

Liverpool John Moores University

Title: COUNSELLING practice; developing expertise
Status: Definitive
Code: **7029COCPYSY** (122503)
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:** 60
Total Learning Hours: 200 **Private Study:** 140

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	14
Seminar	35
Tutorial	1
Workshop	10

Grading Basis: 50 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	AS1	Full transcript of 20 minute continuous recorded extract from a live client session which must be rated at level 4 or above on PCEP scale - students grade will be related to the score achieved on PCEPS.	50	
Essay	AS2	Critique of the recorded session	50	

Category	Short Description	Description	Weighting (%)	Exam Duration
		incorporating formative feedback from peers and skills tutor - linking to relevant PCE theory		

Competency	Practice
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Aims

To achieve the effective synthesis of cognition, affect and behaviour required to practice as an ethical person-centred-experiential counsellor/psychotherapist.

Learning Outcomes

After completing the module the student should be able to:

- 1 Demonstrate mastery of counselling competence reaching an overall average of 4 or above on the PCEP rating scale.
- 2 Critically reflect on the totality of the therapeutic relationship with an individual client, referencing the 6 necessary and sufficient conditions for personality change, and the 7 stages of client process. Other PCE concepts such as the actualising tendency, conditions of worth, and locus of evaluation may be included if appropriate
- 3 Interrogate the impact of professional and contextual issues on a specific therapeutic relationship.
- 4 Critically reflect on the impact of their own process on the interpersonal, relational encounter.
- 5 Evidence that you have incorporated feedback from peers and tutor in your skills critique.

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

skills presentation =>PCEPS 4	1				
written critique, transcript	2	3	4	5	
Practice	1	2	3	4	5

Outline Syllabus

Developing person-centred-experiential counselling skills in practice

Meta-communication

Intersectionality, Power, Prejudice and Identity

Embodiment and the inter-relatedness of psychological and physical symptoms

Working with specific client issues including, trauma, loss and bereavement, depression, anxiety, sleep

Person-Centred Experiential formulation and client assessment

Evaluating therapy including use of Routine Outcome Measures.

Conceptualising client issues

Professional practice: e.g. Contracting, Caseload management, Managing endings with clients, GDPR

Prescribed medication and its effects, including impact on the therapeutic process

Learning Activities

Students will find their own placement within a statutory or voluntary sector organization at which they will see individual clients for weekly, one-to-one, counseling sessions of 50-60 minutes duration. These sessions can take place 'in-the-room', or remotely either via telephone or online. The number of remote counselling hours that can be counted towards the 100 hour requirement will be informed by current guidance from counselling and psychotherapy professional bodies.

They will arrange and attend fortnightly individual supervision meeting BACP and course requirements for trainee counsellors. Students will inform themselves of all relevant protocols and procedures relating to client work operant at their placement (s) and take individual responsibility for working within BACP Ethical Framework (or NCS equivalent).

Students will engage with the work of the organization in offering adequately supervised counselling to clients. Students will bring to small Tutor facilitated learning groups audio recordings of their work with clients for discussion, formative feedback and evaluation. The tutor will identify learning needs through listening to recordings of actual client work and the ensuing discussion. Attention will be paid to the totality of the therapeutic relationship as well as the processes of communication and meta-therapeutic communication.

Additionally students attend workshops focused on specific client issues and complex counselling skills.

Notes

This module is the main forum for the synthesis and application of learning undertaken by students both in professional practice, and in other modules. Ongoing formative assessment, feedback and feedforward, will be provided by peers and tutors, as students are expected to bring at least three recordings of their client work to the group sessions. Additionally students have the opportunity to submit a process report for structured formative feedback in a tutorial.

This module cannot be successfully completed without the submission of a completed practice portfolio (including a log of a minimum of 100 1-2-1 supervised client hours, log of issues brought to both skills and supervision, 50-hour and 100-hour supervision reports and confirmation of personal therapy)

Students are able to work with up to 6 clients a week. Students are limited to 4

clients in any one day. The programme requires student counsellors to have fortnightly supervision. Students working with up to 4 clients per week require 60 minutes of supervision fortnightly. Students with 5 or 6 clients should have 90 minutes of supervision per fortnight.

Students are also required to provide the following factual evidence from their work placement and supervisor for verification by JMU staff. This part of the assessment is marked as pass/fail. The evidence should be presented in a portfolio which will additionally be peer assessed and needs to include:

A complete log of contracted client hours, demonstrating a minimum of 100 client contact hours. This should include the range of clients seen by the student (i.e. age, ethnicity, gender, client group, etc), and the setting (Voluntary sector, Education sector, NHS, etc), and whether the ending was planned or unplanned.

A completed summary of the practice log

A complete supervision log

Provide a signed copy of supervision and placement contract(s) including the supervisor details forms for each supervisor

Provide a signed copy of the formative (50 hours practice) and summative (end of placement) supervisor's report on the agreed pro forma together with any additional supervision reports

A signed statement confirming that they have attended and engaged with a minimum of 12 personal therapy sessions from their personal counsellor(s)

A completed portfolio checklist form.