

## **Counselling Skills**

### **Module Information**

**2022.01, Approved**

#### **Summary Information**

Module Code	4512-ARCCS
Formal Module Title	Counselling Skills
Owning School	Nursing and Allied Health
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 4
Grading Schema	40

#### **Teaching Responsibility**

LJMU Schools involved in Delivery
LJMU Partner Taught

#### **Partner Teaching Institution**

Institution Name
Nelson and Colne College Group

#### **Learning Methods**

Learning Method Type	Hours
Lecture	10
Practical	15
Tutorial	8
Workshop	15

#### **Module Offering(s)**

Display Name	Location	Start Month	Duration Number	Duration Unit
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SEP-PAR	PAR	September	12 Weeks
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## Aims and Outcomes

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.
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**After completing the module the student should be able to:**

### Learning Outcomes

Code	Number	Description
MLO1	1	Establish and develop a therapeutic relationship with peers and clients
MLO2	2	Recognise and respond to issues arising within the therapeutic relationship
MLO3	3	Explore strengths and limitations when interacting and developing a therapeutic relationship

## Module Content

Outline Syllabus	Range of counselling skills and techniques Reflective practice with self and others Reflective practice on counselling skills 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 Strengths and limitations Stages of the relationship Opening statements/contract practice Concluding relationships Timings Recognise and respond to self and others
Module Overview	
Additional Information	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.

## Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Practice	Practice 50mins + 10mins	50	0	MLO1, MLO2
Reflection	Reflective review 1500 words	50	0	MLO3

## Module Contacts

### Module Leader

Contact Name	Applies to all offerings	Offerings
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Philomene Uwamaliya	Yes	N/A
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**Partner Module Team**

Contact Name	Applies to all offerings	Offerings
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