

## MODULE SPECIFICATION FORM

Module Title:     Communication and Inter-personal Skills	Level:            6	Credit Value:    20
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Module code:     NHS612 (if known)	Semester(s) in which to be offered:            2	With effect from:   September 2010
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Existing/New:     Existing	Title of module being replaced (if any):
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Originating Subject:     Health	Module Leader:    Marie Roberts- Davis
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Module duration            200 hours contact (1/3 (contact hours/ directed/directed private    1/3 directed study study:                        1/3 private study)	Status:                        Option core/option/elective (identify programme where appropriate):
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Percentage taught by Subjects other than originating Subject (please name other Subjects):	None
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Programme(s) in which to be offered:  BSc (Hons) Health Studies BSc (Hons) Community Practice Graduate Certificate/Diploma in Clinical Practice Graduate Certificate Diploma in Community Practice	Pre-requisites per programme (between levels):  None	Co-requisites per programme (within a level):  None
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<b>Module Aims:</b> this module aims to develop the skills and understanding of theories and application of communication and inter-personal interactions to enhance students' therapeutic practice.
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<b>Expected Learning Outcomes</b>  At the end of this module, students should be able to:
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**Knowledge and Understanding:**

1. Critically examine principles and theories of inter-personal skills development and counselling;
2. Critically examine the concept of self and its application in practice
3. Competently evaluate communication in a therapeutic encounter.

**Transferable/Key Skills and other attributes:**

- Exercise initiative and personal responsibility;
- Make decisions and form judgments in complex situations;
- Demonstrate the independent learning ability required for continuing professional development;
- Demonstrate competency in word processing and the presentation of data
- Demonstrate competence in the use of libraries, databases and the internet to identify and subsequently use scholarly reviews and primary sources such as refereed research and original material relevant to the subject being studied ;
- Demonstrate competent inter-personal communication skills;

**Assessment** This module is assessed by a reflective account of an intervention, or range of interventions with a client/s in which the student identifies, discusses and evaluates their use of a range of counselling skills, linking their reflections to the theories and models of counselling and interpersonal skills. The reflective account will need to explore their own process and self awareness and will need to address all the learning outcomes. The student will produce a plan of their assignment (not assessed) so this can be agreed with the tutor prior to commencing the essay

Assessment	Learning Outcomes to be met	Type of assessment	Weighting	Duration (if exam)	Word count or equivalent if appropriate
Assessment One	1 , 2 &3	The assessment will consist of an evaluative reflective account of their application of counselling skills to practice.	100%		3,000

**Learning and Teaching Strategies:** A variety of teaching methods will be used including lectures, seminars, role play, debate, case studies, discussion and tutorials. There will be opportunity for shared learning with other groups of students.

**Syllabus outline:** What is counselling and how does it differ from the use of counselling skills? Boundaries and ethics in the use of counselling skills. Contexts for communication e.g. one to one, groups, formal/informal, team working. Listening and barriers to communication including internal/external blocks. The practitioner/client relationship Interpersonal Interaction- The concept of self and its impact on the relationship The communication skills e.g. Attending, mirroring, paraphrasing, reflecting, summarising. Motivational, Socratic and solution focused questioning, focusing and probing, The challenging skills of counselling, conceptual models e.g. Heron, Egan. Application of theory to practice e.g. Psychodynamic, Cognitive Behavioural Therapy, Person Centred.

**Bibliography**

**Essential Reading**

Bach, S., Grant, A., (2009) Communication and Interpersonal Skills for Nurses (Transforming Nursing Practice). Exeter: Learning Matters.

Egan, G (2006) The Skilled Helper: A Problem Management and Opportunity-Development Approach to Helping (8<sup>TH</sup> edit) Thomas Learning.

R. Ellis, B. Gates and N. Kenworthy (2005) Interpersonal Communication in Nursing 2<sup>nd</sup> edition. London: Churchill and Livingstone

Freshwater, D.(2005) Counselling Skills for Nurses, Midwives and Health Visitors. Maidenhead. Open University Press

Hough, M. (2010) Counselling Skills and Theory (3<sup>rd</sup> Edition). London: Hodder Arnold

Rollnick S, Miller W.R, Butler, C. (2008) Motivational Interviewing in Healthcare: Helping Patients Change Behaviour. Guilford, Guilford Press

Sully, P and Dallas, J (2005) Essential Communication Skills for Nursing Practice. New York: Mosby

### **Other Indicative Reading**

Bolles, R.N,(2005) What colour is your parachute? Workbook, California: Ten Speed Press

Csoti, M. (2005) How to be a people person, Tadworth: Elliot Right Way Books

Hargie, O.D.W(1997) The Handbook of Communication Skills (2<sup>nd</sup> edition) London: Croom Helm

Hopson, B. and Scally, M.(1999) Build Your Own Rainbow: Workbook for Career and Life Management. Chalford, Management Books 2000

Isbister, N.and Robinson, M(1999) Who do you think you are? Understanding your motives and maximizing your abilities, Michigan: Zonservan

Jandt, F.E.( 2003) Intercultural Communication : A Global Reader. London: Sage

Maggio, R.(2005) The Art of Talking to Anyone: Essential People Skills for Success in Any Situation. Maidenhead: McGraw- Hill

Pedler, M, Burgoyne,J and Boydell, T ( 2001) A managers Guide to Self Development, Maidenhead: McGraw and Hill

Silverman, J. Kurtz,S AND Draper,J(2004) Skills for communication with patients (2nd edition) Oxford: Radcliffe Publishing Ltd

Wood,JT(2005) Gendered Lives: Communication , gender and culture (6<sup>th</sup> edition) Belmont CA: Thompson