

Module Title Counselling	Reference SS3025 SCQF LevelSCQF 9 SCQF Points 15 ECTS Points 7.5 Created May 2002 Approved June 2002 Amended August 2010 Version No. 3
Keywords Person Centred, Psychodynamic, Cognitive, Behavioural	

This Version is No Longer Current

The latest version of this module is available [here](#)

Prerequisites for Module

None, in addition to SCQF 9 entry requirements or equivalent.

Mode of Delivery

A combination of workshops and skills based seminars.

Corequisite Modules

None.

Assessment Plan

Precluded Modules

None.

	Learning Outcomes Assessed
Component 1	1,2,3

Aims of Module

To enable students to evaluate and appropriately apply to practice a range of models of counselling.

Component 1 will be assessed by Written Coursework.

Learning Outcomes for Module

On completion of this module, students are expected to be able to:

1. Analyse key theoretical models of counselling.

Indicative Bibliography

1. ROBINSON-WOOD, T. L. 2016. <I>The Convergence of Race, Ethnicity, and Gender: Multiple Identities in Counselling.</I> 5th Edition. London: Sage.
2. COOPER, M., and MCLEOD, J., 2011.

2. Discuss the application of a range of counselling methods to professional practice.
3. Explore central practical and ethical issues involved in current counselling practice.

Indicative Module Content

Counselling ethics and ethical dilemmas.

Models of counselling: person centred, cognitive/behavioural, psychodynamic, transactional analysis and gestalt.

Applications of counselling models to professional practice including: relationships, sexuality, children, families, groups, bereavement and loss, and organisational settings.

Indicative Student Workload

<i>Contact Hours</i>	Full Time
Lectures/Seminars/Workshops	36
<i>Directed Study</i>	
Directed Study	54
<i>Private Study</i>	
Private Study	60

Pluralistic Counselling and Psychotherapy. London: Sage.

3. DRYDEN, W., 2013. *Handbook of Individual therapy*. 6th ed. London: Sage
4. HOUGH, M., 2010. *Counselling skills and theory*. 3rd ed. London: Hodder Education
5. MCLEOD, J., 2013. *An Introduction to Counselling*. 5th ed. Buckingham: Open University Press.
6. NELSON-JONES, R., 2010. *Theory and practice of Counselling and Psychotherapy*. 8th ed. London: Sage
7. REEVES, A., 2013. *An introduction to Counselling: From theory to practice*. London: Sage
8. ARTHUR, N. 2018. *Counselling in cultural contexts : identities and social justice*. Cham, Switzerland : Springer Nature