

Unit Title: **Humanistic 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:	D/506/3061
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 humanistic theory and allows 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 humanistic 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 humanistic approach to counselling	1.1. Evaluate the key theoretical concepts of a humanistic approach to the nature and development of human beings 1.2. Evaluate the key theoretical concepts of a humanistic approach to the development and perpetuation of psychological problems 1.3. Evaluate the key theoretical concepts of a humanistic approach to the nature and process of therapeutic change 1.4. Review and clarify the contribution of key theorists to a humanistic 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 humanistic approach to counselling	2.1. Analyse the strengths of a humanistic approach to counselling 2.2. Analyse the limitations of a humanistic approach to counselling 2.3. Critically evaluate the historical development of a humanistic approach to counselling
3. Understand the contribution of a humanistic approach to therapeutic practice	3.1. Review and evaluate how a humanistic approach to counselling seeks to establish the counselling relationship and process 3.2. Review and evaluate how a humanistic approach to counselling seeks to develop and sustain the counselling relationship and process 3.3. Review and evaluate how a humanistic approach to counselling seeks to conclude the counselling relationship and process 3.4. Explain how a humanistic approach to counselling seeks to assess the efficacy of counselling casework

Assessment

This unit is assessed by an internal discussion paper of approximately 4500-5000 words.

Indicative Content

Learning Outcome 1

Key concepts of a humanistic approach:

Theoretical development:

- phenomenological and Existentialist perspectives
- humanistic psychology – the third force
- Abraham Maslow and the Hierarchy of Needs
- Rollo May
- Fritz Perls and Gestalt
- Carl Rogers and the Person-Centred approach

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- Eugene Gendlin and Focusing
- Gary Prouty and PreTherapy
- the 'Tribes' of Person Centred therapy.

Subject and process content:

- human potential and growth
- the holistic perspective
- self-actualisation
- the self-concept
- the organismic self
- conditions of worth
- fundamental importance of the relationship in counselling
- psychological contact
- Rogers' necessary and sufficient conditions
- the issue of transference
 - Blocks to awareness:
 - introjection
 - projection
 - retroflexion
 - confluence
- the paradoxical theory of change
- the communication of the Core Conditions (empathy, genuineness, unconditional positive regard), including empathy as:
 - a state of being
 - a communication skill
- the counsellor's use of Self.

1.4 Key theorists: three.

Reading List

Required Reading

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

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

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

Tolan, J., & Wilkins, P. (Eds.) (2012). **Client issues in Counselling and Psychotherapy**. London: Sage.

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Whitton, E. (2003). **Humanistic approach to Psychotherapy**. London: Whurr Publishers.

Recommended Reading

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

Mackewn, J, (1997). **Developing Gestalt Counselling**. London: Sage.

May, R. (1995). **The Discovery of Being**. London: Norton.

Perls, F.S., Hefferline, R., & Goodman, P. (1994). **Gestalt Therapy: excitement and growth in the human personality**. London: Souvenir Press.

Rogers, C. (2004). **On Becoming a Person**. London: Constable.

Sanders, P. (Ed) (2012). **The tribes of the person-centred nation: an introduction to the schools of therapy related to the person-centred approach** (2nd Ed). Ross-on-Wye: PCCS Books.

Sills, C., & Lapworth, P. (2012). **An introduction to Gestalt**. London: Sage.

Yalom, I. (1980). **Existential Psychotherapy**. New York: Basic Books.