

**Module Outline****Part 1- as validated**

1.	<b>Title</b>	<b>Person-Centred Theory (PCT)</b>
2.	<b>Level *</b>	<b>4</b>
3.	<b>Credits</b>	<b>20</b>
4.	<b>Indicative Student Study Hours</b>	<b>200</b>
5.	<b>Core (must take and pass), Compulsory (must take) or Optional</b>	<b>Core</b>

**\* 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 is designed to provide students with an active understanding of the person-centred approach, both in terms of developmental theory and therapeutic process. Students are offered opportunities to discuss and analyse the underpinning theory for person-centred counselling practice, including more recent developments. It will form the basis of the students' exploration of their own experiences. Comparisons with other humanistic perspectives on developmental theory are undertaken.

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

*(Add more lines if required)*

1.	Relate the aims of person-centred counselling to a person-centred theory of personality functioning
2.	Explain the relationship of Carl Rogers' therapeutic conditions of person-centred counselling with the use of therapeutic skills, strategies and techniques in person-centred counselling
3.	Analyse own issues over the 'life course' using a person-centred theory of personality development
<b>Generic Learning Outcome(s)</b>	
4.	Use subject-specific vocabulary with accuracy

**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.	Reflective essay	100	Yes	2500	1,2,3,4	

**Further Details of Assessment Proposals**

Give brief explanation of each assessment activity listed

Students will write a reflective essay which forms an account of person-centred developmental theory and theory of therapy in the context of students' own personal experiences.

**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

<b>1.</b>	<b>Module Leader</b>	Kelly Rothery
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<b>2.</b>	<b>Indicative Content</b>
	<p><b>Classical, Rogerian person-centred approach</b></p> <ol style="list-style-type: none"> <li>1. (phenomenology, existentialism, pragmatism, human needs and motivation):</li> <li>2. Rogers' 19 Propositions and the person-centred view of the person</li> <li>3. Rogers' Necessary and Sufficient Conditions of Therapeutic Personality Change</li> <li>4. Rogers' Process Conception of Psychotherapy</li> </ol> <p><b>Developments in the Person-Centred Approach:</b></p> <ol style="list-style-type: none"> <li>5. Configurations of Self (Mearns/Thorne)</li> <li>6. Existentialism and existentially-informed person-centred therapy</li> <li>7. Gestalt and Person-Centred Experiential therapy</li> <li>8. Pre-therapy (Prouty)</li> <li>9. Focusing (Gendlin)</li> <li>10. Person-Centred work 'at the difficult edge'; fragile/difficult process work (Warner)</li> <li>11. Relational Depth (Mearns/Cooper)</li> <li>12. 'Counselling for Depression'/ Emotion-Focused Therapy (Sanders/Hill; Elliott/Greenberg/Rice)</li> </ol>

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

#### 4. Learning Resources

To include contextualised Reading List.

### Person-Centred Theory (PCT)

#### Essential:

Kirschenbaum, H., and Henderson, V.L., (eds.) (1990) *The Carl Rogers Reader*. London: Constable.  
Lago, C., and Charura, D., (2016) *The Person-Centred Counselling and Psychotherapy Handbook: Origins, Developments and Current Applications*. Maidenhead: OUP

Sanders, P., (2012) *The Tribes of the Person-Centred Nation: an introduction to the schools of therapy related to the person-centred approach*. 2nd edn. Monmouth: PCCS Books

#### Recommended:

Rogers, C.R., (1951) *Client-Centred Therapy*. London: Constable.

Sanders, P., (2013) *Person-Centred Therapy: Theory and Practice in the 21st Century*. Monmouth: PCCS Books

#### Journals:

*Person-Centred and Experiential Therapies*

#### Websites:

The Association for the Development of the Person-Centred Approach (ADPCA):

<https://www.adpca.org/>

Haake, R. (2017) 'Counselling for Depression: efficient, effective and evidence-based' *Healthcare Counselling and Psychotherapy Journal*, October 2017 17:4 [online] Available from:

<https://www.bacp.co.uk/bacp-journals/healthcare-counselling-and-psychotherapy-journal/october-2017/counselling-for-depression/>

The International Focusing Institute <https://focusing.org/>

The Person-Centred Association: <https://www.the-pca.org.uk/research.html>

World Association for Person centred & Experiential Psychotherapy & Counselling (WAPCEPC):  
<https://www.pce-world.org/index.php>