

Warning: An incomplete or missing proforma may have resulted from system verification processing

Title: Continuing Personal Development and Professional Practice  
Status: Definitive  
Code: **5501ARCCS** (121057)  
Version Start Date: 01-08-2016  
  
Owning School/Faculty: Nursing and Allied Health  
Teaching School/Faculty: Accrington & Rossendale College

Team	Leader
Philomene Uwamaliya	Y

**Academic Level:** FHEQ5      **Credit Value:** 24      **Total Delivered Hours:** 58  
**Total Learning Hours:** 240      **Private Study:** 182

### Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	10
Seminar	20
Tutorial	8
Workshop	20

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	1500 word essay	40	
Portfolio	AS2	Portfolio	60	

### Aims

*To provide students with continuous opportunities to develop and grow as an effective practitioner.*

*To improve the students ability to critically evaluate self and as a practitioner.*

*To assist students to reflect and discuss their blocks to certain clients/situations.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Critically evaluate own growth as a person and therapist.
- 2 Identify limitations and strengths of own personal growth.
- 3 Identify and discuss own blocks to personal development.

## **Learning Outcomes of Assessments**

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

ESSAY 1500WORDS	1	2	3
PORT	2	3	

## **Outline Syllabus**

### *Professional Practice*

*Action plans*

*Goal setting*

*Portfolio building*

*Working with difficult clients*

*Referrals*

*Critical and reflective thinking*

*Working with others*

*Reflective writing*

*Maintaining boundaries*

*Supervision*

*Time management*

### *Develop understanding of self and others*

*Dynamics in relationships and groups*

*Working at relational depth*

*Group dynamics*

*Confidence building*

*Personal conflict*

*Personal awareness*

*Developing the core conditions*

*Self-reflection*

*Difficult clients*

*Work life balance*

*Personal responsibility*

*Self-care*

*Personal boundaries*

## **Learning Activities**

This module will be delivered by a series of lectures, role play, experiential activities, tutorials, practical work, workplace activity and private study, residential, portfolio building.

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.

### References :

Course Material: Book  
Author: Bager-Charleson, S  
Publishing Year: 2010  
Title: Reflective Practice in Counselling and Psychotherapy  
Subtitle:  
Edition:  
Publisher: Learning Matters  
ISBN: 9781-137-32471-9

Course Material: Book  
Author: Rose, C  
Publishing Year: 2011  
Title: Self Awareness and Personal Development  
Subtitle: Resource for Psychotherapists and Counsellors  
Edition: 1st  
Publisher: Palgrave and Macmillan  
ISBN: 9780230240186

Course Material: Book  
Author: Bassot, B.  
Publishing Year: 2013  
Title: The Reflective Journal  
Subtitle:  
Edition: Publisher: Palgrave MacMillan Ltd  
ISBN: 9781-137-32471-9

## **Notes**

This module is a year-long module which supports continual personal and professional development.

Students need to show a commitment to continued learning. Growth and development is central to the work of a therapist. Students will explore several

elements of continuing personal and professional development, including training, self-awareness, self-care and the importance of creating an effective support system for self. Only by caring for their own well-being can therapists ensure they are in a position to give their clients the support and attention they deserve. Work life balance is essential to working with clients.