

## Liverpool John Moores University

Title: CLIENT CENTRED THEORY  
Status: Definitive  
Code: **7002COCPSY** (100436)  
Version Start Date: 01-08-2014

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

Team	Leader
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**Academic Level:** FHEQ7      **Credit Value:** 20.00      **Total Delivered Hours:** 50.00  
**Total Learning Hours:** 200      **Private Study:** 150

### Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	25.000
Workshop	25.000

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Essay	50.0	
Essay	AS2	Essay	50.0	

<b>Competency</b>	Practice
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### Aims

*To demonstrate a critical knowledge base of contemporary person centred theory locating its development in historical context*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Critically reflect on the historical significance and impact of the development of person centred theory
- 2 Critically evaluate the main features of Carl Rogers' personality theory
- 3 Master the theoretical concepts underpinning the 6 necessary and sufficient conditions of therapeutic personality change
- 4 Master the commonalities and distinctions of contemporary person centred and process-experiential theory and practice

## Learning Outcomes of Assessments

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

CW	1	2	3
CW	3	4	

Practice

## Outline Syllabus

- *History of psychotherapy 1850-1950*
- *Carl Rogers in his time*
- *Development of Carl Rogers personality theory*
- *Organismic psychology*
- *The actualizing tendency and self concept*
- *Conditions of worth and social influences*
- *The nineteen propositions*
- *Distortion, denial, subception*
- *The 6 therapeutic conditions*
- *Stages of process*
- *21st century debates and developments in person centred/humanistic counselling*
- *Focussing: the work of Gendlin*
- *Emotion Focused Therapy: Greenberg et al*
- *Pre Therapy: Prouty*
- *Fragile process: Warner*
- *Configurations of self: Mearns*
- *Pluralism*

## Learning Activities

Learning methods will be varied and will include lecture, exercises, discussion in small groups and plenary and consideration of case materials. A collaborative

approach to learning and debate will be fostered with time set aside for students to form small independent study groups. Key theoretical concepts will be closely linked to practice sessions on skills development

## References

<b>Course Material</b>	Book
<b>Author</b>	Kirschenbaum, H
<b>Publishing Year</b>	2007
<b>Title</b>	The life and work of Carl Rogers
<b>Subtitle</b>	
<b>Edition</b>	2nd
<b>Publisher</b>	PCCS Books
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Levitt, B (ed)
<b>Publishing Year</b>	2005
<b>Title</b>	Embracing Non- Directivity
<b>Subtitle</b>	Re-assessing person- centred theory and practice in the 21st Century
<b>Edition</b>	
<b>Publisher</b>	PCCS Books
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Levitt, B (ed)
<b>Publishing Year</b>	2008
<b>Title</b>	reflections on Human Potential
<b>Subtitle</b>	Bridging the person – centred approach and positive psychology
<b>Edition</b>	
<b>Publisher</b>	PCCS Books
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	McLeod, J
<b>Publishing Year</b>	2009
<b>Title</b>	An Introduction to Counselling
<b>Subtitle</b>	
<b>Edition</b>	4th
<b>Publisher</b>	Open University Press
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Rogers, C
<b>Publishing Year</b>	1951

<b>Title</b>	Client Centred Therapy
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Constable
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Rogers, C
<b>Publishing Year</b>	1961
<b>Title</b>	On Becoming a Person
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Constable
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Sanders, P. (Ed.)
<b>Publishing Year</b>	2004
<b>Title</b>	The Tribes of the Person-Centred Nation
<b>Subtitle</b>	An introduction to the schools of therapy associated with the Person-Centred approach
<b>Edition</b>	
<b>Publisher</b>	PCCS Books
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Sanders, P.
<b>Publishing Year</b>	2005
<b>Title</b>	Steps into Study Counselling
<b>Subtitle</b>	a student's guide to learning counselling and tackling course assignments
<b>Edition</b>	3rd
<b>Publisher</b>	PCCS Books
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Tudor, K and Worrall, M
<b>Publishing Year</b>	2006
<b>Title</b>	Person-Centred Therapy:a clinical philosophy
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Routledge
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Wilkins, P.
<b>Publishing Year</b>	2010

<b>Title</b>	Person Centred Therapy 100 key points
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Routledge
<b>ISBN</b>	

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## Notes

This module will locate the importance of Carl Rogers work in the history and development of counseling and psychotherapy. Close attention will be paid not only to his better known work on the therapeutic conditions, but also on his writings on personality theory and the nature of the organism. Contemporary debates and developments in person centred theory will be examined, so that students can articulate their own therapeutic style within a contemporary or historical formulation. Students will be encouraged to work collaboratively to develop their understanding of key concepts and to embed their learning into their skills practice. The teaching on the 6 therapeutic conditions will be structurally linked to skill based sessions.