

Liverpool John Moores University

Title: COUNSELLING COMPETENCY
Status: Definitive
Code: **7001COCPSY** (100435)
Version Start Date: 01-08-2014

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

Team	Leader
Angela West	Y
Anne Smith	
Caroline Marsh	

Academic Level: FHEQ7 **Credit Value:** 20.00 **Total Delivered Hours:** 96.00
Total Learning Hours: 200 **Private Study:** 104

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Seminar	84.000
Tutorial	2.000
Workshop	10.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Critique	15 minute skills video recording at the agreed level of competence, accompanied by a written skills self assessment incorporating formative feedback from the skills recording and drawing on contents of reflective diary	100.0	

Competency	Practice
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Aims

To achieve competency in person centred counseling practice

Learning Outcomes

After completing the module the student should be able to:

- 1 Synthesise and demonstrate the 3 counsellor conditions at a minimum level 3 on the rating scales.
- 2 Make and sustain psychological contact in the relational encounter.
- 3 Critically reflect on their own capabilities and areas for improvement in relation to the six conditions for therapeutic change in a specific context.
- 4 Critically explore and evaluate their own capacity to form and maintain anti oppressive, ethical therapeutic relationships
- 5 Critically reflect on the impact of their own process and personal material in developing a person-centred counselling relationship

Learning Outcomes of Assessments

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

AS1 1 2 3 4 5

Practice

Outline Syllabus

- *Advanced counseling skills from a person-centred perspective.*
- *Timing of therapeutic interventions*
- *Communication and meta-communication*
- *The six conditions necessary for therapeutic change.*
- *IPR skills and Counsellor rating scales.*
- *The counseling process, to include beginnings, middles and endings.*
- *Culturally competent, anti oppressive counseling practice*
- *Reflective Practice, including the appropriate use of self in the counseling process.*
- *Supervision requirements and making use of Supervision*
- *Risk assessment and confidentiality*
- *Negotiating therapeutic contracts*

Learning Activities

Students work with each other with real personal issues to develop and critique their skills, using recorded short counseling sessions, in conjunction with ongoing peer

and tutor feedback. Students work in small groups each supervised by a tutor. Each group will listen to the recordings that students have preselected and self critiqued for presentation and give appropriate feedback using the rating scales. The tutor will identify areas for development through watching/ listening to recordings and ensuing discussion. Additionally students are presented with workshops covering advanced counselling skills from an ethical, anti oppressive person-centred perspective.

Students will be given an individual tutorial within the first six weeks of the course, which will include a diagnostic assessment of counseling skills identifying learning needs.

Students will be taught the theory and practice of IPR (interpersonal recall) as a way of researching client and counselor understanding of the effectiveness of a counseling session and developing their capacity to reflect upon their own process.

A further tutorial is given in the second semester to give guidance to students setting up placements.

References

Course Material	Book
Author	Mearns, D and Thorne, B
Publishing Year	2007
Title	Person-Centred Counselling in Action (2nd Ed.)
Subtitle	
Edition	2nd
Publisher	Sage Publications
ISBN	

Course Material	Book
Author	McLeod, J., & McLeod, J
Publishing Year	2011
Title	Counselling Skills
Subtitle	A Practical Guide for Counsellors and Helping Professionals.
Edition	
Publisher	Open University Press
ISBN	

Course Material	Book
Author	Tolan, J.
Publishing Year	2012
Title	Skills for Person-Centred Counselling in Action
Subtitle	
Edition	2nd
Publisher	Sage Publications
ISBN	

Course Material	Book
Author	Worsley, R.
Publishing Year	2009
Title	Process Work in Person-Centred Therapy
Subtitle	
Edition	2nd
Publisher	Palgrave
ISBN	

Course Material	Book
Author	Sanders, P., Frankland, A., & Wilkins, P.
Publishing Year	2009
Title). Next Steps in Counselling Practice
Subtitle	A students' companion for degrees, HE diplomas and vocational courses
Edition	2nd
Publisher	PCCS Books
ISBN	

Course Material	Book
Author	Tolan, J., & Wilkins, P
Publishing Year	2012
Title	Client Issues in Counselling and Psychotherapy
Subtitle	
Edition	
Publisher	Sage Publications
ISBN	

Notes

A diagnostic tape will be made and submitted for individual tutorial at the beginning of the course. Students will be expected to keep an ongoing reflective diary/learning log of their skills development that will be drawn upon in their final submission. Each student will demonstrate their use of IPR as a structured formative activity. Students will present at the agreed level of competence or above for formative feedback to their skills group and tutor prior to formal summative submission.