

Module Information

2022.01, Approved

Summary Information

Module Code	7024COCPsy
Formal Module Title	Person-Centred and Experiential Counselling Competency
Owning School	Psychology
Career	Postgraduate Taught
Credits	20
Academic level	FHEQ Level 7
Grading Schema	50

Teaching Responsibility

LJMU Schools involved in Delivery
Psychology

Learning Methods

Learning Method Type	Hours
Seminar	60
Workshop	12

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	28 Weeks

Aims and Outcomes

Aims	To achieve the required competency in person-centred and experiential counselling practice, demonstrated via a portfolio of practice evidence and academic analysis.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Demonstrate Person-Centred Experiential Counselling Competency at a minimum of level 4 on the Person-Centred Experiential Psychotherapy Scale (PCEPS).
MLO2	2	Make and sustain psychological contact in the relational encounter.
MLO3	3	Critically reflect on their own capabilities and areas for improvement in relation to the therapist conditions of Empathy, Congruence and Unconditional Positive Regard, drawing on the PCEP's feedback from skills tutor and peers.
MLO4	4	Explore and critically evaluate their own capacity to form and maintain anti-oppressive, ethical therapeutic relationships.
MLO5	5	Reflect at depth on how their personal material impacts on developing a person-centred-experiential counselling relationship.

Module Content

Outline Syllabus	<ul style="list-style-type: none"> • Advanced counselling skills from a person-centred-experiential perspective. • Timing of therapeutic interventions. • Communication and meta (meta-therapeutic communication) • The six necessary and sufficient conditions for therapeutic change. • Interpersonal Process Recall IPR skills and Person-Centred Experiential Psychotherapy Scale (PCEPs) • The counselling process, to include beginnings, middles, and endings. • Culturally competent, anti-oppressive, anti-racist, anti-ableist counselling practice, taking into account intersectional identity & Memorandum of Understanding. • Reflective Practice, including the appropriate use of self in the counselling process. • Supervision requirements and making use of Supervision. • Risk assessment and confidentiality (including GDPR and data protection). • Negotiating therapeutic contracts. • Online and Phone Counselling Competencies (knowledge and practice). • Grounding yourself before and after therapeutic work.
Module Overview	This module aims to develop your person-centered- experiential counselling competencies. You will practice your counselling skills in dyads or triads and will give and receive feedback from peers in your skills group. You will demonstrate your competency via a portfolio of practice evidence and academic analysis.
Additional Information	Students will be given ongoing skills feedback which will include an assessment of counselling skills identifying learning needs. Year 1 skills sessions serve as group tutorials. However, if students need or want individual tutorials they are available. 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. Students will be mindful of issues of contracting, sensitivity and confidentiality, as well as secure and encrypted storage of any recorded materials. In the second semester specific guidance will be given regarding setting up placements.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Portfolio	AS1	100	0	MLO1, MLO2, MLO3, MLO4, MLO5
Competency	Health Practice			MLO1, MLO2, MLO3, MLO4, MLO5

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Kathleen Vandenberghe	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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