

Liverpool John Moores University

Title: WORKING WITH INDIVIDUALS
Status: Definitive
Code: **5002YCWORK** (101039)
Version Start Date: 01-08-2014

Owning School/Faculty: Nursing and Allied Health
Teaching School/Faculty: Nursing and Allied Health

Team	Leader
Rajesh Patel	Y

Academic Level: FHEQ5
Credit Value: 12.00
Total Delivered Hours: 57.00
Total Learning Hours: 120
Private Study: 63

Delivery Options

Course typically offered: Runs Twice - S1 & S2

Component	Contact Hours
Lecture	16.000
Online	12.000
Practical	25.000
Tutorial	4.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Artefacts	AS1	50%- production of a fifteen minutes video tape of the student counselling a member of the course group	50.0	
Essay	AS2	50% - 1500 words critique of the scenario and learning from the module.	50.0	

Aims

1. To develop a model of practical counselling and helping skills;

2. *To provide an understanding of the application of counselling skills to the needs and life situations of young people and adults in the community;*
3. *To develop skills and knowledge of anti-oppressive practice through increased awareness and appreciation of cultural differences and diversity in work with individuals.*

Learning Outcomes

After completing the module the student should be able to:

- 1 The application of the three core conditions, outlined by Rogers, and basic counselling skills;
- 2 An increased awareness of their own role, strengths and limitations as a listener;
- 3 Understanding of the ethics, responsibilities and confidentiality issues within the context of providing a service to young people and adults;
- 4 An increased awareness and sensitivity to the needs and concerns of young people

Learning Outcomes of Assessments

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

video	1	3		
essay	1	2	3	4

Outline Syllabus

Helping strategies and their application to work with young people and communities;

Becoming an active listener;

Core conditions of person-centred counselling;

Ethics and confidentiality;

Culture and power in one to one work;

Bereavement and loss;

Self-awareness and skills assessment.

Learning Activities

Lectures; experiential work in dyads and triads; Gilmore method of training in groups; 1 to 1 practice in video suite.

References

Course Material	Book
Author	Egan G.
Publishing Year	1994
Title	The Skilled Helper

Subtitle	
Edition	5th edition
Publisher	Brooks-Cole, New York.
ISBN	

Course Material	Book
Author	Kirschenbaum H., Land Henderson V.
Publishing Year	1990
Title	The Carl Rogers Reader
Subtitle	
Edition	
Publisher	Constable, London.
ISBN	

Course Material	Book
Author	Lago C., with Thompson J.,
Publishing Year	1996
Title	Race, Culture and Counselling.
Subtitle	
Edition	
Publisher	O U Press.
ISBN	

Course Material	Book
Author	Pratt J.,
Publishing Year	1994
Title	Counselling Skills for Professional Helpers.
Subtitle	In series 'Gateways to Counselling'.
Edition	
Publisher	Sage, London.
ISBN	

Course Material	Book
Author	Aggleton, P., Hurry, J., Warwick, I.
Publishing Year	2000
Title	Young People and Mental Health
Subtitle	
Edition	
Publisher	Chichester: Wiley
ISBN	

Course Material	Book
Author	Davies, B.
Publishing Year	2000
Title	Street Cred? Values and Dilemmas in Mental Health Work with Young People
Subtitle	

Edition	
Publisher	Leicester: Youth Work Press
ISBN	

Course Material	Book
Author	Jade, R.
Publishing Year	2002
Title	Creating Personal Independence and Inclusion
Subtitle	Youth Personal Assistance Support Scheme: good practice guidelines (video & book)
Edition	
Publisher	Leicester: National Youth Agency
ISBN	

Course Material	Book
Author	Mearns, D., Thorne, B.
Publishing Year	1996
Title	Person Centred Counselling in Action
Subtitle	
Edition	2nd
Publisher	London: Sage
ISBN	

Course Material	Book
Author	Pope, P.
Publishing Year	2002
Title	Enhancing the Development of Effective One to One Skills for Practice
Subtitle	Practice BASW Journal.
Edition	
Publisher	Volume 14 No. 3 pages 51-58
ISBN	

Course Material	Book
Author	Pope, P.
Publishing Year	2002
Title	Youth Friendly Counselling
Subtitle	Counselling and Psychotherapy Journal
Edition	
Publisher	Vol. 13, No 1 (Feb) Pages 18-19. British Association for Counselling & Psychotherapy
ISBN	

Notes

This module builds on the students' introduction to applied psychology at level one. It

develops skills, knowledge and understanding of listening and helping skills for work with young people and adults in the community.

The module draws on the person-centred approach of Carl Rogers whereby the individual is accepted and empowered to choose and make decisions in his or her own life. Students are introduced to theoretical perspectives in the taught sessions and through a process of small group discussion and role-play, learn how to apply these skills in their one to one work.

During the module, students use the School video suite to practise their skills and produce their video for assessment. This creates an interactive learning climate, through which students are continually applying their new awareness and taught input into their one to one work. They are able to review their own video and draw on the supportive feedback of colleagues from their small working groups to try out new approaches next time. This formative process enables students to enhance their skills for professional practice and demonstrate their progress on the video and critique that is submitted for assessment. Further information on the module assignment and assessment criteria is given in the module handbook.

This is a core skills area of the programme. Consequently, students who do not obtain the minimum pass standard are required to repeat the teaching and learning cycle in the following year.