

Module Outline	Part 1- as validated
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1.	Title	PPD1 (Personal and Professional Development 1)
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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This module focuses on self-exploration and insight, supporting the development of congruence, empathy, and unconditional positive regard in person-centred counselling trainees.

Students engage in experiential activities to enhance self-awareness and examine the BACP's (2018) Ethical Framework, emphasising ethical values, principles, and responsibilities towards diverse clients. Various reflective practice models are introduced to support personal and professional development.

Students maintain weekly personal and professional learning records, participate in facilitated experiential groups, and undertake a minimum of 5 hours of personal therapy. These activities promote awareness of personal and relational processes, including navigating cultural differences and power dynamics.

The module combines whole group sessions, facilitated PD groups, and collaborative peer work, requiring independent learning alongside tutor-facilitated classes. Guidance on reflective writing and creative expression is integrated throughout.

This comprehensive approach aims to prepare students for client work in year 2, emphasising cultural competence and ethical practice. The module establishes a strong foundation for ethical, reflective practice, equipping students to work effectively with diverse client populations in their future counselling careers.

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.	Reflect on personal strengths and limitations including biases, prejudices and blind spots, with reference to BACP and Person-Centred values, attitudes, qualities and responsibilities.
2.	Evaluate relationships with others in a training/PD setting, demonstrating awareness of cultural differences and power dynamics.
3.	Explore personal development needs in relation to future counselling practice.
4.	Demonstrate learning using a recognised model of reflective learning

9. Assessment						
Pass on aggregate or Pass all components				Pass all components		
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 Portfolio	100	No	2500	1/2/3/4	A reflective portfolio which makes inclusion of 1. Personal Statement 2. Personal Development Plan
2.	Personal therapy log	Pass/Fail	No	N/A	1	Based on a minimum attendance of 5 hours of personal therapy over the 12-week semester, signed by therapist.
3.	Attendance of experiential group	Pass/Fail	No	N/A	2	Summary of attendance only
Further Details of Assessment Proposals						
Give brief explanation of each assessment activity listed						
Assessment One Reflective Portfolio: 100% of total grade						
Part 1: Personal Statement (2000words)						
<ul style="list-style-type: none"> • Reflect on personal strengths, limitations, biases, and prejudices (LO1). • Highlight blind spots and discuss in relation to the BACP Ethical framework (LO1). • Evaluate relationships with peers/ counsellor and instructors in the training setting demonstrating awareness of cultural differences and power dynamics (LO2). 						

- Document your learning experiences using a recognised model of reflective practice (e.g., Gibbs' Reflective Cycle, Kolb's Experiential Learning Cycle) (LO4)
- Discuss at least three specific instances where you have applied reflective practice to enhance your personal and professional development (LO3).

Part 2: Personal Development Plan (500 words)

- Explore personal development needs in relation to future counselling practice (LO3).
- Outline your future personal and professional development goals (LO3).
- Explain how these goals align with EDI principles and the BACP framework (LO1/2).
- Describe specific actions you will take to achieve these goals (LO3).

Assessment Two Personal Therapy Log:

A minimum of 5 hours of personal therapy to be completed across the module and signed by both the student and counsellor to evidence the completion of these sessions.

Assessment Three Attendance of experiential group:

Weekly attendance of experiential group with completed and signed log by facilitator and student.

Summary of Formative Assessment Plan

Reflective Journal Entries

Weekly entries focusing on personal growth, cultural awareness, and application of EDI principles.

Creative Expression Workshops

Regular workshops where students experiment with various creative techniques and reflect on their experiences.

Reflective Drawing/Art Sessions

Creating visual representations of personal growth and cultural awareness, followed by group discussion.

Personal Development Plan Drafts

Periodic drafts of personal development plans, with peer and tutor feedback

One to one tutorial

One-on-one meetings with tutors to discuss personal and professional development and support understanding of summative tasks, receive feedback on elements of work that have been completed.

Reflective Writing Workshops

Sessions focused on developing skills in reflective writing and incorporating EDI principles to support planning of summative assignment.

These formative assessments provide diverse opportunities for students to engage with the module content, reflect on their learning, and receive feedback. They incorporate creative

elements, promote self-awareness, and emphasise the development of cultural competence and ethical understanding.

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