

1.	Title	Personal and Professional Development 4 (PPD4)
2.	Level *	5
3.	Credits	20
4.	Indicative Student Study Hours	200
5.	Core (must take and pass), Compulsory (must take) or Optional	Core

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

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

This module supports and facilitates further in-depth critical reflection and evaluation of the relationship between personal and professional development through participation in experiential group and the continuation of a creative 'patchwork' to record and critically reflect on learning. Recognised models of reflective learning and BACP's (2018) *Ethical Framework for the Counselling Professions* will further provide a context for students' critical consideration of themselves and their relationships with others, including their person-centred work with clients, in supervision and line management. In depth consideration of ethical issues and dilemmas will also feature on the module. Students will undertake and evidence their practice with clients in accordance with BACP's (2018) *Ethical Framework for the Counselling Professions*, and Colchester Institute Counselling Service (CICS) placement policies and procedures. Students will also continue with a further minimum of 5 hours of personal, person-centred therapy over the semester to support their personal development. Study skills, including guidance on reflective writing and professional note writing, will continue to be incorporated into the module delivery at regular intervals.

Students will arrive at a summative evaluation of their own personal and professional development to evidence their capacity to graduate from the Diploma programme as a person-centred counsellor, capable of entering employment and/or undertaking self-employment.

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

(Add more lines if required)

1.	Evaluate personal and professional development and accountability in supervised person-centred counselling practice with reference to BACP Ethical Framework and Person-Centred attitudes and qualities
2.	Evaluate relationships with others in a training/PD group/professional setting with reference to BACP Ethical Framework and Person-Centred attitudes and qualities
3.	Evidence ongoing personal and professional development, including sustained ethical practice through participation in experiential group, supervision and person-centred personal therapy
<b>Generic Learning Outcome(s)</b>	
4	Identify future personal and professional development activities

7. Assessment						
Pass on aggregate or Pass all components <i>(modules can only be pass all components if this is a PSRB requirement)</i>				Pass all components		
Summary of Assessment Plan						
	Type	% Weighting	Anonymous Yes / No	Word Count/ Exam Length	Learning Outcomes Coverage	Comments
1.	Personal Statement	100	Yes	3000	1,2,3,4	Summative statement for the year, based on formative 'patchwork'
Portfolio for BACP accreditation (Zero weighted as a collation exercise and not students own work)						
2.	Personal Therapy Log	0 (P/F)	No	N/A	3	Based on minimum attendance of 5 hours personal therapy over the 12 week semester
3.	CICS Record of Supervision Hours/ Supervision Report(s)	0 (P/F)	No	N/A	3	Supervision reports are required at 50 and 100 hours of professional practice OR at the close of CICS for August, whichever arises soonest  *Not required for Theory only route
4.	CICS Termly Supervision Summary sheets	0 (P/F)	No	N/A	4	To meet BACP requirements for trainees  * Not required for Theory only route
5.	CICS Line Management Meeting record	0 (P/F)	No	N/A	4	*Not required for Theory only route.
6.	Attendance of experiential group	0 (P/F)	No	N/A	3	
7.	Evidence of completion of minimum 100 hours client work	0 (P/F)	No	N/A	N/A	* Only for Dip HE students on the practical route.

### Further Details of Assessment Proposals

Give brief explanation of each assessment activity listed

Students will complete a creative 'patchwork' (3 patches throughout the module) based on their experiences of this module, as well their whole learning experience on the course and in their personal lives, as a formative task. This will be used as a basis for the summative Personal Statement for Year 2 (or the DipHE). Students will clearly identify and plan for their future CPD requirements.

2. and 3. Students will submit these documents as Part 1 of their Module Portfolio and

4. and 5., these documents as Part 2 of their Module Portfolio

6. 5% weighting on this module is awarded for full attendance of experiential group.

**NB** Students undertaking the exit award *DipHE in Person-Centred Counselling Theory* will not be required to evidence supervised professional practice relating to client work. Therefore, tasks 3, 4 and 5 will not apply to these students.

### 8. Summary of Pre and / or Co Requisite Requirements

Year 1/Level 4 Pass

### 9. For use on following programmes

Dip HE Person-Centred Counselling

BA Counselling and Psychotherapy

**Module Specification  
annually**

**Part 2- to be reviewed**

<b>1. Module Leader</b>	Karen Ilott
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<b>2. Indicative Content</b>	
	<ol style="list-style-type: none"><li>1. Weekly participation – experiential group</li><li>2. Collaborative peer group work</li><li>3. Using a creative patchwork to record and critically reflect on learning</li><li>4. The role of peer and tutor feedback in personal/professional development</li><li>5. Reflective writing</li><li>6. 'Patch' creation</li><li>7. Analysis and evaluation of BACP Ethical Framework/Good Practice resources</li><li>8. BACP Register CPD Form</li><li>9. In depth exploration of ethical dilemmas and ethical decision making, with reference to generic issues encountered in professional practice</li><li>10. Record of personal therapy 5 hours (min)</li></ol>

	11. Clinical supervision 12. Administration tasks in support of client work and CICS placement including line management meetings
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**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	Seminar	23		1,2,5
2	Workshop	1	Assignment/study skills/referencing	1,2,5
3	Experiential group	12		3
4	Tutorial	5		1,2,3,4,5
5	Self-directed learning	159	Must include minimum 5 hours personal therapy, and assignment prep	1,2,3,4,5
	<b>Total Hours</b>	<b>200</b>		

If delivery method is <i>not</i> classroom based state lecturer hours to support delivery	Professional supervision to <a href="#">BACP requirements</a> and placement line management meetings as required
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**4. Learning Resources**  
*To include contextualised Reading List.*

## Personal and Professional Development 4 (PPD4)

### Reading List

#### Essential:

Bager-Charleson, S. (2012) *Personal Development in Counselling and Psychotherapy*. London: Sage

McLeod, J. and McLeod, J. (2014) *Personal and Professional Development for Counsellors, Psychotherapists and Mental Health Practitioners*. Maidenhead: Open University Press

Rose, C., (2018) *The Personal Development Group: The Student's Guide*. London: Routledge

#### Recommended:

Rogers, C. (1974) *On Becoming a Person: a therapist's view of psychotherapy*. London: Constable

Proctor, G., Sanders, P., Cooper, M. and Malcolm, B. (2006) *Politicizing the Person-Centred Approach: An agenda for social change*. Monmouth: PCCS Books

#### Journals and Websites:

The Association for the Development of the Person-Centred Approach (ADPCA):

<https://www.adpca.org/>

BACP *Good Practice in Action* resources [online] Available from: <https://www.bacp.co.uk/events-and-resources/ethics-and-standards/good-practice-in-action/>

BACP Register Guide to CPD [online] Available from:

<https://www.bacp.co.uk/membership/registered-membership/guide-to-cpd/>

The Person-Centred Association (TPCA): <https://www.the-pca.org.uk/>

World Association for Person Centered & Experiential Psychotherapy & Counselling (WAPCEPC):

<https://www.pce-world.org/index.php>