

Unit Title: **Psychodynamic Theory**

Please note that this unit is expiring from any new learner registrations on 31/12/2019. Please contact AIM Awards for information on replacement qualifications on 01332 341822.



Unit Level:	Four
Unit Guided Learning Hours:	60
Ofqual Unit Reference Number:	H/506/3062
Unit End Date:	31/12/2019
Unit Sector:	1.3 Health and Social Care

Unit Summary

This unit will provide learners with an overview of the key concepts of psychodynamic theory and allow them to explore the particular opportunities and challenges of working with clients in this model. This unit aims to enable learners to develop a theoretical and practical understanding of a psychodynamic approach.

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 3 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the key concepts of a psychodynamic approach to counselling	1.1. Evaluate the key theoretical concepts of a psychodynamic approach to the nature and development of human beings 1.2. Evaluate the key theoretical concepts of a psychodynamic approach to the development and perpetuation of psychological problems 1.3. Evaluate the key theoretical concepts of a psychodynamic approach to the nature and process of therapeutic change 1.4. Review and clarify the contribution of key theorists to a psychodynamic approach to counselling

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
2. Understand the strengths and limitations of a psychodynamic approach to counselling	2.1. Analyse the strengths of a psychodynamic approach to counselling 2.2. Analyse the limitations of a psychodynamic approach to counselling 2.3. Critically evaluate the historical development of a psychodynamic approach to counselling
3. Understand the contribution of a psychodynamic approach to therapeutic practice	3.1. Review and evaluate how a psychodynamic approach to counselling seeks to establish the counselling relationship and process 3.2. Review and evaluate how a psychodynamic approach to counselling seeks to develop and sustain the counselling relationship and process 3.3. Review and evaluate how a psychodynamic approach to counselling seeks to conclude the counselling relationship and process 3.4. Explain how a psychodynamic approach to counselling seeks to assess the efficacy of counselling casework

Assessment

This unit is assessed by a discussion paper of 4500-5000 words. This discussion paper is internally set and assessed.

Indicative Content

Learning Outcome 1

Key concepts:

Theoretical development content:

- the transition from hypnosis to psychotherapy
- Freud's development of psychoanalysis
- briefer, more pragmatic approaches including Alfred Adler and Otto Rank
- Melanie Klein and internal images

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- Object Relations including Donald Winnicott
- Psychoanalytic Self-Psychology in the USA (Heinz Kohut)

Subject and process content:

Nature and Development of human beings:

- structure of personality:
- Id, Ego and Superego
- psychosexual development
- Object relations
- the unconscious
- drive theory

1.2 Development and perpetuation of psychological problems:

- Oedipus Complex
- anxiety
- neurosis
- defence mechanisms

1.3 The nature and process of therapeutic change:

- transference
- increased consciousness

Typical therapeutic interventions:

- dreams
- phantasy
- use of the countertransference
- assessment
- managing boundaries and limits
- acting out
- free Association
- interpretation of:
 - dreams
 - the transference

1.4 Key theorists: a minimum of three to be considered.

Reading List

Required Reading

Corey, G, (2013). **Theory and Practice of Counseling and Psychotherapy** (9th Ed). Belmont (CA): Brooks/Cole.

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Howard, S. (2009). **Skills in Psychodynamic Counselling and Therapy**. London: Sage.

Jacobs, M. (2010). **Psychodynamic Counselling in Action** (4th Ed). London: Sage.

Spurling, L. (2009). **An Introduction to Psychodynamic Counselling** (2nd Ed). New York: Palgrave MacMillan.

Recommended Reading

Egan, G. (2013). **The Skilled Helper** (10th Ed). Belmont (CA): Brooks/Cole.

Freud, S. (2010). **The Ego and the Id**. Seattle (WA): Pacific Publishing Studio.

Howard, S. (2011). **Psychodynamic Counselling in a Nutshell** (2nd Ed). London: Sage.

Jacobs, M. (2012). **The Presenting Past: The Core of Psychodynamic Counselling and Therapy** (4th Ed). Maidenhead: Open University Press.

Klein, M. (1998). **Love, Guilt and Reparation and other works 1921-1945**. New York: The Free Press.

Klein, M. (1997). **Envy and Gratitude and other works 1946-1963**. London: Vintage Classics.

Kohut, H. (2009). **The Restoration of the Self**. Chicago: The University of Chicago Press.

Lee, R.R. (1991). **Psychotherapy after Kohut: A textbook of self psychology**. Hillside (NJ): Analytic Press.

McLeod, J. (2013). **An Introduction to Counselling** (5th Ed). Maidenhead: Open University Press.

Nelson-Jones, R. (2010). **Theory and Practice of Counselling and Therapy**. London: Sage.

Winnicott, D. W. (1986). **Home is where we start from: essays by a psychoanalyst**. London: Norton.