

<b>Module Code:</b>	PSY614
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<b>Module Title:</b>	Counselling Psychology
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<b>Level:</b>	6	<b>Credit Value:</b>	20
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<b>Cost Centre(s):</b>	GAPS	<u>JACS3</u> code:	C800
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<b>School:</b>	Social & Life Sciences	<b>Module Leader:</b>	Libby Gaskell
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Scheduled learning and teaching hours	24 hrs
Guided independent study	176 hrs
Placement	0 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

<b>Programme(s) in which to be offered (not including exit awards)</b>	Core	Option
BSc (Hons) Psychology	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

<b>Pre-requisites</b>
None.

**Office use only**

Initial approval: 08/03/2018

With effect from: 20/09/2021

Date and details of revision:

Version no:1

Version no:

**Module Aims**

To acquaint students with the main aspects of the discipline of Counselling Psychology.

**Intended Learning Outcomes**

Key skills for employability

- KS1 Written, oral and media communication skills
- KS2 Leadership, team working and networking skills
- KS3 Opportunity, creativity and problem solving skills
- KS4 Information technology skills and digital literacy
- KS5 Information management skills
- KS6 Research skills
- KS7 Intercultural and sustainability skills
- KS8 Career management skills
- KS9 Learning to learn (managing personal and professional development, self-management)
- KS10 Numeracy

At the end of this module, students will be able to

Key Skills

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

**Transferable skills and other attributes**

Study, writing and IT skills.  
Use of appropriate data.  
Problem solving skills.  
Research Skills.

**Derogations**

*None.*

**Assessment:**

**Indicative Assessment Tasks:**

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%	n/a	2,000
2	3	Report	50%	n/a	2,000

**Learning and Teaching Strategies:**

The module is delivered using a mixture of lectures, seminars and practical/workshop sessions including teaching or guided learning to support the lecture content. There will be a focus on the original source material which will include a combination of classic and contemporary research studies using a variety of research methods. The practical sessions/workshops will combine student-led discussion, practical sessions in the psychology laboratory, and directed study.

**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

<b>Indicative Bibliography:</b>
<b>Essential reading</b>
<p>Corey, G. (2001). Theory and practice in counselling and psychotherapy. Pacific Grove, CA: Brooks Cole.</p> <p>Hough, M. (2006). Counselling skills and theory. London, UK: Hodder Arnold</p>
<b>Other indicative reading</b>
<p>Cramer, D. (1992). Personality and psychotherapy. Maidenhead, UK: Open University Press.</p> <p>Dryden, W., &amp; Feltham, C. (1992). Psychotherapy and its discontents. Maidenhead, UK: Open University Press.</p> <p>Masson, J. (1988). Against therapy. London, UK: Collins.</p> <p>McLeod, J. (1998). An introduction to counselling. Maidenhead, UK: Open University Press.</p> <p>Palmer, S. (2000). Introduction to counselling and psychotherapy. London, UK: Sage.</p> <p><b>Journals:</b> British Journal of Guidance and Counselling Journal of Counselling Psychology The Counselling Psychologist</p>