

<b>Module Title:</b>	Professional Practice
<b>Module Code:</b>	DHPC111/BAPC111
<b>Level:</b>	5
<b>Credits:</b>	30
<b>Pre-requisites:</b>	Successful completion of Year 1

**Module Description:**

The module is designed in such a way as to develop confidence and a greater understanding of work with clients, through the constructive use of tutor and peer feedback. The module will provide opportunities for students to develop person-centred core conditions of empathy, unconditional positive regard and congruence as well as gain new perspectives and understanding into the therapeutic process.

**Indicative Content:**

- The Core Conditions
- Therapeutic relationship
- Endings/ here and now immediacy
- Focusing/ edge of awareness work
- Therapeutic intent and client perception
- Therapeutic intent and process
- Review and evaluation
- Learning & Teaching Strategies

**Learning and Teaching Methods:**

The module will be delivered using a range of strategies, including:

- Workshops, supervision, exercises, and analysis based on case-material
- Film/discussion

**Bibliography**

Highly Recommended

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

Mearns, D and Thorne, B (2000). *Person-centred Therapy Today: New Frontiers in Theory and Practice* London: Continuum

Tolan, J (2012). *Skills in Person-centred Counselling and Psychotherapy*. 2nd ed. London: SAGE Publications Ltd

Wilkins, P (2003). *Person-centred Therapy in Focus*. London: SAGE Publications Ltd

## Module Specifications: School of Health & Social Sciences

British Association for Counselling & Psychotherapy (BACP) (2015). Ethical Framework for the Counselling Professions. Lutterworth: BACP

### Recommended

Bond, T. and Mitchells, B. (2014) Confidentiality and Record Keeping. 3rd Ed. London: SAGE Publications Ltd

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

Hough, M (2014). Counselling Skills & Theory. 4th Ed. London: Hodder Education

Kirschenbaum, H and Henderson, V L (Eds) (1990). The Carl Rogers Reader. London: Constable (Classic Text)

### 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. (1999). Introduction to Counselling and Psychotherapy. London: SAGE Publications Ltd

## Module Learning Outcomes

### Subject Specific Learning Outcomes

*On successful completion of this module you will be able to:*

<b>LO 1</b>	Respond congruently, empathically and with unconditional positive regard towards the client and monitor the therapeutic process as the counselling relationship develops
<b>LO 2</b>	Demonstrate their ability to create and maintain appropriate therapeutic boundaries, with some minimal guidance
<b>LO 3</b>	With minimal guidance, reflect upon their counselling work with clients by analysing their responses and attitudes towards the client and considering the moment by moment features of the counselling process
<b>LO 4</b>	Demonstrate their ability to be active in the therapeutic relationship through contracting, “managing” the session in an ethical manner, offering the core conditions and responding sensitively to the changing needs and existential concerns of the client
<b>LO 5</b>	With minimal guidance, develop professionally and ethically in line with BACP requirements

**Module Specifications:** *School of Health & Social Sciences*

<b>Assessment Title or element</b>	<b>Weighting (%)</b>
The assignment is a detailed case study based on a therapeutic relationship developed with a client. You will critically analyse a sustained relationship and the use of skills evidenced through 1 submitted audio recording and transcript. (6,000 words)	100%

*Information correct at point of publication.*