

Liverpool John Moores University

Title: PERSONAL DEVELOPMENT: SELF AND SOCIETY
Status: Definitive
Code: **7017COCPSY** (121090)
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:** 10 **Total Delivered Hours:** 62

Total Learning Hours: 100 **Private Study:** 38

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Seminar	53
Workshop	9

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Coursework: Written statement of your learning, group process, engagement and personal learning (to include the formative feedback and the block learning statement).	100	

Competency	Practice
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Aims

To critically examine own conditions of worth and organismic valuing process and consider how this impacts on relationships with others and how this might potentially

impact upon the counselling relationship.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically examine the origins and effects of their own conditions of worth and organismic valuing process.
- 2 Critically reflect on how their gendered/sexualized identity and ethnicity impacts on self and others
- 3 Synthesise an understanding of self that incorporates the ongoing perceptions of others.
- 4 Demonstrate active engagement in PD and exploration of self

Learning Outcomes of Assessments

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

Written statement	1	2	3	4
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Practice

Outline Syllabus

As with client-centred counselling itself, there is no set content for the group. The facilitator establishes an appropriate balance of support and challenge in order for you to be able to::

- *Explore aspects of your own history and personality;*
- *Identify introjected conditions of worth*
- *Separate your own material from that of others;*
- *Identify your own and others' power in the group.*
- *Provide sensitively phrased feedback to peers*
- *Understand your gendered/racialised/sexualized identity*
- *Develop self awareness and insight which promotes and encourages you to take personal responsibility for your own process and actions*

Learning Activities

You will work in small, tutor facilitated inter-active groups with closed membership, experiencing and exploring your relationships with self and others.

The block learning is attached to this module and provides an opportunity for you to work in a whole community setting with both year groups, as well as in smaller inter-year groups.

Notes

This module focuses on self-awareness and conditions of worth as well as how to be in relationship with others and understand how this links to client work. The block learning will focus on the phenomena arising from power and prejudice in society and the impact of this on the counselling relationship. Two alternating key themes for the block learning events are 1) gender and sexuality 2) ethnicity and transcultural counselling.

You will be actively encouraged to keep a personal journal to assist with recording and processing your individual learning from PD and the block learning.