Module specification

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Module code	COU417
Module title	Introducing Person-Centred Counselling Theory
Level	4
Credit value	20
Faculty	Social & Life Sciences
Module Leader	Edward Hewitt-Symonds
HECoS Code	100495
Cost Code	GASC

Programmes in which module to be offered

Programme title	Is the module core or option for this programme
Diploma of Higher Education in Counselling	Core

Pre-requisites

N/A

Breakdown of module hours

Learning and teaching hours	38 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
Total active learning and teaching hours	**38** hrs
Placement / work based learning	0 hrs
Guided independent study	162 hrs
Module duration (total hours)	200 hrs

For office use only	
Initial approval date	30th March 2021
With effect from date	1st September 2021
Date and details of revision	
Version number	1

Module aims

This module aims to introduce students to counselling as a professional and ethical activity which is underpinned by theory.

Students will be introduced to key aspects at an introductory level such as:

What is Counselling? (Especially the theory of person-centred therapy).
How is Counselling regulated and what are 'professional and ethical issues'?
What is personal development and how does this relate to training as a counsellor?

A key aim is for students to gain sufficient knowledge and understanding to determine whether further training as a person-centred counsellor/psychotherapist is personally appropriate.

Self-reflection as well as feedback from peers and tutors will inform this decision.

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

1	Describe and critically evaluate key concepts around the theory of person-centred counselling.
2	Demonstrate an understanding of how person-centred theory is applied in practice.
3	Demonstrate and critically evaluate the impact of settings on client experience in counselling.
4	Demonstrate an understanding of the ways that clients may access counselling.

Assessment

Indicative Assessment Tasks:
Part 1: (1500 words) What is person-centred counselling and how is it affected by the setting it takes place in and professional and ethical constraints?

Part 2: (500 words) Bearing in mind what you have learned about person-centred counselling demonstrate your understanding of personal development and consider why it so important in counselling?

Attendance: attendance and participation are requirements of the course because they evidence the number of training hours received for potential future individual accreditation with professional bodies such as BACP.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 2, 3 & 4	Essay	100%
2		Attendance	Pass / Fail

Derogations

Credits shall be awarded by an Assessment Board for those modules in which all elements have been passed and a pass grade of 40% has been achieved.

The course complies with ethical requirements that not more than 1/3rd of a course can be considered for RPL. This 1/3rd can only be considered from year one of a two year programme under Glyndŵr University Regulations. Therefore only the first two Modules COU416 and COU417 could be eligible for consideration.

RP(E)L is awarded at the discretion of the programme team, following assessment in accordance with Glyndŵr University RP(E)L procedures

Learning and Teaching Strategies

The module consists of lectures, workshops and fieldwork. The workshops will support class lectures and enable students to develop communication skills and foster creativity and innovation. The fieldwork will enable students to research other related topics and share their findings with each other.

Indicative Syllabus Outline

Group Contract. (Introductions, personal, training team and the course, policies & Procedures for professional courses - handbooks).

What is Counselling? How do clients access Counselling?

An introduction to theory: The three forces.

An introduction to study skills & writing in counsellor training.

Carl Rogers and The Person-Centred Approach. Necessary and sufficient conditions and evidence of them.

Ethics, law and social constraints. (Contracting / Informed Consent / Legal & professional issues / Supervision)

Introduction to Rogers' theory of personality (the 19 propositions).

Personal Development and Growth: what it is and why it matters.

Power, difference and oppression; Roles in counselling & wider society. Beginnings, middles and endings in counselling.

Indicative Bibliography:

Please note the essential reads and other indicative reading are subject to annual review and update. Please refer to the Module handbook for relevant academic year for the latest reading list.

Essential Reads

Mearns, D. and Thorne, B. (2013), *Person-Centred Counselling In Action*. 4th edition. London: Sage Publications Ltd.

Sanders, P. (2011), *First Steps in Counselling*. 4th edition. Ross-on-Wye: PCCS Books.

Sanders, P. (2003), *Step in to Study Counselling*. 3rd edition. Ross-on-Wye: PCCS Books.

Thorne, B. (2003), *Carl Rogers*. 2nd edition. London: Sage Publications Ltd.

Thorne, B. (2013), *Carl Rogers*. 3rd edition. London: Sage.

Other indicative reading

Information Services (ed.) (2008) What is counselling? BACP Information Sheet C2. Lutterworth: BACP House.

BACP Ethical Framework available to download: www.bacp.co.uk/ethical_framework/

Bor, R. & Watts, M. (2011), *The Trainee Handbook: A Guide for Counselling & Psychotherapy Trainees.* 3rd edn. London: Sage.

Barrett-Lennard, G. (1998) Carl Rogers Helping System: Journey and Substance. London. Sage

Keys, S. and Walshaw, T. (eds.) The Person-Centered Counselling Primer. Ross-on-Wye: PCCS Books.

Employability skills – the Glyndŵr Graduate

Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr 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
Enterprising
Creative
Ethical

Key Attitudes
Commitment
Curiosity
Resilience
Confidence
Adaptability

Practical Skillsets
Digital Fluency
Organisation
Leadership and Team working
Critical Thinking
Emotional Intelligence
Communication