

Liverpool John Moores University

Title: PERSONAL DEVELOPMENT: SELF IN RELATIONSHIP
Status: Definitive
Code: **7030COCPSY** (122504)
Version Start Date: 01-08-2021

Owning School/Faculty: Psychology
Teaching School/Faculty: Psychology

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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	52
Workshop	10

Grading Basis: 50 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Coursework: Evaluative statement of own group process, engagement and personal learning to include formative feedback from peers (2500 words)	100	

Competency	Practice
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Aims

To critically examine the intrapersonal and interpersonal impact on self and others and how this informs the counselling relationship.

Learning Outcomes

After completing the module the student should be able to:

- 1 Demonstrate an understanding of self - by articulating how you impact upon the social and emotional environment, taking account of any prejudices and non verbal communication.
- 2 Demonstrate capacity to offer and communicate empathy and Unconditional Positive Regard to others in the group, as well as evidence an ability to be congruent with other group members
- 3 Evidence the capacity to differentiate between own and others' experience
- 4 Articulate how your experiences within your Personal Development group have impacted on your ability to develop your therapeutic relationships with clients
- 5 Demonstrate a consistent commitment to your Personal Development group and group process, including ongoing experimentation with self

Learning Outcomes of Assessments

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

Evaluative statement	1	2	3	4	5
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Practice

Outline Syllabus

As with Person-Centred Experiential counselling itself, there is no set content for the group. The group is experiential in nature and challenges you as a participant in the group to be fully present and capable of bringing into awareness and accurately symbolising aspects of your immediate experience. The group facilitator will establish an appropriate balance of support and challenge in order for you to be able to:

- *Consider how your way of being impacts on others*
- *Become aware of patterns of interpersonal relating in the group*
- *Give and receive feedback on your and others' interpersonal communication*
- *Articulate the intrapersonal impact of being a member of the Personal Development group*
- *Demonstrate your commitment to the group and its process*

Learning Activities

You will usually work in a group ratio of no more than 1:12 with a tutor as facilitator.

The whole day workshop attached to this module provides an opportunity for students to work together with other year groups in a student community setting.

Notes

Emphasis on Personal Development (PD) in Year 2 is placed upon an in-depth understanding and awareness of how the self impacts upon others. Therefore you will need to learn to experience how you are perceived by the PD tutor and peer group members. To facilitate this, you will need to be open to self exploration and inquiry, both within the group context and self reflection outside of the group.

In your feedback to other group members, your particular focus will be on the Learning Outcomes. To facilitate this and to contribute to the ongoing personal development of others, you will need to articulate your perception and experience of individual group members in a genuine and congruent manner with Unconditional Positive Regard.

The whole day workshop provides an opportunity for you to work in a student community setting as a whole programme group together. The focus is on the phenomena arising from power, prejudice, and oppression in society, and the impact of these on the counselling relationship. Two key themes for the workshop will be delivered on alternate years to cover aspects of self in relation to your own intersectional identity and the development of appropriately sensitive and culturally competent counselling practice.