

Counselling Theories

Module Information

2022.01, Approved

Summary Information

Module Code	4513ARCCS
Formal Module Title	Counselling Theories
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	20
Tutorial	10
Workshop	18

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-PAR	PAR	January	12 Weeks

Aims and Outcomes

Aims	To introduce students to a range of counselling theories including the three main approaches within counselling and psychotherapy.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Discuss theories, concepts and models of the approaches used in counselling.
MLO2	2	Analyse theoretical concepts to understand own and/or client issues.

Module Content

Outline Syllabus	Person Centred Behavioural Cognitive Eclectic/Integrative Psychoanalysis Psychodynamic Solution Focused Brief Therapy Motivational Interviewing Mindfulness Process work Gestalt
Module Overview	
Additional Information	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. There will be a 10 minute presentation with 5 minutes question and answer focusing on counselling theories covered during taught sessions.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Presentation	Presentation 15 mins	40	0	MLO1
Exam	2hrs seen exam	60	2	MLO2

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Philomene Uwamaliya	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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