

1.	Title	Self and Social Awareness (SSA)
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 is designed to enable learners to gain a working knowledge of Equality Law and the impact on Counselling. Students will examine and explore anti-discriminatory practice. The module will introduce students to the potential challenges of working with a diverse clientele and will explore individual responses to difference and the potential impact of this on person-centred client work. This module will also consider individuals in social context including family, work and education, incorporating sociological concepts such as the life course, throughout. The work of sociological theorists such as Durkheim, Marx and Goffman will be explored. Students will analyse their own and others' life course, incorporating awareness of diverse client groups and the way in which this relates to their future professional practice.

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

(Add more lines if required)

1.	Relate equality and diversity law to anti-discriminatory person-centred counselling practice with diverse clients
2.	Analyse individual psychological and wellbeing issues using sociological concepts relevant to counselling and psychotherapy
3.	Discuss the potential impact of own values, attitudes and assumptions on person-centred work with counselling clients
Generic Learning Outcome(s)	
4.	Reflect on own strengths and limitations

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.	Presentation	40	No	10 minutes	1	'Anti-discriminatory practice in counselling' – duration 10 minutes to equate to 1000 words
2.	Auto-ethnographic account	60	Yes	1500	2,3	'Who am I?'

Further Details of Assessment Proposals

Give brief explanation of each assessment activity listed

1. Students will make a presentation to peers and tutor entitled 'Anti-discriminatory practice in Counselling'
2. Students will write an auto-ethnographic account of personal experiences in the context of equality, diversity and social identity, entitled 'Who am I?' It should explore any protected characteristics under the Equality Act 2010 and should make use of sociological concepts introduced on the module to reflect on the potential impact of these on counselling practice.

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	Chloe McIntyre
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2.	Indicative Content
	<ol style="list-style-type: none"> 1. Human Rights Act, Equality Act 2. Anti-Discriminatory Practice in C&P 3. Difference and Diversity models; Cultural Competence 4. Pink therapy; Feminism 5. Prevent Duty; Freedom of Speech 6. sociological perspectives and approaches including the Life Course 7. Inequality based on social class, gender, ethnicity, sexuality, age, religion and other protected characteristics 8. Childhood; the history of childhood; 9. Child-adult conversations; child-rearing; parenting and education; 10. Youth sub-culture; 'deviance'; 11. Adulthood 12. Life changes; death and dying <p>(Relevance of all to client work)</p>

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	35		1,2,3
2	Workshop	1	Assignment/referencing/ study skills	1,2,3
3	Tutorial	5		1,2,3
4	Self-directed study	159		1,2,3
Total Hours		200		

If delivery method is <i>not</i> classroom based state lecturer hours to support delivery	
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4. Learning Resources

To include contextualised Reading List.

Self and Social Awareness (SSA)

Reading List

Essential:

Lago, C & Smith, B (eds) (2010). *Anti-Discriminatory Practice in Counselling & Psychotherapy*. 2nd edn. London: SAGE Publications Ltd

Ryde, J (2009). *Being White in the Helping Professions*. London: Jessica Kingsley Publishers

Giddens, A (2017) *Sociology*, 8th edition, Cambridge: Polity Press

Recommended:

Burkitt, I. (2008) *Social Selves: Theories of Self and Society*, 2nd edition, Oxford: Blackwell

Pilcher, J (1995). *Age and Generation in Modern Britain*, Oxford: Oxford University Press

Journals and Websites:

Age UK [online] Available from: <https://www.ageuk.org.uk/>

The Black, African and Asian Therapists' Network [online] Available from: <https://www.baatn.org.uk/>

British Sociological Society [online] Available from: <https://www.britisoc.co.uk/what-is-sociology/studying-sociology/>

Fine, G, and Sandstrom, K. (2011) 'Symbolic Interactionism' [online] Available from: <https://www.oxfordbibliographies.com/view/document/obo-9780199756384/obo-9780199756384-0061.xml>

Stonewall [online] Available from: <https://www.stonewall.org.uk/>

Women and Therapy: A Feminist Quarterly (Journal) Available from: <https://www.tandfonline.com/toc/wwat20/current>