

CE1F1-30 Contextualising the Therapeutic Relationship

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 aims to situate counselling in a professional, ethical, legal and organisational context. You will learn the importance of working within a clearly defined ethical and legal framework. You will become familiar with the BACP Ethical Framework and use it to explore the process of making difficult ethical decisions as a professional practitioner, understanding the potential implications for clients and yourself. Fundamental practice issues such as confidentiality and its limits, informed consent, dual relationships, professional assessment and case formulation, anti-discriminatory practice and safeguarding will be covered, in line with BACP Accredited course standards.

You will prepare for your professional practice placement, developing your organisational awareness by learning about the variety of settings in which counselling takes place, and consider issues around working in a multi-disciplinary team. We will also consider the specific ethical, procedural and professional requirements involved in working online and on the telephone with clients.

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 qualities to professional development group work with peers in the classroom. This aligns to QAA Benchmarks (section 3.5 on Theory, 3.9 on Professional Development, as well as elements of 3.7

Professional Skills Practice and 3.8 Personal Development), BACP Core Training elements (B2.15 developing ethical competence, B3.7 on Knowledge, B4.6, B4.9 and B4.10 working within an Ethical Framework) and ScoPEd framework themes (1 Professional Framework, 5 Self Awareness and Reflection).

You'll develop key employability and academic skills linked to the Warwick Award Core Skills as you work together in self directed research groups, developing Teamwork skills, Professionalism and Problem Solving.

You will also apply your learning about safe and ethical practice, exploring contextual and ethical situations, and will apply your learning about this to your work with others on the course, developing Warwick Award Core Skills of Ethical Values, Organisational Awareness, Professionalism, and Sustainability.

Module aims

To develop a comprehensive understanding of the BACP Ethical Framework and its application to practice.

To critically examine own values, morals and beliefs, own intersections of identity and lived experience of oppression and privilege and to explore the impact of these on practice.

To understand professional obligations of ethical and legal practice.

To work ethically and appropriately within a professional development group.

To explore a variety of settings in which counselling takes place and understand their particular ethical and legal contexts.

To develop ability to make difficult ethical decisions and develop problem solving skills.

To develop effective supportive and inclusive ways of working and learning together that reflect and ethical way of being.

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.

Understanding and application of the BACP Ethical Framework and legal issues within counselling practice.

Process and procedures for ethical and legal decision making.

Contracting and professional boundaries, including confidentiality, information sharing, note taking and record keeping; managing risk, safeguarding and suicide; multi agency and joint working, including referral pathways and professional issues in regard to mental health; complaints process and professional responsibilities.

Awareness of the legal context of delivering counselling, including the Equality Act and other relevant legislation.

Specific ethical and contextual considerations involved in working in different contexts such as online, on the telephone and face to face with clients.

Individual research of a counselling agency.

Self care and compassion fatigue resilience.

Working in small groups, and theories of group dynamics.

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:

- Apply the BACP Ethical Principles to example practice scenarios
- Describe how a range of key legal and professional obligations are enacted in one specific counselling agency
- Identify local counselling provision with a particular focus on equality of access
- Describe aspects of own personal values and ethics related to counselling practice
- Apply understanding of group processes to own work in small groups including in professional development groups and research groups

Indicative reading list

[Specific reading list for the module](#)

Research element

Students will be asked to research best practice in contexts of counselling practice

Interdisciplinary

Theories of group work are drawn from a variety of disciplines
Interdisciplinary critical approaches to anti discriminatory practice

Subject specific skills

Identify key legal, ethical and professional requirements and principles and their application in counselling.

Ethical decision making in a professional counselling context.

Relationship building in groups and other course contexts.

Empathy and the ability to listen carefully and reflect back in the helping context.

Formative assessment and formulation of client needs.

Anti-discriminatory practice.

Transferable skills

This module aligns with the Warwick Award core skills framework

Formative ethical decision-making and problem solving skills sometimes with incomplete information

Capacity to understand and evaluate debates on sensitive professional areas, understanding potentially conflicting perspectives from across an organisation

Understanding of the profession of counselling and issues of sustainability in the profession

Ability to communicate effectively both orally and in writing, and develop digital literacy skills

Ability to work in small groups, with some understanding of the dynamics of such groups
Ability to form good, supportive, challenging and trusting relationships with others in which sensitive personal material can be considered
Anti-discriminatory practice

Study

Study time

Type	Required
Lectures	9 sessions of 1 hour (3%)
Seminars	9 sessions of 1 hour 30 minutes (4%)
Supervised practical classes	15 sessions of 1 hour (5%)
Other activity	6 hours (2%)
Private study	176 hours 30 minutes (59%)
Assessment	80 hours (27%)
Total	300 hours

Private study description

Reading on professional issues and knowledge - Talis reading lists are provided with recommended as well as further suggested reading. Students will need to keep up their journaling regarding their thoughts and learning on professional practice. 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

Weekend introduction - experiential and introductory activities

A 2 day residential teaching workshop run on main campus. Staffed by 2 or 3 (QAA benchmark ratios 1:16) members of teaching team.

Introduction to all 3 modules (integrated curriculum as per QAA benchmark) with focus on CE1F1 and CE1E8

Costs

No further costs have been identified for this module.

Assessment

You must pass all assessment components to pass the module.

Assessment group A3

	Weighting	Study time	Eligible for self-certification
Assessment component			
Exploring local mental health provision	47%	35 hours	Yes (extension)
Investigation into local mental health and counselling support, and the contexts in which counselling is offered			

Reassessment component is the same

Assessment component

Self-Directed Research Group Presentation	47%	35 hours	Yes (extension)
Describe your learning from your involvement in your SDRG project, a formative presentation exploring ethics in practice in relation to chosen topic. The presentation should address both your theoretical learning around ethical decision making connected to your chosen topic, and your reflections on the group process.			

Reassessment component is the same

Assessment component

Learning Journal	6%	10 hours	No
Evidence of completion of a reflective personal learning journal throughout the year, particularly exploring responses to group process within the Professional Development Group, which is monitored within personal tutor meetings			

Reassessment component is the same

Feedback on assessment

Written tutor feedback on report. Verbal feedback on presentation. Peer feedback on presentation. Individual tutorials.

Availability

Post-requisite modules

If you pass this module, you can take:

- CE292-30 Ethics of Helping and the Therapeutic Relationship
- CE358-30 Working with Mental Health and Different Client Groups

Courses

This module is Core for:

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