

### Summary Information

|                            |  |
|----------------------------|--|
| <b>Module Code</b>         | 7026COCPSY                             |
| <b>Formal Module Title</b> | Personal Development: Self and Society |
| <b>Owning School</b>       | Psychology                             |
| <b>Career</b>              | Postgraduate Taught                    |
| <b>Credits</b>             | 10                                     |
| <b>Academic level</b>      | FHEQ Level 7                           |
| <b>Grading Schema</b>      | 50                                     |

### Module Contacts

#### Module Leader

| Contact Name     | Applies to all offerings | Offerings |
|------------------|--------------------------|-----------|
| Jeffrey Harrison | Yes                      | N/A       |

#### Module Team Member

| Contact Name          | Applies to all offerings | Offerings |
|-----------------------|--------------------------|-----------|
| Peter Blundell        | Yes                      | N/A       |
| Noof Bin Hasan        | Yes                      | N/A       |
| Lesley Dougan         | Yes                      | N/A       |
| Kathleen Vandenberghe | Yes                      | N/A       |

#### Partner Module Team

| Contact Name | Applies to all offerings | Offerings |
|--------------|--------------------------|-----------|
|--------------|--------------------------|-----------|

## Teaching Responsibility

| LJMU Schools involved in Delivery |
|-----------------------------------|
| Psychology                        |

## Learning Methods

| Learning Method Type | Hours |
|----------------------|-------|
| Seminar              | 53    |
| Workshop             | 9     |

## Module Offering(s)

| Offering Code | Location | Start Month | Duration |
|---------------|----------|-------------|----------|
| SEP-CTY       | CTY      | September   | 28 Weeks |

## Aims and Outcomes

|             |   |
|-------------|---|
| <b>Aims</b> | For students to: • Examine their own conditions of worth, locus of evaluation, and organismic valuing process. • Reflect how these impact on their relationships with others (in both the personal development group and outside of university). • Consider how this may potentially impact upon their therapeutic relationship with counselling clients. |
|-------------|---|

## Learning Outcomes

After completing the module the student should be able to:

| Code | Description   |
|------|---|
| MLO1 | Critically examine the origins and effects of their own conditions of worth, locus of evaluation, and organismic valuing process. |
| MLO2 | Articulate a nuanced awareness of how their intersectional identity impacts on self and others.                                   |
| MLO3 | Evidence an understanding of self that incorporates the ongoing perceptions of others.  |
| MLO4 | Demonstrate active exploration of self through continued engagement in the Personal Development Group.                            |

## Module Content

### Outline Syllabus

As with person-centred experiential 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 intersectional identity.
- Develop self-awareness and insight which promotes and encourages you to take personal responsibility for your own process and actions.

### Module Overview

This module will help you to critically examine own conditions of worth and organismic valuing process and consider how this affects relationships with others and the potential impact upon the counselling relationship. It 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.

### Additional Information

This module focuses on self-awareness, conditions of worth, the organismic valuing process, as well as how to be in relationship with others, and promotes understanding of how this links to client work. You will be actively encouraged to keep a personal journal to assist with recording and processing your individual learning from the personal development group.

## Assessments

| Assignment Category | Assessment Name   | Weight | Exam/Test Length (hours) | Learning Outcome Mapping |
|---------------------|-------------------|--------|--------------------------|--------------------------|
| Report              | Written statement | 100    | 0                        | MLO3, MLO1, MLO4, MLO2   |