

# CE1E9-30 Introduction to Relational Practice

**24/25**

**Department**

Centre for Lifelong Learning

**Level**

Undergraduate Level 1

**Module leader**

Cathryn MacLeod

**Credit value**

30

**Module duration**

30 weeks

**Assessment**

100% coursework

**Study location**

University of Warwick main campus, Coventry

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## Description

### Introductory description

In this module you will develop a variety of counselling skills in the context of a counselling relationship, practising these skills with peers in the classroom. You will begin to explore your capacity for empathic understanding, unconditional positive regard, and to learn to use skills that demonstrate and convey these qualities to a client.

You will also be supported to examine your own identity and background, and your beliefs, attitudes, values and assumptions about human nature and human interaction and how these might influence your capacity to offer a climate of acceptance, empathy and congruence.

We also explore the importance of contracting and examining boundaries in establishing a counselling relationship, and learn about the specific requirements for contracting in different settings, including face to face and online.

### Module aims

To develop counselling skills and understanding of the counselling process

To develop capacity for reflective practice

To understand the processes involved in safely establishing the helping relationship

To reflect on the relationship between theory and practice

To understand self in relation to others

To enable students to meet fitness to practice progression requirements in line with BACP accredited professional training

To allow suitable personal development and awareness so as to be able to practice with awareness of, and to work appropriately with, personal bias

To explore the specific requirements of working in different context with clients, including face to face work, online and on the telephone.

## **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.

Contracting and boundary setting skills, awareness of ethics in practice

Counselling and listening skills, development of Rogers' attitudinal conditions

Reflective practice, giving and receiving feedback in practice groups, apply counselling theory to own and others' practice

Understanding the specific ethical and practical requirements of working in different contexts including face to face, online and one the telephone

Exploration of working within diversity

## **Learning outcomes**

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

- Clearly contract with a client to establish the professional elements and boundaries of a counselling session
- Demonstrate appropriate skills to communicate empathy and non judgemental warmth in a counselling session
- Explain how aspects of own self and identity could impact on the counselling relationship
- Describe the personal impact of some aspects of own experience
- Evaluate own counselling practice
- Apply counselling theory to interactions with peers in the classroom

## **Indicative reading list**

Cameron, R. (2020) *Working with Difference and Diversity in Counselling and Psychotherapy*. London: Sage.

Charura, D. and Lago, C. (Eds) (2021) *Black Identities and White Therapies: Race, respect and diversity*. Monmouth: PCCS Books.

Rogers C (2021), *On becoming a person*, Constable.

Reeves A (2018), *An introduction to Counselling and Psychotherapy*, Sage.

Cooper, M. & O'Hara, M., (2024) *The Handbook of Person-centred Psychotherapy and Counselling*, (2nd Edition) Palgrave Macmillan

Bond T (2021), *Standards and Ethics for counselling in action*, Sage.

Reeves A (2015), *Working with risk in counselling and psychotherapy*, Sage.

Turner, D. (2021) *Intersections of Privilege and Otherness in Counselling and Psychotherapy*: Mockingbird. Abingdon: Routledge.

## Subject specific skills

Counselling skills  
Contracting and holding boundaries in counselling practice  
Developing the helping relationship  
Develop self awareness and apply theory to self  
Reflective practice

## Transferable skills

Capacity to work on own initiative and in cooperation with others  
Capacity to understand research and apply in formative way to practice  
Ability to communicate effectively both orally and in writing  
Reflection on own learning and practice  
The ability to form good, supportive, challenging and trusting relationships with others in which sensitive personal material can be considered  
The capacity to accept the process of challenge, self-reflection and change

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## Study

### Study time

Type	Required
Lectures	(0%)
Seminars	7 sessions of 1 hour (2%)
Tutorials	2 sessions of 30 minutes (0%)
Practical classes	(0%)
Supervised practical classes	20 sessions of 2 hours 30 minutes (17%)
Online learning (scheduled sessions)	(0%)
Private study	142 hours (47%)
Assessment	100 hours (33%)
Total	300 hours

### Private study description

Reading on counselling practice and integrative approaches to this  
Reflective writing (journal)

### 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 A2

	<b>Weighting</b>	<b>Study time</b>
Self Reflective Learning Assignment	40%	40 hours
Self reflective assignment demonstrating self awareness and personal development in the context of the counselling relationship		
Observed Practice and Evaluation of own Practice	60%	60 hours
Evaluation of observed counselling practice demonstrating theoretical understanding, reflection on practice and effective use of feedback - 1500 word essay in response to 20 minute observed practice		

### Feedback on assessment

Tutor feedback on essays, verbal and written feedback on observed sessions.

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## Availability

### Courses

This module is Core for:

- Year 1 of UCEA-X1GB Undergraduate Counselling and the Psychotherapeutic Relationship