

Liverpool John Moores University

Title: COUNSELLING COMPETENCY
Status: Definitive
Code: **7015COCPSY** (121088)
Version Start Date: 01-08-2016

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

Team	Leader
Wendy Traynor	Y

Academic Level: FHEQ7
Credit Value: 20
Total Delivered Hours: 72
Total Learning Hours: 200
Private Study: 128

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Seminar	60
Tutorial	2
Workshop	10

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	Critique	Audio Recording and skills assessment with written critique	100	

Competency	Practice
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Aims

To achieve competency in person centred counselling practice, demonstrated via a portfolio of practice evidence and academic analysis

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
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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*
 - *How pharmacology may impact on clients and therapy*

Learning Activities

Students work with each other with real personal issues to develop and critique their skills, using recorded short counselling 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 counselling skills identifying learning needs.

Students will be taught the theory and practice of IPR (interpersonal recall) as a way of researching client and counsellor understanding of the effectiveness of a counselling 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.

Notes

Students will present at the agreed level of skills competence or above for formative feedback to their skills group and tutor prior to formal summative submission.