

Liverpool John Moores University

Title: Counselling Skills
Status: Definitive
Code: **4512-ARCCS** (124427)
Version Start Date: 01-08-2021

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

Team	Leader
Philomene Uwamaliya	Y

Academic Level: FHEQ4
Credit Value: 20
Total Delivered Hours: 48
Total Learning Hours: 200
Private Study: 152

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	10
Practical	15
Tutorial	8
Workshop	15

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	AS1	Practice 50mins session and 10mins transcript	50	
Reflection	AS2	Reflective review 2000words	50	

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 strengths and limitations when interacting and developing a therapeutic relationship

Learning Outcomes of Assessments

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

Practice 50mins s and 10mins t	1	2
Reflective review 2000words	3	

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

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.

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.