

CE291-30 Relational Theories and Working Within Diversity

26/27

Department

Centre for Lifelong Learning

Level

Undergraduate Level 2

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

In this module you will encounter core relational theory informing integrative therapeutic practice, and explore the concept of 'working within diversity' as a way of engaging with equality, diversity and inclusion in therapy.

Relational theory: The module introduces the psychodynamic approach to counselling, comparing and contrasting this with the person-centred approach introduced in module CE1E8, and encouraging you to critically appraise both models. As we study a wider range of approaches, you will consider their application to practice, and further your understanding of integrative counselling practice. You will be encouraged to develop self-awareness, applying relational theory to explore in depth the processes that may be occurring in your personal and professional relationships - with clients as you move into clinical placements in year two of the degree course, and with peers in groups on the course.

Working within diversity: The module covers theories and experiences of difference, diversity and identity, encouraging you to explore the external and societal issues that impact upon relational dynamics, including themes of power, oppression and privilege, and the impact of historical and institutional structures of power and discrimination. We will introduce the concepts of intersectionality, minority stress and anti-oppressive practice. You will be asked to consider your

own identities, prejudices and assumptions and to explore how these are relevant to your practice and to the dynamics within the learning group setting.

This module will include a critical approach to all theories covered and you will be expected to critically explore the origins and cultural relevance of traditional psychotherapeutic theory through an anti-oppressive lens. We will explore the experience of those who connect with particular marginalised identities, including but not limited to disability, neurodivergence, sexuality, race, and gender, and consider the damaging impacts of the historical practice of conversion therapy, as required in BACP Accredited course criteria.

This module will enable you to develop your intercultural awareness, self awareness and critical thinking skills, in line with QAA benchmarking requirements and BACP Accredited course criteria.

Module aims

Understand fundamental psychodynamic theories of the relationship and apply them to self and practice

Begin to develop own integrative practice from a clear theoretical basis

Critically evaluate the cultural origins and relevance of theories covered through an anti-oppressive lens

Deepen understanding of the lived experience of various client groups from a variety of backgrounds

Explore own identity, cultural background, bias, prejudice and assumptions

Take part in discussion groups exploring relational dynamics around theory covered during this module

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.

The psychodynamic approach to counselling

Comparison of the psychodynamic approach with the person-centred approach

Critical appraisal of psychodynamic and person-centred theories

Models of integrative practice

Working within diversity

Intersectionality and Minority Stress

Working affirmatively with different client groups

Exploring own identities and background, and their impact on personal and professional relationships

Core workshops on well-being and conduct delivered by University Wellbeing and Report and Support services

Learning outcomes

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

- Describe models of integration

- Explain key theories of relational process from the psychodynamic approach
- Apply aspects of counselling theory to understanding of self
- Describe own identities and cultural background and how these might impact personal and professional relationships
- Critically appraise key theories in the light of learning around working within diversity and anti-oppressive practice

Indicative reading list

[Specific reading list for the module](#)

Research element

The Cultural Theory Exploration assessment could support an introduction to autoethnographic research writing and could be used to scaffold an autoethnographic project in year 4.

Interdisciplinary

This module includes interdisciplinary themes, linking to Social Work, Coaching and Early Childhood degree and apprenticeship courses which also sit within the Centre for Lifelong Learning. Themes of anti-oppressive practice, self-awareness, working within diversity and cultural awareness are relevant to students across all these areas, and staff expertise and different perspectives might usefully be shared.

Subject specific skills

Learning and applying the psychodynamic approach to counselling.

Consolidating theoretical understanding of core approaches in counselling.

Critically appraising key theories.

Developing awareness of integrative practice in counselling.

(BACP Counselling skills competence framework: Skills and Techniques

QAA Benchmark 3.5-3.6: Theory

SCoPEd Framework Theme 4: Knowledge and Skills)

Familiarity with models of anti-oppressive practice, intersectionality and working within diversity.

Awareness of own cultural and social context and its impact on personal and professional relationships.

(In line with BACP Counselling skills competence framework: Personal Qualities;

QAA Benchmark 1.9-1.11: Equality, Diversity and Inclusion;

SCoPEd Framework Theme 5: Self-awareness and Reflection.)

Transferable skills

This module offers opportunities to develop transferable academic and employment skills in line with Warwick Award core skills, especially highlighting:

Communication,

Critical Thinking,
Intercultural Awareness,
Self Awareness.

Study

Study time

Type	Required
Lectures	14 sessions of 1 hour 15 minutes (6%)
Seminars	23 sessions of 1 hour (8%)
Other activity	2 hours (1%)
Private study	177 hours 30 minutes (59%)
Assessment	80 hours (27%)
Total	300 hours

Private study description

reading on theory and applications
personal journaling

Other activity description

Introduction to intersectionality day 1 (a lecture but a different length to standard)

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
Critical Theory Report	55%	44 hours	Yes (extension)

Weighting**Study time****Eligible for self-certification**

Theory essay consolidating learning about the psychodynamic approach to counselling

Reassessment component is the same

Assessment component

Cultural Theory Exploration 45%

36 hours

Yes (extension)

Reflective writing exploring own cultural identity and background, following completion of a formative creative project (collage, picture)

Reassessment component is the same

Feedback on assessment

Critical Theory Report: Comprehensive written feedback

Cultural Theory Exploration: Formative in-class feedback following presentation of creative projects; comprehensive written feedback for written element

Availability**Pre-requisites**

To take this module, you must have passed:

- All of
 - [CE1E8-30 Foundational Theories for Integrative Practice](#)

Post-requisite modules

If you pass this module, you can take:

- CE349-30 Synthesising and Applying an Integrative Approach

Courses

This module is Core for:

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