

Module Title	Counselling Psychology and Psychotherapy
Programme(s)/Course	BSc Psychology, BSc Psychology (Child Development), BSc Psychology (Clinical), BSc (Hons) Psychology (Addiction Psychology), BSc (Hons) Psychology (Forensic Psychology), Graduate Diploma in Psychology, Psychology with Criminology.
Level	6
Semester	2
Ref No:	
Credit Value	20 CAT Points
Student Study hours	Contact hours: 40 Student managed learning hours: 160
Pre-requisite learning	None
Co-requisites	None
Excluded combinations	None
Module Coordinator [Name + e mail address]	Ms Jacqui Lawrence lawrenj9@lsbu.ac.uk
Parent Department	Psychology
Parent Course	BSc Psychology
Description [100 words max]	This module is designed primarily for students intending to go on to counselling psychology and psychotherapy postgraduate courses following their degree. Each week includes theoretical and practical components where students are able to try out various approaches in role-plays and triad work. The theoretical component of the module introduces students to key theoretical approaches in counselling psychology and psychotherapy (focusing on humanist/existential and cognitive behavioural) as well as covering various types of therapy (one-to-one, group therapy, brief therapy and relationship work). There is a critical emphasis throughout considering issues of power, ethics, difference, and research on therapeutic effectiveness and processes.
JACS Code	C800
Aims	The module aims to: <ul style="list-style-type: none"> • Provide an overview of the main theoretical approaches to counselling psychology and psychotherapy. • Introduce different various forms of counselling (one-to-one, group-based, family, relationship, brief, etc.) • Examine research into the process and effectiveness of counselling psychology and psychotherapy. • Develop skills in psychotherapeutic practice (e.g. listening skills, communication skills, basic approach-specific techniques) • Introduce critical questions regarding counselling and psychotherapy (e.g. affirmative counselling, ethics, reflexivity, matching clients and counsellors, power, etc.)
Learning outcomes	On successful completion of this module, students will: <p>Knowledge and Understanding:</p> <ul style="list-style-type: none"> • Describe and evaluate theoretical and conceptual perspectives and issues in counselling

	<p>Critical Thinking:</p> <ul style="list-style-type: none"> • Use and integrate different therapeutic approaches for different psychological problems. <p>Communication:</p> <ul style="list-style-type: none"> • Develop oral and written communication skills in terms of both giving and receiving information, through group discussions, triad work and assessment completion.
Employability	<p>This module acts as a basic foundation course in counselling, psychotherapy and counselling psychology as it introduces the key theoretical approaches and practical skills in this area. The lectures provide the historical, conceptual and theoretical backgrounds to various counselling approaches. Every week in the associated seminars, students have the opportunity to work in triads using the approach covered in order to gain experience of working with these within a safe environment. On completion of the module and the assessments students should have a good understanding of the discipline, an idea of where they might situate their own theoretical approach, and the basic skills involved in being a counsellor or therapist. This course would provide the foundation needed to go on to a certificate, diploma or masters course in counselling, psychotherapy or counselling psychology. This module also provides the basic skills and understanding needed for students going into a profession where counselling and listening skills are needed, such as social work, teaching, coaching, or nursing. These will have been acquired when engaging in group and counselling triad work.</p>
Teaching & Learning Pattern	<p>10 x 4 hour learning and teaching sessions comprising a mixture of lecture and workshop style activities. Workshop activities involve triad work (where one person counsels another with a third person observing), in order to try out some of the approaches and techniques of that particular form of therapy. It is vital that students attend both lecture and seminar in order to gain the relevant theoretical knowledge and practical skills. Each seminar ends with a brief 'development group' discussion of what has been covered that day.</p>
Indicative content	<ol style="list-style-type: none"> 1. Introduction to Counselling Psychology and Psychotherapy. Historical overview. 2. Cognitive Behavioural Approaches 1 (CBT, REBT) 3. Cognitive Behavioural Approaches 2 (Personal Construct, Narrative and Social Constructionist Therapy) 4. Humanistic/Existential Approaches 1 (Humanistic, Person Centred Therapy) 5. Humanistic/Existential Approaches 2 (Existential Therapy) 6. Humanistic/Existential meets Cognitive Behavioural Approaches? (Acceptance and Commitment Therapy, Dialectical Behaviour Therapy, Mindfulness Based Cognitive Behavioural Therapy) 7. Systemic Therapy 8. Eclectic, Integrative and Brief Therapies 9. Feminist, Multicultural and LGBTQ Affirmative Therapies 10. Research, Ethics and Power in Counselling
Assessment method (Please give details – elements, weightings,	<ol style="list-style-type: none"> 1. [Summative] A 2500 word essay (50%) <p>Two of the psychotherapeutic approaches covered in the module should be compared and contrasted. Each should be evaluated in terms of</p>

