

Liverpool John Moores University

Title: THEORY OF COUNSELLING AND PSYCHOTHERAPY
Status: Definitive
Code: **7028COCPSY** (122502)
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:** 54

Total Learning Hours: 200 **Private Study:** 146

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	30
Workshop	24

Grading Basis: 50 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	3000 word essay	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 Debate and evaluate person-centred/experiential 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 from a person-centred/experiential perspective 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 their acquisition of a professional knowledge base, which allows them to bring into their work an informed capacity for independent and critical thinking.

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 mental health in reference to diversity, the pathologising of minority groups, 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.*
- *Critical person-centred and experiential 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, including alternative theoretical models and ways of working.*
- *An understanding of 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.

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: counselling supervision and how it is distinct from line management supervision; organisational working and clinical responsibility for client caseload; relevance and influence of contemporary published research and outcomes. These will be considered in relation to inter-professional working, and ethical counselling and psychotherapy practice.

This module will include philosophical and theoretical perspectives of research practice and methodology with an emphasis on the acquisition of the knowledge and skills required to conduct good, ethical research. The skill of 'research critique' will be promoted alongside critical thinking more generally.

The module content, together with 7031COCPY serve as a solid foundation for progression to the research module 7032COCPY.