

Liverpool John Moores University

Title: PERSONAL DEVELOPMENT: SELF AND SOCIETY
Status: Definitive
Code: **7026COCPSY** (122500)
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:** 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: 50 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Coursework: Written statement of your learning and experience of the group process (to include peer feedback). 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.	100	

Competency	Practice
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Aims

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:

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

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 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.*

Learning Activities

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

The whole day workshop in semester two provides an opportunity for you to work in a whole community setting with students from all year groups.

Notes

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.