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Title: Counselling Theories
Status: Definitive
Code: **4503ARCCS** (121055)
Version Start Date: 01-08-2017

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:** 50
Total Learning Hours: 240 **Private Study:** 190

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	20
Tutorial	10
Workshop	18

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	AS1	Exam: 2hours seen exam to be given out two weeks in advance.	100	2

Aims

This module will introduce students to a range of counselling theories including the three main approaches within counselling.

Learning Outcomes

After completing the module the student should be able to:

- 1 Demonstrate an understanding of theories, concepts and models of the approaches used in counselling.
- 2 Analyse theoretical concepts to understand own and/or client issues.

Learning Outcomes of Assessments

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

2 hrs seen exam	1	2
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Outline Syllabus

Person Centred

Behavioural

Cognitive

Eclectic/Integrative

Psychoanalysis /Psychodynamic

Solution Focused Brief Therapy

Motivational Interviewing

Psychodynamic

Mindfulness

Process work

Gestalt

Eye Movement Desensitization and Reprocessing (EMDR) Therapy

Learning Activities

Lectures, research, investigations, group and class discussion, seminar and individual study, scenarios and role play.

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: Nelson-Jones, R

Publishing Year: 2011

Title: Theory and Practice of Counselling and Therapy

Subtitle:

Edition: 5th

Publisher: Sage

ISBN-9780857023551

Course Material: Book,
Author: Corey, G
Publishing Year: 2012
Title: Theory and Practice of Counselling and Psychotherapy
Subtitle:
Edition: 9th
Publisher: Brooks and Cole
ISBN: 978-0840028549

Course Material: Book,
Author: Mearns, D. Thorne, B. McLeod, J.
Publishing Year: 2013
Title: Person Centred Counselling in Action
Subtitle:
Edition:
Publisher: Sage
ISBN: 978-1446252536

Notes

Both Counsellors and Psychotherapists work from a variety of Theoretical Approaches with their clients. These therapies range from the type of Psychoanalysis, originally practised by Sigmund Freud and later developed into other forms of analytic psychotherapy by his pupils, through Humanistic Psychotherapy (based on personal growth and self-development) to the Behavioural Therapies used for dealing with specific phobias and anxieties. There is irrefutable evidence from counselling research that it is the quality of the counselling relationship and the therapeutic alliance which it produces that is essential to good outcomes. The Foundation Degree will embrace Humanistic values, focusing attention on the importance, quality and depth of the relationship as the central component of therapeutic work. This will be underpinned by elements of theory from various approaches and theories.