

Unit Title: **Counselling: Embarking on Practice**



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:	45
Ofqual Unit Reference Number:	Y/506/3060
Unit End Date:	31/12/2019
Unit Sector:	1.3 Health and Social Care

Unit Summary

This unit is intended to provide learners with a solid theoretical background in one of the three major schools of counselling: humanistic, psychodynamic or cognitive-behavioural. This theoretical knowledge will support learners as they begin client work.

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 4 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand key concepts of the chosen core theoretical model	1.1. Summarise the key concepts of the core theoretical model 1.2. Evaluate the key interventions of the core theoretical model 1.3. Develop self-awareness in relation to the core theoretical model
2. Understand the strengths and limitations of the chosen core theoretical model	2.1. Summarise the key strengths of the core theoretical model 2.2. Summarise the key limitations of the core theoretical model

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
3. Understand the process and practice of counselling within the core theoretical model	3.1. Evaluate the skills required to establish the counselling relationship within the core theoretical model 3.2. Evaluate the skills required for developing and sustaining the counselling relationship within the core theoretical model 3.3. Evaluate the skills required for reviewing and concluding the counselling relationship within the core theoretical model
4. Understand the importance of supervision in counselling practice	4.1. Analyse how supervision helps to monitor, support and challenge ethical practice 4.2. Explain the key benefits of the supervisor-supervisee relationship 4.3. Evaluate the contribution of supervision to the client-counsellor relationship

Assessment

This unit is assessed by:

- an examination which is externally set and marked by AIM Awards.
- a Supervisor's report that evidences a counselling placement of at least 50 hours that is internally reviewed.

Indicative Content

Learning Outcome 1

Core theoretical model this unit should be taught from a single core theoretical model i.e. Psychodynamic, Humanistic or Cognitive-behavioural. The content should consider how the core model views the person; the implications for the self; practice of working within the model; and, the practical use of the core model with clients and in a variety of settings.

- the philosophy of the core model
- theorists associated with the core model
- history (social and cultural) relevant to the core model
- key concepts

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- beliefs about the nature of the person inherent in the model
- self in relation to the model
- effects on practice
- limitations for both client and counsellor
- working ethically
- structuring the work
- skills specific to the Core Model
- working with a 'contract'
- supervision in the core model.

Reading List

Required Reading

Bond, T (2009) **Standards and Ethics for Counselling in Action** (3rd Ed). London: Sage.

Joseph, S (2010) **Theories of Counselling and Psychotherapy: an introduction to the different approaches**. Basingstoke: Palgrave Macmillan.

Relevant Texts From

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

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

McLoughlin, B (1995) **Developing Psychodynamic Counselling**. London: Sage.

Mearns, D (2002) **Developing Person-Centred Counselling** (2nd Ed). London: Sage.

Mearns, D; Thorne, B and McLeod, J (2013) **Person-Centred Counselling in Action** (4th Ed). London: Sage.

Scott, M J; Stradling, S G and Dryden, W (1995) **Developing Cognitive-Behavioural Counselling**. London: Sage.

Tolan, J (2012) **Skills in Person-Centred Counselling & Psychotherapy** (2nd Ed). London: Sage.

Trower, P; Jones, J; Dryden, W and Casey, A (2011) **Cognitive Behavioural Counselling in Action** (2nd Ed). London: Sage.

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Wills, F (2008) **Skills in Cognitive Behaviour Counselling & Psychotherapy**. London: Sage.

Recommended Reading

Hawkins P and Shohet R (2007) **Supervision in the Helping Professions** (3rd Ed). Buckingham: Open University Press.

Howe D (1993) **On Being a Client: Understanding the Process of Counselling and Psychotherapy**. London: Sage.

Kahn M (1997) **Between Therapist and Client: the new relationship**. New York: W H Freeman.

Wosket V (1999) **The Therapeutic Use of Self: counselling practice, research and supervision**. London: Routledge.

EXPIRING