

Unit Title: **First Steps in Counselling Theory**

Please note that this unit is expiring from any new learner registrations on 31/07/2019. Please contact AIM Awards for information on replacement qualifications on 01332 341822.

Unit Level:	Two
Unit Guided Learning Hours:	15
Ofqual Unit Reference Number:	H/506/3028
Unit End Date:	31/07/2019
Unit Sector:	1.3 Health and Social Care

Unit Summary

This unit is a basic introduction to the roots of counselling theory. The aim is to show how theory underpins some of the skills identified and practised in the Introduction to Counselling unit. It also provides a rudimentary understanding of the three main areas of counselling theory, and how learners can begin to relate to counselling practice.

Unit Information

It is expected that before the unit is delivered, the tutor will have read the Qualification Specification to ensure all conditions regarding Rules of Combination, delivery, assessment and internal quality assurance are fulfilled. Additional guidance is available below as Assessment Guidance for Learning Outcomes and Assessment Criteria in **bold**.

This unit has 5 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the main elements of the Psychodynamic approach	1.1. Describe key concepts of the Psychodynamic approach
2. Understand the main elements of the Humanistic approach	2.1. Describe key concepts of the Humanistic approach
3. Understand the main elements of the Cognitive-Behavioural approach	3.1. Describe key concepts of the Cognitive-Behavioural approach
4. Understand how theory underpins counselling skills	4.1. Describe how theory underpins counselling skills in one of the following approaches: (a) Psychodynamic approach (b) Humanistic approach (c) Cognitive-Behavioural approach

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
5. Understand differences between approaches in counselling	5.1. Identify differences between the following approaches: (a) Psychodynamic approach (b) Humanistic approach (c) Cognitive-Behavioural approach

Assessment

This unit is assessed by a learning statement which is internally-assessed. The statement must be up to 400 words per session. The statement may be written in the form of a journal or diary entry.

Indicative Content

This is an introductory qualification; learners are not Counsellors. It should be emphasised that using basic counselling skills is not the same as counselling.

Learning Outcome 1

1.1 Key concepts: a minimum three must be described, for example structure of psyche, transference, defence mechanisms, the unconscious etc.

Learning Outcome 2

2.1 Key concepts: a minimum three must be described for example, core conditions, conditions of worth, self-concept etc.

Learning Outcome 3

3.1 Key concepts: thinking and behaving elements; a minimum three must be described.

Reading List

Recommended Reading

Pete Sanders - **First Steps in Counselling: A Students' Companion for Introductory Courses** (4th Edition): Publisher – PCCS (2011)

Linda Mather - **Introduction to counselling skills and theory** – Publisher : CreateSpace Independent Publishing Platform (2014)

Margaret Hough - **Counselling Skills and Theory (4th Edition)** - Publisher – Hodder (2014)