

Liverpool John Moores University

Title: PERSON-CENTRED-EXPERIENTIAL THEORY
Status: Definitive
Code: **7025COCPsy** (122499)
Version Start Date: 01-08-2021

Owning School/Faculty: Psychology
Teaching School/Faculty: Psychology

Team	Leader
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Academic Level: FHEQ7 **Credit Value:** 20 **Total Delivered Hours:** 50
Total Learning Hours: 200 **Private Study:** 150

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	25
Workshop	25

Grading Basis: 50 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Essay,2500 words focusing on LO's Students cannot progress to Year 2 unless they have passed all Year 1 modules. Students can be considered for FMA's at the end of Year 1.	50	
Essay	AS2	Essay,2500 words focusing on LO s Students cannot progress to Year 2 unless they have passed	50	

- *21st century debates and developments in person-centred-experiential /humanistic counselling*
- *Focussing: the work of Gendlin*
- *Emotion Focused Therapy: Greenberg et al*
- *Pre-Therapy: Prouty*
- *Fragile process: Warner*
- *Configurations of self: Mearns*
- *Pluralism*

Learning Activities

Learning methods will be varied and will include lecture, exercises, discussion in small groups and plenary and consideration of case materials. A collaborative approach to learning and debate will be fostered with time set aside for students to form small independent study groups. Key theoretical concepts will be closely linked to practice sessions on skills development in 7024COCPY.

Notes

This module will locate the importance of Carl Rogers' work in the history and development of counselling and psychotherapy. Close attention will be paid not only to his better known work on the therapeutic conditions, but also on his writings on personality theory, and the nature of the organism. Contemporary debates and developments in person-centred-experiential theory will be examined, so that students can articulate their own therapeutic style within a contemporary or historical formulation. Students will be encouraged to work collaboratively to develop their understanding of key concepts; and to embed their learning into their skills practice in Person-Centred Experiential Counselling Competency module (7024COCPY). The teaching on the following will be structurally linked to skill based sessions

- 6 therapeutic conditions
- The actualising tendency
- Stages of process
- Pre-Therapy
- Emotion Focused Therapy
- Focus-Orientated Therapy

To pass this module, students have to pass both assignments.