

CE1F2-30 Self as Researcher in Counselling and Psychotherapy

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 offer an introduction to self as researcher in counselling and psychotherapy, giving you the opportunity to develop your information literacy skills as you begin to be more familiar with the types of research that exist and to explore how professionals have researched issues in counselling and psychotherapy. You'll think about what research is and why it is important, examine ethics in relation to research, and learn academic skills such as conducting a literature search and selecting sources that are reliable and relevant, in line with QAA Benchmark section 3.10.

In this module we will also consider in depth the role of the researcher. You'll have the opportunity to think about your own research and begin to explore topics that might be of interest to you in conducting your research project, thinking about how your own life and experiences might be relevant to your topic. You'll explore how your personal cultural and social context could lead to bias in your research and think about how we might acknowledge and work with this. You'll also be asked to reflect on and review your own academic progress and needs. In a Professional Development group, you will explore your developing relational awareness with peers in the classroom, focusing on your developing self awareness in line with QAA Benchmark statement 1.10 and 2.2

Module aims

To understand the current landscape of research in counselling and psychotherapy and what we can learn from it
To develop reading skills and increase familiarity with academic literature
To be able to search for, evaluate and select reliable and relevant sources
To understand how we think about ethics in research and what is important to consider in planning ethical research
To explore ideas for potential research projects
To understand how a research project could be constructed
To explore own self and life experiences and understand how these can impact on research, in terms of contributing to ethnographic input, as well as exploring biases and contextual position.
To reflect on and review your own academic progress and needs, and understand how to get help and support from the University.

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.

Introduction to research terminology and practice

Self as researcher

Positionality in research

Familiarisation with research papers

Current landscape and context of research in counselling and psychotherapy

Practical skills of using library search tools and developing familiarity with academic resources in the University

Self awareness - reflecting on own learning needs and personal and professional development

Learning outcomes

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

- Locate appropriate sources relevant to a chosen topic within counselling and psychotherapy
- Summarise relevant counselling and psychotherapy knowledge from academic sources
- Define an area of research interest and its relevance to the field of counselling and psychotherapy
- Identify both academic and personal achievements and needs at this stage of your professional development
- Describe how personal context and position may impact on bias and orientation in own research

Indicative reading list

[Specific reading list for the module](#)

Research element

Producing an annotated bibliography on a self-reflective research topic.

Interdisciplinary

Theories of self as researcher drawn from a variety of disciplines

Students may access academic resources from across disciplines to inform counselling and psychotherapy research

Subject specific skills

Initial research skills in understanding and evaluating practice based research

Formative ability to apply research findings to evidence based counselling practice

Specific understanding of ethical practice in research in counselling and psychotherapy

Deepening understanding of self and personal context and position

Transferable skills

This module aligns with the skills outlined in the Warwick Award.

Capacity to understand and begin to evaluate a variety of academic sources

Information and digital literacy skills to conduct a literature search and evaluate and select relevant literature

Reading and summarising skills

Develop ethical values in research

Ability to communicate effectively verbally and develop presentation skills

Ability to reflect on own strengths and learning needs and develop self awareness

Reflection on sustainability and professional values

Study

Study time

Type	Required
Lectures	9 sessions of 1 hour 15 minutes (4%)
Seminars	10 sessions of 1 hour (3%)
Supervised practical classes	23 sessions of 1 hour (8%)
Online learning (independent)	(0%)
Other activity	3 hours 30 minutes (1%)
Private study	172 hours 15 minutes (57%)
Total	300 hours

Type	Required
Assessment	80 hours (27%)
Total	300 hours

Private study description

reading around subject, completing personal reflective journal, responding to formative feedback

Other activity description

Introduction to year 2 and professional requirements

Costs

No further costs have been identified for this module.

Assessment

You must pass all assessment components to pass the module.

Assessment group A2

Assessment component	Weighting	Study time	Eligible for self-certification
Annotated Bibliography	70%	56 hours	Yes (extension)
Annotated Bibliography addressing an area of research interest proposed by student			
Reassessment component is the same			
Understanding my self as researcher	30%	24 hours	Yes (extension)
Presentation of 15 minutes on 'Understanding myself' evidenced by appropriate visual aids and notes including reference to your learning journal. This should include reflections on own personal and professional development needs in reflection on the Professional Development Group process.			

Weighting

Study time

**Eligible for self-
certification**

Reassessment component is the same

Feedback on assessment

Written feedback comments and grade will be given on annotated bibliography. Formative verbal feedback will be given as guidance to choosing an appropriate research area.

Verbal and written feedback will be given on presentation

Availability

Post-requisite modules

If you pass this module, you can take:

- CE328-30 Independent Research Project
- CE289-30 Research Methods in Counselling and Psychotherapy

Courses

This module is Core for:

- Year 2 of UCEA-X1GB Undergraduate Counselling and the Psychotherapeutic Relationship