

## Module specification

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Module Code	HLT433
Module Title	Empowered Compassionate Practice (ECP) Training
Level	4
Credit value	20
Faculty	Social and Life Sciences
HECoS Code	100473
Cost Code	GAHW

## Programmes in which module to be offered

Programme title	Is the module core or option for this programme?
Standalone module aligned to BSc (Hons) Mental Health and Wellbeing for QA and assessment purposes	Option

## Pre-requisites

None.

## Breakdown of module hours

Learning and teaching hours	36 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total active learning and teaching hours</b>	<b>36 hrs</b>
Placement / work based learning	0 hrs
Guided independent study	164 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

<b>For office use only</b>	
Initial approval date	24/10/2023
With effect from date	01/05/2024
Date and details of revision	
Version number	1

## Module aims

Compassion is recognised as a vital quality for those working in a range of sectors, from health and wellbeing, through to social care and education. Despite this, research shows it is not a very well-understood quality, and 'compassion fatigue' has been identified as an issue impacting upon workforce wellbeing in many helping professions. This course aims to develop and deepen learners' knowledge and understanding of the nature and purpose of compassion, and how to work compassionately in a way that is empowered and promotes wellbeing. It will introduce learners to both the well-established and new and emerging evidence-, theory- and practice-bases that illuminate this essential human quality.

## Module Learning Outcomes - at the end of this module, students will be able to:

1	Identify mentalities and practices linked to compassion that can lead to burnout.
2	Describe compassion for self and others at the level of intention, processing, and practice.
3	Discuss methods of cultivating compassion toward self and others.

## Assessment

Learners will be expected to produce a 500-word written reflection on each of the three learning outcomes (1,500 words in total). The reflections should describe what has been learned and discuss personal views and practices, and how these may have changed or developed, in view of the research and theory presented.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 2 & 3	Written Assignment	100



## Derogations

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None.

## Learning and Teaching Strategies

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This course will be delivered via a flexible and innovative learning and teaching strategy. Learners will be provided with core content via recorded talks on the VLE and encouraged to explore their personal views and practices in depth via guided reflections using a medium of their choosing (e.g. journaling, meditation, or creative activities). Facilitated discussion groups will be held at strategic points to enable learners to 'check in' and share how they are getting on. The course may be delivered over a number of weeks or several successive days depending upon the needs of the cohort.

## Indicative Syllabus Outline

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- The human condition, suffering and 'world views'
- The nature, purpose and value of compassion
- Helping professions, compassion and burnout
- 'Empowered Compassionate Practice'
- Methods for cultivating compassion
- Extending compassion in difficult circumstances

## Indicative Bibliography:

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Please note the essential reads and other indicative reading are subject to annual review and update.

### Essential Reads

Jinpa, T. (2015), *A Fearless Heart: Why Compassion is the Key to Greater Wellbeing*. UK: Piatkus.

### Other indicative reading

Brach, T. (2020), *Radical Compassion: Learning to Love Yourself and Your World with the Practice of RAIN*. London: Penguin.

Gilbert, P. (2013), *The Compassionate Mind*, 3rd ed. London: Robinson.

Kolts, R. and Chodron, T. (2015), *An Open-Hearted Life: Transformative Methods for Compassionate Living from a Clinical Psychologist and a Buddhist Nun*. Boulder: Shambhala.



Neff, K. (2011), *Self Compassion: The Proven Power of Being Kind to Yourself*, 10th ed. New York: HarperCollins.

## **Employability skills – the University Skills Framework**

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Each module and programme is designed to cover core Graduate Attributes with the aim that each Graduate will leave the University having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

### **Core Attributes**

Engaged  
Creative  
Ethical

### **Key Attitudes**

Commitment  
Curiosity  
Resilience  
Confidence  
Adaptability

### **Practical Skillsets**

Digital Fluency  
Organisation  
Critical Thinking  
Emotional Intelligence  
Communication

