1.	Title	**Personal and Professional Development 1 (PPD1)**
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 introduces students to a range of recognised models of reflective practice which will provide a framework for personal and professional development across the course. The module will provide students with opportunities for self-exploration and insight in support of their emerging congruence, empathy and unconditional positive regard (UPR) as trainees in person-centred counselling. The module will also introduce students to the BACP's (2018) *Ethical Framework for the Counselling Professions,* specifically its ethical values, principles, personal moral qualities and trainee responsibilities. These will be explored in the context of their developing person-centred practice. Students will develop and demonstrate self-awareness and understanding by reflecting on themselves and their interactions with others in a weekly personal and professional learning record. Participation in facilitated experiential groups will support students' developing awareness of their own personal and relational processes, including negotiating any inherent tensions with peers. Students will also undertake a minimum of 5 hours of personal therapy over the semester to further support their personal development and keep a log of these sessions signed by their personal therapist. Study skills including guidance on reflective writing will be incorporated into the module delivery at regular intervals.

6. Learning Outcomes - On successful completion of this module a student will be able to:
(*Add more lines if required*)

1.	Reflect on personal strengths and limitations including biases, prejudices and blind spots, with reference to BACP and Person-Centred values, attitudes and qualities
2.	Reflect on relationships with others in a training/PD group setting with reference to BACP and Person-Centred values attitudes and responsibilities
3.	Evaluate 'growing edge' of personal development in relation to future counselling practice
Generic Learning outcome(s)	

4.	Demonstrate learning with reference to a recognised model of reflective learning	

7. Assessment

Pass on aggregate or Pass all components *(modules can only be pass all components if this is a PSRB requirement)*	**Pass on aggregate**

Summary of Assessment Plan

	Type	% Weighting	Anonymous Yes / No	Word Count/ Exam Length	Learning Outcomes Coverage	Comments
1.	Personal Statement	40	Yes	1000	1, 2	Based on weekly learning record
2.	Personal Therapy Log	P/F	No	N/A	1	Based on minimum attendance of 5 hours personal therapy over the 12 week semester
3.	Presentation	60	No	15 minutes	3, 4	15 minute duration to equate to 1500 words.
4.	Attendance of experiential group	P/F	No	N/A	2	Summary of attendance only

Further Details of Assessment Proposals

 Give brief explanation of each assessment activity listed

1. Students will make a weekly learning record based on their experiences primarily of this module, as well of their whole learning experience on the course and in their personal lives, as a formative task. This will be used as a basis for the summative Personal Statement.

2. Students will keep a log of their hours in personal therapy, to be signed at each attendance by their therapist.

3. Students will make a presentation to their experiential group and tutor which outlines their learning and their 'growing edge' in relation to practice with peers in the following semester.

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	**Part 2- to be reviewed**
annually	

1.	**Module Leader**	Chloe McIntyre

2.	**Indicative Content**
	1. Weekly participation – experiential group
2. Experiential learning models
3. Giving and receiving feedback
4. Writing for investigation of 'self'
5. Maintaining a weekly learning record
6. Person-centred qualities and attitudes
7. Introduction to the BACP *Ethical Framework for the Counselling Professions*
8. BACP Values
9. BACP Ethical Principles
10. BACP Personal Moral Qualities
11. Personal therapy 5 hours (min) and related log
12. Study skills

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	Seminars	23		3,4
2	Experiential group	12		2
3	Workshop	1	Assignment/referencing/ study skills	1,2,3,4
4	Tutorial	5		1,2,3,4
5	Self-directed learning	159	Must include a minimum of 5 hours personal therapy, and assignment prep	1,2,3,4

Total Hours	200	
If delivery method is *not* classroom based state lecturer hours to support delivery		

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4. Learning Resources

To include contextualised Reading List.

Personal and Professional Development 1 (PPD1)

Reading List

Essential:

Rose, C., (2011) *Self Awareness and Personal Development: Resources for Psychotherapists and Counsellors*. London: Palgrave Macmillan

Rose, C., (2018) *The Personal Development Group: The Student's Guide*. London: Routledge

Wright, J., (2018) *Reflective Writing in Counselling and Psychotherapy*. London: Sage

Recommended:

Natiello, P. (2001) *The Person-centred Approach: A Passionate Presence*. Ross on Wye: PCCS Books

Wyatt, G. (2001) *Congruence*. Ross on Wye: PCCS Books

Journals and Websites:

British Association for Counselling and Psychotherapy (BACP) (2018) *Ethical Framework for the Counselling Professions*. Lutterworth: BACP [online] Available at: https://www.bacp.co.uk/events-and-resources/ethics-and-standards/ethical-framework-for-the-counselling-professions/

BACP *Good Practice in Action* resources [online] Available at: https://www.bacp.co.uk/events-and-resources/ethics-and-standards/good-practice-in-action/