

# CE1D5-30 Understanding Counselling & Psychotherapy

21/22

**Department**

Centre for Lifelong Learning

**Level**

Undergraduate Level 1

**Module leader**

Phil Goss

**Credit value**

30

**Module duration**

25 weeks

**Assessment**

100% coursework

**Study location**

University of Warwick main campus, Coventry

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## Description

### Introductory description

NEEDED

### Module aims

To provide a robust and engaging overview of the historical background to the emergence of counselling and psychotherapy as a helping profession, and how this manifests in the contemporary world in a range of professional and other settings.

To offer a brief introduction to the basic philosophical principles of the three main modalities of counselling and psychotherapy: Psychoanalytic, Cognitive-Behavioural and Humanistic/PersonCentred, and an initial awareness of how these are reflected in practice.

To introduce students to the multi-disciplinary context of working as a counsellor or psychotherapist, including training, professional, ethical and cultural considerations.

### Outline syllabus

This is an indicative module outline only to give an indication of the sort of topics that may be covered. Actual sessions held may differ.

History and development of counselling and psychotherapy.

Differences between counselling, psychotherapy and counselling and other helping skills.

Philosophical bases of the Humanistic / Person-centred, Psychodynamic, and Cognitive Behavioural approaches.

Humanism, Relativism, Determinism, Existentialism, Phenomenology, Transpersonal Philosophy of Adult Learning (Friere, Schon etc.).

Self-actualisation, Transference, Automatic Thoughts and other psychological processes which relate to, and help apply, the philosophical bases.

The six necessary and sufficient conditions for therapeutic growth and other principles which relate to, and help apply, the philosophical bases.

Introduction to values and ethics in counselling and psychotherapy.

Social and cultural issues and valuing difference in counselling and psychotherapy.

Introduction to active listening skills with formative feedback (only).

Introduction to self-awareness and personal development.

Introduction to the place of research in the field.

Principles for working in a group.

## **Learning outcomes**

By the end of the module, students should be able to:

- Develop a critical understanding of, and explain, the key historical developments leading to the establishment of counselling and psychotherapy as a helping profession.
- Develop a critical understanding of, and explain, the differences and similarities between counselling and psychotherapy.
- Develop a critical understanding and explain the main philosophical principles underpinning the three main modalities in counselling and psychotherapy: Psychodynamic, Cognitive behavioural and Humanistic/Person-Centred, and an initial awareness of how these are reflected in practice.
- Develop a critical understanding and explain the basic principles involved in working as a counsellor or psychotherapist, including training, professional, ethical and cultural considerations.
- Understand and practice the principles of introductory active listening skills.

## **Indicative reading list**

BACP. (2015) Ethical Framework. Lutterworth: BACP Pub.

[www.bacp.co.uk/ethical\\_framework](http://www.bacp.co.uk/ethical_framework)

Bond T. (2009) Standards & Ethics for Counselling in Action (3rd Ed.).

London: Sage. 0-8039-8646-7

Douglas T. (2000) Survival in Groups. Bucks:OU Press. 0-335-19412-5 Dryden W. (2006)

Counselling in a Nutshell. London: Sage. 1-4129-1132-X Howard A. (2000) Philosophy for

Counselling and Psychotherapy: Pythagoras to Postmodernism. London: Palgrave. 0-9780-33375-098-8

Jacobs M. (2010)

Psychodynamic Counselling in Action (4th Ed.).

London: Sage. 1-84920-803-1

Lister-Ford C. (2007)

A Short Introduction to Psychotherapy.

London: Sage. 1-978-0-7619-7304

Mearns D., Thorne B & Mcleod J. (2012)

Person Centred Counselling in Action (4th Ed.).

London: Sage. 978-1-446-25253-6

Merry T. (2002) Learning and Being in Person- Centred Counselling (2nd Ed.).

Ross on Wye: PCCS Books.

978-1-898059-24-0

Neenan M. & Dryden W. (2011)

Cognitive Behavioural Therapy in a Nutshell (2nd ed.).

London: Sage. 1-4129-0771-3

Sanders P. (2006) The Person Centred Primer. Ross on Wye: PCCS Books.

978-1- 898059-80-6

Sanders P. (2003) Step Into Study Counselling (3rd Ed.).

Ross on Wye: PCCS Books.

1-898059-64-0

## **Subject specific skills**

Demonstrate clear understanding of the differences between counselling and psychotherapy, and the use of counselling skills.

Understand the philosophical principles which underpin the person-centred, psychodynamic and cognitive behavioural approaches to counselling and psychotherapy.

Understand and explain the basic professional and ethical and considerations involved in working as a counsellor or psychotherapist including knowledge of the British Association for Counselling (BACP) Ethical Framework.

Understand the need to refer to relevant research findings in counselling and psychotherapy.

Understand the basic principles of self- awareness and personal development.

Demonstrate understanding and knowledge of theories of valuing difference, cultural competence and their importance in counselling and psychotherapy.

Understand the work and roles of other health professionals in the field of mental health.

Understand and explain the qualities needed to work as a counsellor with clients.

Understand and explain the main ways people can train and qualify in each of the three main modalities.

## **Transferable skills**

Retrieve, assess and evaluate information from a variety of sources.

Demonstrate appropriate skills of oral and written analysis and communication.

Work with others on group learning tasks.

Evaluate their own developing knowledge and skills.

Compare and contrast counselling and psychotherapy (and counselling skills).

Give constructive feedback to other students as they practice active learning skills and learn and apply feedback from others about their listening skills.

Compare and contrast main philosophical principles underpinning the three main modalities in counselling and psychotherapy: Psychoanalytic, Cognitive-Behavioural and

Humanistic/Person-Centred.

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## Study

### Study time

Type	Required
Lectures	25 sessions of 1 hour (8%)
Tutorials	5 sessions of 3 hours (5%)
Practical classes	25 sessions of 1 hour (8%)
Private study	235 hours (78%)
Total	300 hours

### Private study description

No private study requirements defined for this module.

### Costs

No further costs have been identified for this module.

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## Assessment

You must pass all assessment components to pass the module.

### Assessment group A1

	Weighting	Study time
History/Philosophy Essay	50%	
Personal Learning Statement	10%	
Essay	40%	
Essay on Counselling and Psychotherapy Theme		

### Feedback on assessment

Detailed written feedback relating to criteria for assignments. In-text comments. Verbal feedback via tutorial / consultation.

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## Availability

## **Courses**

This module is Core for:

- Year 1 of UCEA-X1G9 Certificate in Person-Centred Counselling and Psychotherapy