 12. Weekly experiential triad/tetrad skill practice with peer and tutor feedback and group discussion. (Plus to embedded relevant study skills throughout as required)
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3. Delivery Method (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:					
	Activity (lecture, seminar, tutorial, workshop)	Activity Duration - Hrs	Comments	Learning Outcomes	
1	Seminar	11		1,2	
2	Observed practicum	24	Weekly peer observation and feedback; 3 (min) x tutor observation and feedback	3,4,5	
3	Workshop	1	Assignment/referencing/study skills	1,2,4,5	
4	Tutorials	5		1,2,4,5	
5	Self-directed learning	159	To include assignment prep	1,2,4,5	
Total Hours		200			

If delivery method is *not* classroom based state lecturer hours to support delivery

4. Learning Resources

To include contextualised Reading List.

Introduction to Counselling Practice (ICP)

Reading List

Essential:

Cooper, M., O'Hara, M., Schmid, P. and Bohart, A.(eds) (2013). *The Handbook of Person-Centred Psychotherapy & Counselling*. 2nd edn. Basingstoke: Palgrave Macmillan

Merry, T. (2002) *Learning and Being in Person-Centred Therapy* 2nd edn. Monmouth: PCCS Books

Sanders, P (2006) *The Person-centred counselling primer: a concise, accessible introduction*. Ross-on-Wye: PCCS Books

Recommended:

Casemore, R., (2011) *Person centred counselling in a nutshell*. 2nd edn. London: Sage

Mearns, D and Thorne, B (2013) *Person-Centred Counselling in Action*. 4th edn. London: Sage Publications Ltd

Journals & Websites

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

Rogers, C.R. (1957) 'The necessary and sufficient conditions of therapeutic personality change', *Journal of Consulting Psychology*, 21(2) Apr 1957, 95-103 [online] Available from: <https://app.shoreline.edu/dchris/psych236/Documents/Rogers.pdf>

The Person-Centred Association (TPCA) <https://www.the-pca.org.uk/about/carl-rogers.html>

