

Liverpool John Moores University

Title: THEORY OF COUNSELLING AND PSYCHOTHERAPY
Status: Definitive
Code: **7019COCPSY** (121092)
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:** 55

Total Learning Hours: 200 **Private Study:** 145

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	30
Tutorial	1
Workshop	24

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Essay 3000 words on one of three titles given in module handbook re critical theoretical debate.	100	

Aims

To enable students to develop as professionally competent, reflective practitioners having acquired an in-depth critical understanding of counselling and psychotherapy theory and its application to a wide range of client issues and psychological distress.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically debate and evaluate person-centred counselling and psychotherapy as it applies to a wide range of psychopathology and therapeutic change.
- 2 Understand a wide range of phenomena and causes of psychological distress with reference to effective psychotherapeutic practice and published research.
- 3 Critically interrogate research literature and evaluate the significance of research findings to identify how such findings influence and inform practice.
- 4 Evidence acquisition of a professional knowledge base, applying a professionally informed capacity for independent and critical thinking to their work context .

Learning Outcomes of Assessments

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

Essay	1	2	3	4
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Outline Syllabus

- *Concepts of mental well being along the continuum to severe emotional and psychological distress*
- *Mental wellbeing and psychopathology in reference to diversity, socio-political factors and cultural influences, norms and practices*
- *Psyche, soma and embodiment of psychological distress*
- *Genesis and perpetuation of human reactions and associated behaviours such as anxiety, depression, loss and bereavement, trauma*
- *Approaches from the cognitive-behavioural and psychodynamic schools of therapy*
- *Person-centred theoretical perspectives applied along the continuum of mental well-being to severe psychological distress and psychopathology*
- *Contemporary, cutting edge research literature*
- *Contemporary critical thinking and debate in the field of counselling and psychotherapy*
- *An understanding of the interface and inter-professional, multi-disciplinary working in the field of counselling and psychotherapy*

Learning Activities

Learning methods will be varied and will include lectures and specialist input, exercises, student presentations, debate in small and plenary groups and consideration of case material, with an academic tutorial.

Notes

The central focus for this module is praxis: students' development of theory into practice to emerge as a theoretically grounded and professionally competent practitioner. As such, module content will link the importance of professional networks and support including: supervision and (the distinction between) line management; organizational working and clinical responsibility for client case load; relevance and influence of contemporary published research and outcomes. These will be considered in relation to inter-professional working, ethical and best professional practice.

There is a formative assessment opportunity in this module which will inform the summative assessment essay component. In semester one, the formative assessment will be a presentation to peers of a critique of a research paper.

This module will include philosophical and theoretical perspectives of research practice and methodology with emphasis upon the acquisition of the knowledge and skills required in order to conduct good, ethical research enquiries. The skill of 'research critique' will be promoted alongside critical thinking and developing a critical argument.

The module content, together with the formative and summative assessment, serve as a solid foundation for progression to the research module 7023COCPY.