

CE1E9-30 Introduction to Relational Practice

26/27

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

Description

Introductory description

This module will introduce you to practical listening and helping skills which will enable you to interact helpfully and empathically with clients and service users in a variety of employment and personal contexts. You will be offered the chance to practice these skills in the classroom with peers and to reflect through feedback and self exploration on your own process and learning progress.

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 begin 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.

As part of your process on this module, you will learn about reflective practice and be encouraged to think deeply about yourself as a helping practitioner.

You'll explore these concepts through formal lectures, group discussions and experiential

exercises in a variety of group contexts, including beginning to apply relevant counselling skills to practice work with peers in the classroom. This aligns to QAA Benchmarks (section 3.7 on Professional skills practice, 3.9 on Professional Development, and some aspects of 3.8 Personal Development), BACP Core Training elements (B3.5, B3.6 on Knowledge) and ScoPEd framework themes (1 Professional Framework, 2 Assessment, and elements of 4 Knowledge and Skills and 5 Self-Awareness and Reflection).

This module will support you to develop core employability skills of Communication, Professionalism and Self-Awareness in line with the Warwick Award Core Skills, and will offer you the chance to develop your communication and helping skills in a range of ways that would support helping work in a variety of interpersonal and employment contexts. The module will facilitate the development of your Information Literacy as you learn the technical, ethical, and professional implications of conducting helping sessions online.

Module aims

To develop counselling and professional helping skills.

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, applying 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 and awareness of own personal context, values and identities.

Guest speakers on the module will include central University Wellbeing and Conduct services, and University Report and Support service will deliver their core workshops.

Learning outcomes

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

- Clearly communicate and contract the professional boundaries of a helping or counselling session
- Demonstrate appropriate skills to communicate empathy and non judgemental warmth in a counselling or helping session
- Explain how aspects of own self and identity could impact on the counselling relationship
- Evaluate own counselling practice
- Apply counselling theory to helping interactions in a counselling or helping session

Indicative reading list

[Specific reading list for the module](#)

Interdisciplinary

Helping skills applicable to a wide variety of professional practices - social work, medicine, coaching, teaching, support work, etc.

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, developing teamwork and professionalism skills.

Capacity to understand research and apply in formative way to practice.

Ability to communicate effectively both orally and in writing, developing academic presentation skills.

Reflection on own learning and practice.

Developing awareness of own self, including intercultural awareness and working within diversity.

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.

Developing digital literacy skills in using appropriate platforms to communicate ethically and safely online.

Professionalism and teamwork: capacity to work independently and autonomously where required, and in collaboration with other students as appropriate.

Self Awareness: Reflection on own learning and practice.

Study

Study time

| Type | Required |
|-------------------|------------------------------|
| Practical classes | 23 sessions of 2 hours (15%) |
| Other activity | 7 hours (2%) |
| Private study | 167 hours (56%) |
| Assessment | 80 hours (27%) |
| Total | 300 hours |

Private study description

Reading around the subject - Talis reading lists are provided with recommended as well as further suggested reading. Students will need to keep up their journaling. There will also be details of YouTube and other videos, as well as podcasts to watch and listen to on the Moodle site.

Other activity description

Observed practical assessment

Costs

No further costs have been identified for this module.

Assessment

You must pass all assessment components to pass the module.

Assessment group A3

| Assessment component | Weighting | Study time | Eligible for self-certification |
|---|-----------|------------|---------------------------------|
| Self Reflective Learning Assignment | 40% | 32 hours | Yes (extension) |
| Self reflective written assignment demonstrating self awareness and personal development in the context of the counselling relationship | | | |

Reassessment component is the same

| Assessment component | Weighting | Study time | Eligible for self-certification |
|--|-----------|------------|---------------------------------|
| Observed Practice and Evaluation of own Practice | 60% | 48 hours | Yes (extension) |
| 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 | | | |

Reassessment component is the same

Feedback on assessment

Tutor feedback on reflective piece and essay, verbal and written feedback on observed sessions. Individual tutorials.

Availability

Post-requisite modules

If you pass this module, you can take:

- CE299-30 Counselling Approaches and the Reflective Practitioner
- CE350-30 Working at Depth and the Reflective Practitioner

Courses

This module is Core for:

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