

Liverpool John Moores University

Title: COUNSELLING AND PERSONAL DEVELOPMENT
Status: Definitive
Code: **7003OCCPSY** (113755)
Version Start Date: 01-08-2011

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

Team	Leader
Andy Tattersall	Y

Academic Level: FHEQ7
Credit Value: 12.00
Total Delivered Hours: 24.00
Total Learning Hours: 120
Private Study: 96

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	12.000
Workshop	12.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	essay	Written essay, 2000 words.	50.0	
Reflection	reflection	Reflective log, 2000 words.	50.0	

Aims

- 1. To enable students to evaluate theory and research relating to stress, stress management and health promotion in the work place.*
- 2. To enable students to understand the aims of counselling in the work place and the professional principles surrounding the counselling relationship.*
- 3. To enable students to understand the theoretical basis of Person Centred Counselling, its principles and practice, and to appreciate some of the ways in which it differs from other approaches to counselling.*
- 4. To enable students to acquire and practise basic counselling skills.*

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically appraise research findings and theoretical perspectives on stress, stress management and health promotion in the workplace.
- 2 Demonstrate a systematic understanding of the theory, practice and aims of counselling in the workplace, and the professional principles surrounding the counselling relationship.
- 3 Apply systematic analysis of feedback to the critical reflection upon her/his own progress in the practice of basic counselling skills.

Learning Outcomes of Assessments

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

Written essay, 2000 words	1	
Reflective log, 2000 words	2	3

Outline Syllabus

Occupational stress (theory and research), health promotion and stress management, aims and principles of counselling, the diversity of approaches to counselling, Person Centred Counselling theory, the practice of basic counselling skills.

Learning Activities

1. Attend lectures and workshops.
2. Participate in workshop activities with peers.
3. Provide peers with constructive, evaluative feedback relating to workshop activities.
4. Complete recommended reading.
5. Prepare and submit coursework according to requirements.

References

Course Material	Book
Author	Bozarth, J.
Publishing Year	1998
Title	Person-Centred Therapy
Subtitle	A Revolutionary Paradigm.
Edition	

Publisher	PCCS
ISBN	

Course Material	Book
Author	Murphy, L.R.
Publishing Year	1996
Title	Stress management techniques
Subtitle	secondary prevention of stress. In M. Shabracq, J.A.M. Winnubst & C.L. Cooper (Eds) Handbook of work and Health Psychology.
Edition	
Publisher	Wiley
ISBN	

Course Material	Book
Author	Nelson-Jones, R.
Publishing Year	2000
Title	Introduction to counselling skills.
Subtitle	
Edition	
Publisher	Sage
ISBN	

Notes

This module is based on the BPS knowledge area of the same name. The module examines theory and research into occupational stress, health promotion and stress management, and the aims, principles and practice of counselling. Practical workshops are included, in which students will learn and practise basic counselling skills.