

## Liverpool John Moores University

Title: Counselling Theories  
Status: Definitive  
Code: **4513ARCCS** (124430)  
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 2

Component	Contact Hours
Lecture	20
Tutorial	10
Workshop	18

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	AS1	Presentation 15mins	30	
Exam	AS2	2hrs seen exam - to be given out 2 weeks in advance.	70	

### Aims

*To introduce students to a range of counselling theories including the three main approaches within counselling and psychotherapy.*

### Learning Outcomes

After completing the module the student should be able to:

- 1 Discuss 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:

Presentation 15mins	1
2hrs seen exam	2

### **Outline Syllabus**

*Person Centred*  
*Behavioural*  
*Cognitive*  
*Eclectic/Integrative*  
*Psychoanalysis*  
*Psychodynamic*  
*Solution Focused Brief Therapy*  
*Motivational Interviewing*  
*Mindfulness*  
*Process work*  
*Gestalt*

### **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.

### **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.