

Module Details	
Module Title	Introduction to Counselling
Module Code	PSY4001-B
Academic Year	2024/5
Credits	20
School	School of Social Sciences
FHEQ Level	FHEQ Level 4

Contact Hours	
Type	Hours
Online Lecture (Asynchronous)	14
Practical Classes or Workshops	33
Directed Study	150
Seminars	3

Availability	
Occurrence	Location / Period
BDA	University of Bradford / Semester 2

Module Aims
<p>The module focusses on developing knowledge and skills essential for effective counselling. Counselling skills will develop utilising illustrative casework, and practice in the group, emphasising personal development and growth, exploration of self and relationships in a supportive, AND confidential environment. Learning also covers interviewing strategies, creating a counselling skills professional framework, anti-discriminatory principles and practice, and the British Association of Counselling and Psychotherapy (BACP) framework of ethics and good practice.</p> <p>. In order to become an accredited counsellor/therapist, students will require additional training and supervision beyond the undergraduate degree and this module. If students are interested in being accredited with the British Association for Counselling & Psychotherapy our Programme provides an important introduction to working towards BACP accreditation.</p>

Outline Syllabus

- The contractual relationship.
- Principles of the major therapeutic models in counselling.
- Ethical thinking.
- Multicultural perspectives.
- Supervision and feedback in counselling work.
- Assessment of personal assets, limitations, and reactions to theories.
- The development of a personal philosophy of counselling.
- Establishment of ground rules i.e., contracting, boundaries, health and safety issues.
- BACP ethical framework for good practice in counselling and psychotherapy.
- Practical introduction to the skills used by a counsellor.
- Creating and maintaining a therapeutic relationship.

Learning Outcomes

Outcome Number	Description
01	Describe theoretical perspectives to counselling.
02	Identify and reflectively evaluate own and strengths and areas for development in relation to counselling.
03	Explain the relationship between counsellor theory, practice and experience and common client life challenges and characteristics.
04	Outline ethical and philosophical issues in counselling.
05	Recognise, assert and question own ethical values in the context of the ethical and unethical solutions to counselling dilemmas.
06	Know and use the ethical principles of the BACP ethical framework to solve ethical dilemmas experienced by counsellors.
07	Explore difference and diversity and their impact on self, colleagues and counselling relationships.

Learning, Teaching and Assessment Strategy

Students will develop the knowledge and understanding necessary to meet the theoretical learning outcomes of the module through a flipped learning process relying on a suite of on-line lectures supported by two in-person teaching sessions.

Students will develop a practical understanding of counselling through practice based workshops, which will also enhance their understanding of the theory of the Person-Centred Approach

Students will develop their capacity for listening and reflection through workshop discussions and exercises, and through regular reflective diary entries.

Formative Assessment:

On-going Peer evaluations of team and interpersonal skills

Summative Assessment:

Coursework - Structured Portfolio of Theoretical, Reflective and Practical Learning- made up of written responses to tasks set over the semester and a question paper during the exam period.

Re assessment as original.

Mode of Assessment			
Type	Method	Description	Weighting
Summative	Coursework - Written	Structured Portfolio of Theoretical, Reflective and Practical Learning	100%
Formative	Self and Peer Assessment	Formative peer evaluations of team and interpersonal skills	N/A

Reading List
To access the reading list for this module, please visit https://bradford.rl.talis.com/index.html

Please note:

This module descriptor has been published in advance of the academic year to which it applies. Every effort has been made to ensure that the information is accurate at the time of publication, but minor changes may occur given the interval between publishing and commencement of teaching. Upon commencement of the module, students will receive a handbook with further detail about the module and any changes will be discussed and/or communicated at this point.

© University of Bradford 2024

<https://bradford.ac.uk>