<p>sequence of elements, final component)</p>	<p>theoretical perspectives, research, and other material published by therapists and counselling psychologists working within these approaches</p> <p>2. [Summative] A 2500 word report on a case study (50%)</p> <p>The case study assessment will take the form of a written report evaluating a case study provided, complete with a brief transcript of a counselling session (approximately 1000 words). The 2,500 report should include a brief case formulation and an evaluation of the counselling session (Final Component).</p>
<p>Indicative Reading</p>	<p>Core Reading:</p> <p>Woolfe, R, Strawbridge S, Douglas B & Dryden, W. (2010) <i>Handbook of counselling psychology</i>. 3rd Edition. London: Sage.</p> <p>Optional Reading:</p> <p>Bond, T. (2007). <i>Standards and ethics for counselling in action</i>. London: Sage Publications.</p> <p>Bor, R. & Palmer, S. (2002). <i>A beginner's guide to training in counselling & psychotherapy</i>. London: Sage Publications.</p> <p>Chaplin, J. (1999). <i>Feminist counselling in action</i>. London: Sage Publications.</p> <p>Clarkson, P. (1998). <i>Counselling psychology: integration theory, research, and supervised practice</i>. London: Routledge.</p> <p>Dryden, W. (1996). <i>Research in counselling and psychotherapy: practical applications</i>. London: Sage.</p> <p>Dryden, W. (2006). <i>Counselling in a nutshell</i>. London: Sage.</p> <p>Dryden, W. & Mytton, J, (1999). <i>Four approaches to counselling and psychotherapy</i>. London: Routledge.</p> <p>Feltham, C. & Horton, I. (2006). <i>Handbook of counselling and psychotherapy</i>. 2nd Edition. London: Sage.</p> <p>Feltham, C. (2002). <i>What's the good of counselling & psychotherapy? the benefits explained</i>. London: Sage Publications.</p> <p>Howard, A. (2000). <i>Philosophy for counselling and psychotherapy: Pythagoras to postmodernism</i>. Basingstoke: Macmillan.</p> <p>Jacobs, M. (2004). <i>Psychodynamic counselling in action</i>. London: Sage.</p> <p>Jenkins, P. (2002). <i>Legal issues in counselling & psychotherapy</i>. London: Sage Publications.</p> <p>Mearns, D. & Thorne, B. (2007). <i>Person Centred Counselling in Action</i>. 3rd Edition. London: Sage.</p> <p>McLeod, J. (2009). <i>Introduction to Counselling</i>. 4th Edition. Buckingham: Open University Press.</p> <p>Nelson-Jones, Richard (2008). <i>Introduction to counselling skills: texts and activities</i>. 3rd Edition. London: SAGE Publications.</p> <p>Nelson-Jones, Richard (2006). <i>The theory and practice of counselling and psychotherapy</i>. London: Sage.</p> <p>Nelson-Jones, R. (2000). <i>Six key approaches to counselling and therapy</i>. London: Continuum.</p> <p>Palmer, S. & Woolfe, R. (2000). <i>Integrative and eclectic counselling and psychotherapy</i>. London: Sage Publications.</p> <p>Thorne, B. & Dryden, W. (1993). <i>Counselling: interdisciplinary perspectives</i>. Milton Keynes: Open University Press,</p> <p>Students will be encouraged to use the above text as background</p>

	information only and should endeavour to use primary sources wherever possible.
Other Learning Resource:	Journals available on-line through the library such as: Therapy Today Counselling Counselling and Psychotherapy Journal British Journal of Guidance and Counselling