

Liverpool John Moores University

Title: ADVANCED PROFESSIONAL AND PERSONAL DEVELOPMENT
Status: Definitive
Code: **6503CPSY** (128380)
Version Start Date: 01-08-2021

Owning School/Faculty: Nursing and Allied Health
Teaching School/Faculty: Nelson and Colne College Group

Team	Leader
Julie Connolly	

Academic Level: FHEQ6
Credit Value: 20
Total Delivered Hours: 36
Total Learning Hours: 200
Private Study: 164

Delivery Options

Course typically offered: Runs Twice - S1 & S2

Component	Contact Hours
Lecture	18
Seminar	18

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	ASS1	Facilitation exercise	50	
Reflection	ASS2	Self-reflection for professional and personal development	50	

Aims

Counsellors and psychotherapists are reflective practitioners who seek to maintain a high level of professional development and self-awareness. Therapeutic work will usually be overseen regularly by another therapist in the role of supervisor. Counsellors and psychotherapists are open to learning from new experiences in practice and to engaging in appropriate continuing professional development. One aspect of this process can be fulfilled by experiencing specialist informative

experiential work with particular client groups such as confidence building, clients in addiction and facilitating groups. The more awareness of self for the counsellor, the more awareness of clients is achieved, which is paramount to developing ethical therapeutic relationships. This module will continue to build on personal awareness and development of the counsellor through experiential activities to facilitate movement and growth.

Learning Outcomes

After completing the module the student should be able to:

- 1 Facilitate a personal development group.
- 2 Critically appraise their own learning, development and awareness of self and others
- 3 Evaluate and reflect upon one's values, strengths and limitations relating to one's self-development and facilitation skills

Learning Outcomes of Assessments

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

practical skills	1	
assessment		
self-reflection	2	3

Outline Syllabus

Professional Practice

- o Working with clients with complex needs*
- o Referrals*
- o Critical and reflective thinking*
- o Reflective writing*
- o Maintaining boundaries*
- o Supervision*
- o Time management*
- o Experiential learning*
- o Group work*
- o Personal awareness and development*

Continuous professional and personal development

- o Dynamics in relationships and groups*
- o Working at relational depth*
- o Confidence building*
- o Personal conflict*
- o Personal awareness*
- o Maintaining the core conditions*
- o Self-reflection*
- o Self-development*
- o Self-care*

- o Work life balance*
- o Personal responsibility*
- o Personal boundaries*
- o Managing the therapeutic relationship in a professional context*

Learning Activities

Students will receive approximately 18 hours of taught input which will explore theoretical concepts behind the subject area. Lectures will link explicitly to assessments and support students with further independent learning. Guest Lecturers and Speakers may also be used to enhance learning.

Seminars (inc. workshops)

Students will also receive approximately 18 hours of taught input through seminars that will support students in applying theoretical concepts to real world situations. As part of the seminar programme, students will be encouraged to research the topics they will be using for their coursework.

Independent Study

Students are expected to undertake personal research into topic areas that have been stimulated from the lectures and seminars.

VLE support

This will provide links to academic websites and on-line journals, facilitate group discussion outside of the classroom, access to outline lecture notes and provide students with assessment details.

Notes

Students who successfully complete this module as a stand-alone module will be eligible for a University transcript of credit