

### Summary Information

<b>Module Code</b>	7028COCPSY
<b>Formal Module Title</b>	Theory of Counselling and Psychotherapy
<b>Owning School</b>	Psychology
<b>Career</b>	Postgraduate Taught
<b>Credits</b>	20
<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
Kathleen Vandenberghe	Yes	N/A
Noof Bin Hasan	Yes	N/A
Lesley Dougan	Yes	N/A
Peter Blundell	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
Lecture	30
Workshop	24

## Module Offering(s)

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

## Aims and Outcomes

<b>Aims</b>	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:

Code	Description
MLO1	Debate and evaluate person-centred/experiential counselling and psychotherapy as it applies to a wide range of psychopathology and therapeutic change.
MLO2	Understand a wide range of phenomena and causes of psychological distress from a person-centred/experiential perspective with reference to effective psycho-therapeutic practice and published research.
MLO3	Critically interrogate research literature and evaluate the significance of research findings to identify how such findings influence and inform practice.
MLO4	Evidence their acquisition of a professional knowledge base, which allows them to bring into their work an informed capacity for independent and critical thinking.

## Module Content

### 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.

### Module Overview

This module aims to enable you 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.

### Additional Information

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.

## Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Essay	Essay	100	0	MLO3, MLO1, MLO2, MLO4