

Warning: An incomplete or missing proforma may have resulted from system verification processing

Title: Counselling Skills  
 Status: Definitive  
 Code: **4502ARCCS** (121054)  
 Version Start Date: 01-08-2016

Owning School/Faculty: Nursing and Allied Health  
 Teaching School/Faculty: Accrington & Rossendale College

Team	Leader
Philomene Uwamaliya	Y

**Academic Level:** FHEQ4      **Credit Value:** 24      **Total Delivered Hours:** 48

**Total Learning Hours:** 240      **Private Study:** 192

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	10
Tutorial	8
Workshop	30

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	AS1	1hr video&10mins transcript	60	
Reflection	AS2	Reflective review on video	40	

### Aims

*To provide students with appropriate skills necessary to enhance counselling work.*  
*To improve students counselling skills for employability.*  
*To provide students with the opportunities to develop their counselling skills within a non-clinical setting.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Establish and develop a therapeutic relationship with peers and clients
- 2 Recognise and respond to issues arising within the therapeutic relationship
- 3 Explore various techniques used in counselling

## Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

1hr video&10mins transcript	1	3
Reflective review on video	2	

## Outline Syllabus

*Range of counselling skills and techniques*  
*Processes that underpin self and client*  
*The Therapeutic Relationship*  
*The Therapeutic Process*  
*Core skills and qualities needed and necessary for an effective therapist*  
*Evaluate own practice skills and that of their peers*  
*Practice skills and techniques*  
*Essential qualities and attitudes*  
*Strategies for client's needs*  
*Reflective practice with peers*  
*Strengths and limitations*  
*Stages of the relationship*  
*Opening statements/contract practice*  
*Concluding relationships*  
*Timings*  
*Recognise and respond*

## Learning Activities

This module will be delivered by a series of lectures, tutorials, practical work, and private study.

Its Learning (VLE) will be utilised as an additional learning resource on this module. This will provide links to academic web-sites and on-line journals, facilitate group discussion outside of the classroom, access to outline lecture notes, and provide students with assessment details.

Regular tutorials will provide opportunities for informal formative assessment to support student learning and discuss further progress.

## References :

Course Material: book,  
Author: Green, J  
Publishing Year: 2010  
Title: Creating the Therapeutic Relationship in Counselling and Psychotherapy  
Subtitle:  
Edition:  
Publisher: : Learning Matters Ltd  
ISBN: 978 1 84445 7700

Course Material: book,  
Author: Nelson-Jones, R.  
Publishing Year: 2013  
Title: Practical Counselling and Helping Skills  
Subtitle: Text and Activities for the Lifeskills Counselling Model  
Edition: 6th  
Publisher: Sage Publications  
ISBN: 978 1-4462-6984-8

Course Material: book,  
Author: Timulak, L.  
Publishing Year: 2011  
Title: Developing Your Counselling and Psychotherapy Skills and Practice  
Subtitle:  
Edition:  
Publisher: Sage Publishers  
ISBN: 978-1-84860-623-4

## Notes

Throughout the module students will be encouraged to develop their counselling skills through simulated role-play exercises, working with their peers in triads. Students will complete a series of formally set role play exercises to enable the lecturer to witness/observe each student in roles as Counsellor, Client and Observer. Students will experience group processes which support them to discover new things about themselves and about their interactions with others. Self-awareness and mindfulness of one's interactions with others are important tools for developing counselling skills. Group work provides important opportunities to develop counselling skills, this approach is used in all levels of counselling training.