1.	Title	Creative Techniques (CT)
2.	Level *	6
3.	Credits	20
4.	Indicative Student Study Hours	200
5.	Core (must take and pass), Compulsory (must take) or Optional	Optional

* Foundation Level=3   Degree Year 1 = 4   Degree Year 2 = 5   Degree Year 3 = 6

PG (Masters) = 7

5. Brief Description of Module (purpose, principal aims and objectives)

This module will introduce students to a range of person-centred/experiential process-guiding and creative techniques which can support clients to engage in depth. Techniques offered are recognised within related approaches to practice and include the majority of evidence-based 'auxiliary' techniques employed in PCE-*Counselling for Depression* and Emotion-Focused Therapy. It will offer students the opportunity to develop and expand their counselling practice within a person centred frame. Further training beyond the scope of this module will be required for most techniques introduced, if students wish to incorporate these into their practice with clients, and students are required to indicate their future CPD requirements in light of this.

There is an emphasis on experiential work in the delivery of this module, and students will be encouraged to try out techniques with each other, within agreed boundaries, and supported by the tutor. Students will also gain an appreciation of ways in which to assess and contract for as well as and review the usefulness of process-guiding and creative techniques in therapy.

6. Learning Outcomes - On successful completion of this module a student will be able to:

(*Add more lines if required*)

1.	Critically analyse the theory of at least three creative techniques for client self-exploration.
2.	Critically reflect on the suitability of creative techniques from a person-centred perspective.
3.	Critically reflect on personal experiences of creative techniques in one's own personal development.

Generic Learning Outcome(s)

4.	Critically assess personal and professional development needs.

7. Assessment

	Type	% Weighting	Anonymous Yes / No	Word Count/ Exam Length	Learning Outcomes Coverage	Comments
Pass on aggregate or Pass all components *(modules can only be pass all components if this is a PSRB requirement)*						**Pass on aggregate**

Summary of Assessment Plan

	Type	% Weighting	Anonymous Yes / No	Word Count/ Exam Length	Learning Outcomes Coverage	Comments
1.	Reflective essay	100	Yes	3500	1,2,3,4	

Further Details of Assessment Proposals

Give brief explanation of each assessment activity listed

Students will complete a summative, critically reflective essay based on their experiences and learning on the module. Use will be made of reflective/experiential learning models in order to express this. Photographs or documents of students' creative work may be included as illustrative appendices. Students will indicate clearly in their assignment any future CPD requirements for their practice, in light of the techniques studied.

8. Summary of Pre and / or Co Requisite Requirements

Pass year 2/DipHE

9. For use on following programmes

BA Counselling and Psychotherapy

1.	Module Leader	Karen Ilott

2.	Indicative Content
	1. Ethics, boundaries, contracting for and review of process-guiding and creative techniques with clients 2. Models of reflective/experiential learning 3. Use of metaphor and symbolic communication 4. Person-centred creative techniques 5. Use of art and creative materials 6. Use of sand tray 7. Use of miniatures, bricks and other objects 8. Gestalt techniques including chair work 9. Focusing 10. Guided imagery 11. Student directed practicum sessions x 2

3. Delivery Method (*please tick appropriate box*)

Classroom Based	Supported Open Learning	Distance Learning	E-Learning	Work Based Learning	Other (specify)
✔					

*If the Delivery Method is **Classroom Based** please complete the following table:*

	Activity (lecture, seminar, tutorial, workshop)	Activity Duration - Hrs	Comments	Learning Outcomes
1	Seminars	18		1,2,3
2	Workshops	18	Including assignment/referencing/study skills	1,2,3
3	Tutorial	5		1,2,3
4	Self-directed learning	159		1,2,3
	Total Hours	**200**		

If delivery method is *not* classroom based state lecturer hours to support delivery	

4. Learning Resources

Creative Techniques (CT)

Reading List

Gendlin, E (2003). *Focusing: How to Gain Direct Access to Your Body's Knowledge*. 2nd ed. London: Random House

Rogers, N., (1993) *The Creative Connection: Expressive Arts as Healing*. Palo Alto, CA, USA: Science and Behaviour Reading List

Silverstone, L., (1997). *Art Therapy - The Person-Centred Way: Art and the Development of the Person*. London Jessica Kingsley Publishers

Recommended:

Elliott, R., et al, (2004) *Learning emotion-focused therapy: the process-experiential approach to change*. Washington DC, USA: American Psychological Association

Silverstone, L. (2009) *Art Therapy exercises: Inspirational and Practical Ideas to Stimulate the Imagination*. London: Jessica Kingsley

Journals and Websites:

Arts and Health: An international journal for research, policy and practice

The Arts in Psychotherapy

Art Therapy Online (ATOL)

International Journal of Art Therapy (formerly Inscape)

Journal of creativity in mental health

Where required, creative equipment will be provided by the module tutor.