

MODULE SPECIFICATION FORM

Module Title: Counselling Psychology	Level: 6	Credit Value: 20
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Module code: PSY614	Cost Centre: GAPS	JACS3 code: C800
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Trimester(s) in which to be offered: 1 or 2	With effect from: September 2014
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Office use only: To be completed by AQSU:	Date approved: February 2014 Date revised: August 2020 updated ML Version no: 2
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Existing/New Existing	Title of module being replaced (if any):
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Originating Academic Department: Psychology	Module Leader: Megan Brooman
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Module duration (total hours): 200 Scheduled learning & teaching hours: 48 Independent study hours: 152	Status: core/option/elective Option (identify programme where appropriate):
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Programme(s) in which to be offered: BSc (Hons) Psychology	Pre-requisites per programme (between levels): None
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Module Aims: To acquaint students with the main areas of the discipline of Counselling Psychology

Intended Learning Outcomes:

At the end of this module, students should be able to:

1. Critically discuss Counselling Psychology (KS1, KS5, KS6)
2. Evaluate the therapeutic processes/relationships in Counselling Psychology (KS3, KS7, KS9)
3. Demonstrate an understanding of the ethical and theoretical issues involved in Counselling Psychology (KS4)

Key skills for employability

1. *Written, oral and media communication skills*
2. *Leadership, team working and networking skills*
3. *Opportunity, creativity and problem solving skills*
4. *Information technology skills and digital literacy*
5. *Information management skills*
6. *Research skills*
7. *Intercultural and sustainability skills*
8. *Career management skills*
9. *Learning to learn (managing personal and professional development, self management)*
10. *Numeracy*

Assessment:

1. An essay on a specified topic e.g. the contrasting approaches of differing schools of psychology to one of the key concepts covered by this module.
2. Practical Report. e.g. Counselling skills

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting	Duration (if exam)	Word count (or equivalent if appropriate)
1	1, 2	Essay	50%		2,000
2	3	Report	50%		2,000

Learning and Teaching Strategies:

A variety of teaching and learning strategies will be adopted in this module including lectures, tutorials, case studies, directed and self-directed learning.

Syllabus outline:

- What is Counselling psychology? Defining its role with other psychological disciplines
- Theories of the self
- Theoretical models and approaches (Psychoanalytic, Humanistic, Cognitive behavioural, family system therapies)
- The Counselling psychology relationship
- Cultural differences
- Methodological issues encountered in carrying out research with clients and service users
- Critiques of Counselling psychology
- Future trends in Counselling psychology

Bibliography:**Essential reading:**

Corey, G. (2001). *Theory and practice in counselling and psychotherapy*. Pacific Grove, CA: Brooks Cole.

Hough, M. (2006). *Counselling skills and theory*. London, UK: Hodder Arnold.

Other indicative reading:

Cramer, D. (1992). *Personality and psychotherapy*. Maidenhead, UK: Open University Press.

Dryden, W., & Feltham, C. (1992). *Psychotherapy and its discontents*. Maidenhead, UK: Open University Press.

Masson, J. (1988). *Against therapy*. London, UK: Collins.

McLeod, J. (1998). *An introduction to counselling*. Maidenhead, UK: Open University Press.

Palmer, S. (2000). *Introduction to counselling and psychotherapy*. London, UK: Sage.

Journals:

British Journal of Guidance and Counselling

Journal of Counselling Psychology

The Counselling Psychologist