

Liverpool John Moores University

Title: COUNSELLING AND PSYCHOTHERAPY
Status: Definitive
Code: **6005PSYSCI** (113677)
Version Start Date: 01-08-2011

Owning School/Faculty: Natural Sciences & Psychology
Teaching School/Faculty: Natural Sciences & Psychology

Team	Leader
Helen Poole	Y

Academic Level: FHEQ6
Credit Value: 24.00
Total Delivered Hours: 50.00
Total Learning Hours: 240
Private Study: 190

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	24.000
Workshop	24.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	AS1	Examination	50.0	2.00
Artefacts	AS2	Skills Tape	50.0	

Aims

1. To introduce the history, nature and practice of counselling / psychotherapy.
2. To examine and compare the theory and practice of major psychotherapeutic approaches.
3. To explore professional and ethical issues in counselling/psychotherapy.
4. To develop a prescribed range of basic counselling skills.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically discuss the history, nature and practice of counselling/ psychotherapy;
- 2 Compare and contrast at least two of the major approaches to counselling/psychotherapy;
- 3 Demonstrate understanding of commonly occurring professional and ethical issues in counselling/psychotherapy;
- 4 Remain within a client's frame of reference;
- 5 Communicate empathic understanding.

Learning Outcomes of Assessments

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

EXAM	1	2	3
Skills tape	4	5	

Outline Syllabus

Distinctive features of the main schools of counselling/psychotherapy: Psychodynamic, Cognitive-Behavioural and Humanistic. A minimum of three specific approaches will be covered in depth, each drawn from a different school (Examples: Object Relations Therapy, Rational Emotive Behaviour Therapy, Transactional Analysis, Client-Centred Therapy, Gestalt Therapy)

Understanding of ethical principles and practice as covered by the BACP Code of Ethics and Practice.

The advantages and drawbacks of eclectic and integrative approaches to Counselling/Psychotherapy will be considered.

Skills development will focus upon the core conditions of Client-Centred therapy, with particular emphasis on the communication of empathic understanding.

Learning Activities

Theoretical material will be delivered through lectures, exercises, case material, demonstration and discussion. Skills development will be in small groups and methodology will include group work, a range of role play methods and case discussion. Students will use audio and/or video to record their work and receive feedback from peers and tutors.

References

Course Material	Book
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Author	Cully S (1991) Integrative Counselling in Action, Sage
Publishing Year	0
Title	
Subtitle	
Edition	
Publisher	
ISBN	

Course Material	Book
Author	Dryden W, (1996) Handbook of Individual Therapy, Sage
Publishing Year	0
Title	
Subtitle	
Edition	
Publisher	
ISBN	

Course Material	Book
Author	Jacobs M, (1998) Psychodynamic Counselling in Action, Sage
Publishing Year	0
Title	
Subtitle	
Edition	
Publisher	
ISBN	

Course Material	Book
Author	Mearns D.& Thorne B. (1988) Person-Centred Counselling in Action, Sage
Publishing Year	0
Title	
Subtitle	
Edition	
Publisher	
ISBN	

Course Material	Book
Author	Palmer S (Ed) (2000) Introduction to Counselling and Psychotherapy, Sage
Publishing Year	0
Title	
Subtitle	
Edition	
Publisher	
ISBN	

Course Material	Book
Author	Rowan J, (1983) The Transpersonal: Psychotherapy and Counselling, Routledge,
Publishing Year	0
Title	
Subtitle	
Edition	
Publisher	
ISBN	

Course Material	Book
Author	Sanders P, (1994) First Steps in Counselling, PCCS Books
Publishing Year	0
Title	
Subtitle	
Edition	
Publisher	
ISBN	

Course Material	Book
Author	Stewart I, (1989) Transactional Analysis Counselling in Action, Sage
Publishing Year	0
Title	
Subtitle	
Edition	
Publisher	
ISBN	

Course Material	Book
Author	Tolan J
Publishing Year	2003
Title	Skills for Person-Centred Counselling and Psychotherapy
Subtitle	
Edition	
Publisher	Sage
ISBN	

Notes

This module gives an overview of counselling/psychotherapy theory and practice, covering the main approaches currently in use. Students will also develop specific counselling skills which will be of use in a range of occupations.