

Module Outline	Part 1- as validated
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1.	Title	Person-centred Theory
2.	Level *	4
3.	Credits	20
4.	Indicative Student Study Hours	Class contact hours: 36 Self-Directed Study Hours: 164 Total study hours: 200
5.	Compulsory (must be taken) OR Optional	Compulsory
6.	Core (must be passed and cannot be compensated) or Non-core	Core

*** Foundation Level=3 Degree Year 1 = 4 Degree Year 2 = 5 Degree Year 3 = 6**

PG (Masters) = 7

7. Brief Description of Module (purpose, principal aims and objectives)
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Module Description:

This module introduces students to the theoretical underpinnings of the person-centred approach with a focus on the work and research of Carl Rogers, while critically examining its cultural context and potential limitations.

This 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 developments and their applications across diverse client groups. It will form the basis of the students' exploration of their own experiences, encouraging critical self-reflection on personal biases and assumptions.

Consideration of cultural variations in concepts of self and personal growth will be explored.

Students will work formatively with personal 'timeline' and designated case study material to support their application of theory.

It is expected that significant background reading is required for this module.

8. Learning Outcomes - On successful completion of this module a student will be able to:
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(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 between Carl Rogers' therapeutic conditions and person-centred counselling practice.

3.	Analyse own issues over the 'life course' using a person-centred theory of personality development, recognising the impact of sociocultural factors on individual growth.
4.	Use subject-specific vocabulary with accuracy, including terminology related to diversity and inclusion in person-centred counselling context.

9. Assessment						
Pass on aggregate or Pass all components					Must pass	
Summary of Summative Assessment Plan						
If there is an option to select between different types of assessments (for example, presentation or essay), please ensure this is clearly outlined in the table below and further details of assessment section.						
	Type	% Weighting	Anonymous Yes / No	Word Count/ Exam Length	Learning Outcomes Coverage	Comments
1.	Reflective Essay	100%	No	2500	1/2/3/4	A reflective essay which forms an account of person-centred developmental theory and theory of therapy in the context of your own personal experiences.
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. Students will make inclusion of the impact of sociocultural factors on individual growth.						
Summary of Formative Assessment Plan						
Weekly Journal entries: Students write short reflective pieces on their understanding of person-centred concepts, relating them to personal experiences. Reflection on personal biases, cultural assumptions, and how these might impact counselling practice will be encouraged for inclusion.						

Personal Timeline Project: Ongoing throughout module delivery. Students will create personal development timeline using person-centred theories. Reflection upon cultural and social factors that have influenced personal growth.

Group Presentations: Small groups present on Carl Rogers 19 Propositions. Flipped learning activity in week four.

Reflective Essay workshop: This will be offered halfway through the module and revisited towards the end of the module. Students will have opportunity to create a draft of their reflective essay and receive peer and tutor feedback.

10. Summary of Pre and / or Co Requisite Requirements

Nil

11. For use on following programmes

Dip.HE Person-Centred Counselling

BA Counselling and Psychotherapy