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| Module Title: | Introduction to Counselling Practice |
| Module Code: | DHPC01C/BAPC01C |
| Level: | 4 |
| Credits: | 30 |

Module Description:

The module is designed to equip students with an adequate grasp of the basic skills of person-centred therapeutic counselling and a potential to develop these skills further. In addition to this, students will move towards an understanding of person-centred counselling as a form of helping. This module will also provide opportunities for students to increase their awareness of self and others through interaction and feedback process. Students will be introduced to the psychological ideas underpinning the person-centred approach. This module prepares learners for client work which will commence in the second year of the programme. With guidance and support from tutors and from peer groups, learners will have 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 the British Association of Counselling and Psychotherapy Ethical Framework.

Indicative Content:

- Introduction to module
- The nature of intervention; The counselling focus ; Goals of Counselling;
- Qualities of the Counsellor
- Introduction to Person-Centred Philosophy
- Skills Practice
- Managing specific client crises
- Skills Workshops analysing beginnings, middles and endings of counselling sessions.
- CICS Procedures, Paper work and Record keeping in line with BACP guidelines for practice management (2012 Gold Book for Accreditation of Counselling programmes)
- Operating within the BACP Ethical Framework
- Professional and personal development
- Preparation for client work
- Experiential role-plays with feedback and group discussion
- Experiential group work

Bibliography

Highly Recommended

- Bond, T & Mitchels, B (2015). Confidentiality & Record Keeping in Counselling & Psychotherapy. 2nd Ed. London: SAGE Publications Ltd
- British Association for Counselling & Psychotherapy (BACP) (2013). Ethical Framework for Good Practice in Counselling & Psychotherapy. 5th Ed. Lutterworth: BACP Available at: www.bacp.co.uk/ethical_framework
- nb. This document is due to be updated in July 2016 and will then become: British Association for Counselling & Psychotherapy (BACP) (2015). Ethical Framework for the Counselling Professions. Lutterworth: BACP
- Buchanan, L. and Hughes, R (2000). Experiences of Person-Centred Counselling Training: A Compendium of Case Studies to Assist Prospective Applicants. Ross on Wye: PCCS Books
- Frankland, A and Sanders, P (1995). Next Steps in Counselling: Students' Companion. Ross on Wye: PCCS Books
- Gillon, E (2007). Person-Centred Counselling Psychology. London: SAGE Publications Ltd
- Hough, M (2014). Counselling Skills & Theory. 4th Ed. London: Hodder Education
- Mearns, D and Thorne, B (2007). Person-Centred Counselling in Action. 3rd Ed. London: SAGE Publications Ltd
- Mearns, D and Thorne, B (2000). Person-centred Therapy Today London: Continuum
- Tolan, J (2003). Skills in Person-centred Counselling and Psychotherapy London: SAGE Publications Ltd
- Wilkins, P (2002). Person-centred Therapy in Focus. London: SAGE Publications Ltd

Recommended

- Buchanan, L and Hughes R (2000). Experiences of Person-Centred Counselling Training. Ross on Wye: PCCS Books
- Kirschenbaum, H and Henderson, V (Eds) (1990). The Carl Rogers Reader. London: Constable

Background Reading

- Dryden, W and Reeves, A (2008). Key Issues for Counselling in Action. 2nd Ed. London: SAGE Publications Ltd
- McLeod, J (2013). An Introduction to Counselling. 5th Ed. Maidenhead: Open University Press
- Palmer, S (2000). Introduction to Counselling and Psychotherapy. London: SAGE Publications Ltd

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:

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| LO1 | Define the core conditions necessary for a therapeutic relationship to develop and state the major environmental and contractual features of a counselling session. |
| LO2 | Show, in action, an adequate grasp of basic person-centred skills and a potential to develop them further. |
| LO3 | Consider the counselling process within the context of the training model used. |
| LO4 | Employ the necessary core conditions and use skills appropriately in a formal role-play situation. |
| LO5 | Outline and describe the basic concepts and theoretical ideas on which a person-centred approach to counselling is based. |
| LO6 | Operate within the BACP Ethical Frameworks for practice. |

| Assessment Title or element | Weighting (%) |
|---|---------------|
| Reflective Essay: 1,500 words | 25% |
| Role Play moves to 3,500 words (LO 1,2,3,5) | 55% |
| Professional practice essay: 1,000 words (LO 2,4,7) | 20% |
| Record of 14 peer practice sessions (Pass/Fail) | N/A |

Information correct at point of publication.