

Module Title:	Introduction to Counselling Theory and Skills
Language of Instruction:	English
Credits:	20
NFQ Level:	6
Module Delivered In	No Programmes
Module Aim:	This module aims to aid learners in developing the skills of active listening as part of the Person-Centred Approach. It will present a solid theoretical base underpinning the development of micro-skills grounded in the core conditions of the Person-Centred Counselling tradition. It will also introduce the structure and boundaries of the therapeutic relationship and the therapeutic session. This module aims to help learners to develop a comprehensive understanding of the development of the Humanistic Approach to Psychotherapy. It introduces the Person-Centred theories of Carl Rogers as the core paradigm for the Art Psychotherapy Approach and also incorporates the practical art-based understanding and techniques provided by Natalie Rogers Person Centred Art Therapy Approach.

Learning Outcomes	
On successful completion of this module the learner should be able to:	
LO1	Knowledge: Understand the characteristics of an effective listener in developing Rapport and how this is the 'foundation of skill in Counselling
LO2	Knowledge: Understand the differences between working as an individual and working in a group.
LO3	Knowledge: Begin to understand the nature of the therapeutic relationship and how it uses the counselling skills to communicate empathy and facilitate therapeutic change.
LO4	Knowledge: Understand the Social and Historical context to the development of the Humanistic Approach to Psychotherapy.
LO5	Knowledge: Understand the role of theoretical assumptions and their role in defining and limiting the effective range of convenience for a theoretical approach.
LO6	Knowledge: Identify the key figures in the development of the Humanistic approach and their strands of contribution.
LO7	Knowledge: Describe or outline the Carl Rogers' core conditions and how they are embodied in the Counselling skills paradigm.
LO8	Knowledge: Describe or outline the Natalie Rogers Person Centred Art Therapy theory and model of change, be able to locate and integrate this understanding with the Art Therapy skills paradigm.
LO9	Skill : Identify and practice the following: 1. Counselling-Microskills: SOLER Skill (Sit Squarely, Open posture, Lean towards the client, Eye contact, Relax). Reflection of Feeling and Content Paraphrasing Reframing Summarising skill Using Empathic highlights Using Immediacy. 2. Understand and use the Ways Paradigm to assess and integrate complementary and co-existing theories.
LO10	Competence: Be able to describe and explain the core conditions of Empathy.
LO11	Competence: Unconditional Positive Regard and Congruence and how these are built synergistically from the Microskills.
LO12	Competence: Become aware of their own blocks to listening and resolve these.
LO13	Competence: Develop awareness and skill with each of the Counselling Micro-skills and demonstrate these in triad practice and in a video recording.
LO14	Competence: Develop the appropriate and timely use of integrated Counselling Micro-skills in Therapy.
LO15	Competence: Be able to locate and integrate their understanding of Carl Rogers' theoretical model of therapeutic change with the counselling skills and art therapy skills previously acquired.

Pre-requisite learning		
Module Recommendations <i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>		
No recommendations listed		
Incompatible Modules <i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>		
No incompatible modules listed		
Co-requisite Modules		
9954	CRTV	Personal Development 1
Requirements <i>This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.</i>		
Knowledge: Understanding the value of creative embodied expression Skill: Be able to access non-verbal process through Art		

Module Content & Assessment

Indicative Content

Module content, organisation and structure

The indicative content/theory should be presented and evidence to support the therapeutic effect of effective listening in the therapeutic relationship, this incorporates basic aspects of the Neurobiological Approach. • Introduction to the Core conditions of Person Centred Counselling. • The role of Active listening in facilitating the development of Rapport. • Introduction to Self-care. • Experiential triad-work • Microskill presentation and practise: • SOLER Skill • Reflection of Feeling and Content Skill • Paraphrasing Skill • Reframing skill • Summarising skill • Using Empathic highlights skill • Using Immediacy skill • Structuring a Psychotherapy session and a Psychotherapy relationship • The role of non-verbal awareness in Therapy • Art Therapy Facilitation Theory, Practice and Ethics • Working with Groups • The use and importance of Supervision and understanding and use of a client contract

Assessment Breakdown	%
Project	50.00%
Practical	50.00%

No Continuous Assessment

Project

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Project	The Person Centred Approach	1,2,3,4,5,6,7,8,9,10,11	50.00	n/a

Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Counselling Skills - Video Process recording	10,12,13,14,15	50.00	n/a

No End of Module Formal Examination

SETU Carlow Campus reserves the right to alter the nature and timings of assessment

Module Workload

Workload: Part Time		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	Per Semester	3.12
Independent Learning Time	Per Semester	16.88
Total Hours		500.00

