

# **Bachelor of Arts (Honours) in Guidance and Counselling**

## **(Top-up)**

### **Module Descriptions**

#### **Brief Approaches to Counselling and Helping**

You will explore the theory and practice of a range of brief approaches drawn from differing theoretical and critical perspectives. In this module, you will develop knowledge and a critical understanding of three types of brief counselling approaches as used in guidance and counselling settings: Cognitive Behavioural Therapy, Solution Focused Approaches and Motivational Interviewing. You will develop an understanding of the theoretical background to the approaches and implications for practice. This may involve working in situations where you will think about issues that some people face, such as anxiety and depression, as well as behaviours which may prove problematic, such as substance misuse.

#### **Career Development Project**

The aim of the module is to provide you with an opportunity to explore potential career pathways and develop an understanding of professional roles by undertaking a career development project. Exploring entry routes and requirements of occupations through a range of sources, including direct contact with professionals, will further develop research skills, as well as develop and utilise networks to help you enhance your employability. You will conduct a study into a chosen professional area, reflect critically upon a range of academic and work-related experiences and consider how these have informed your career identity and contributed to the development of graduate attributes and employability skills. You will complete an application and undertake a mock interview in which you will be supported to reflect upon and verbally articulate your graduate skills, attributes and values.

#### **Engaging with Older Clients**

Within this module, you will develop the knowledge needed to support practice when working with older people. You will develop a critical understanding of key theoretical perspectives on ageing, with a focus on life course perspectives. You will also explore current, global debates on ageing and develop the ability to apply underpinning knowledge to counselling practice when collaborating with older people.

Within this module, you will explore the realities of ageing in society from the perspective of older people. As part of this module, you will also explore a range of issues that may impact older people and influence their engagement with guidance and counselling services.

### **Guidance and Counselling in Groups**

You will explore the theory and practice of group delivery within a guidance and counselling context.

Throughout the module, you will be provided with knowledge and practical experience of working with groups, initially as a participant and later as a facilitator. You will study theoretical approaches to group work and group management, the latter including the skills of leadership and facilitation.

You will gain practical experience of working in groups, beginning with low-stakes activities to build your confidence. You will be involved, with a small group of your peers, in the planning and delivery of a group work session. You will undertake personal research into the effectiveness of group delivery of guidance and counselling as the module proceeds.

### **Guidance and Counselling Projects**

Building on research understanding and skills developed throughout your programme, this module will introduce you to activities, key ideas and perspectives in social research relevant to guidance and counselling.

You will develop knowledge and understanding about what and how things can be "known" (epistemology), ways of seeing the world (paradigms), approaches and traditions in research (methodology), collecting or generating data (methods), and analysing or interpreting findings (analysis).

In addition, you will understand how to relate each of these elements into a coherent research project and will appreciate relevant ethical issues that apply to your research.

### **Mentoring: Theory and Practice**

You will explore the theory and practice of mentoring, focusing on the use of both group and individual approaches in developing and enhancing the mentoring relationship. You will recognise the core guidance and counselling skills inherent in the mentoring role. You will undertake research on the effectiveness of mentoring across the life course and within business, community and educational settings.

## **Mending the Gap: Collaborative Learning with Service Users**

Working collaboratively, you will begin to reflect on the way that gaps in knowledge and experience between professionals and service users/clients have been used to explain and justify unequal power relations. You will explore the ways in which narratives and representations are formed and circulated in everyday life in order to create stereotyped expectations and assumptions about different groups within society and begin to identify ways of overcoming these. You will critically reflect on your own value base, in relation to participation and collaboration with people with whom you have had limited contact, and on the implications of this learning experience on your own future professional practice. You will learn about the importance of valuing the experiences, perspectives and voices of marginalised people in guidance and counselling practice, and in the coproduction and ongoing development of integrated health and social care services.

## **Models of Career Guidance Practice**

This module explores theories of career choice and development and how these are used in career guidance practice with young people and adults. In this module, you are encouraged to develop insight into a range of multi-disciplinary models of career choice and development, and consider their relevance to current practice in the United Kingdom (both in schools and in a range of settings for all ages).

You will have the opportunity to further develop and apply important guidance and counselling skills in the context of career work. You will undertake formative assessments which allow you to practice and further develop guidance skills. The summative assessment will involve planning and delivering a career guidance intervention, for example, a career guidance interview or a group activity, and written commentary, drawing upon career development theory.

## **Narrative Approaches to Counselling and Helping**

In this module, you will develop knowledge and critical understanding of three types of narrative practice used in guidance and counselling: personal construct psychology, existential therapy and narrative therapy.

You will develop an understanding of the ways in which the lives of individuals, families and communities are shaped by the stories they tell about themselves, and of ways in which identities can be enriched and strengthened, or hurt and diminished depending on the sorts of stories that are told and who is recognised as having the right to tell stories.

In exploring these three types of therapeutic intervention, you will gain insight into how different types of listening conversations can be used as opportunities to allow people to

think about how damaging stories can be rejected, and different meanings and preferred storylines can lead to more positive, accepting outcomes.

You will gain insight into the view that the person is never the problem, but that the problem is the problem. You will then learn how to find creative ways of collaborating with people to support them to think differently about problems.

Besides learning about the theoretical bases of each of these approaches, you will participate in workshops and seminars where you will have the opportunity to begin to put them into practice. This may involve working in situations where you will consider ideas about subjects including bereavement, death, loss, and modern power, or where you will learn about counselling individuals, couples, family groups and communities.

### **Research in Practice**

This module will help you to further expand your knowledge from the module "Introduction to Academic Research" through the development of a deeper understanding of the research process.

The overall module aim is to support you in honing your research skills and knowledge. You will also further develop your ability to analyse and critique research literature, and to consider its application to practice. The module will provide you with a strong grounding in a range of research methods. It will also enable you to understand the philosophical and theoretical frameworks that underpin these methods and the research process as a whole. Undertaking this module will help you to prepare for your final-year project.

### **The Skilled Helper**

You will explore the theory and practice of a range of helping processes drawn from differing contexts and critical perspectives. Attention is given to individual approaches to helping and initiating change. This will include the exploration of counselling within specific contexts (e.g. transcultural, feminist, online, etc.) and representations of helping in the media.

There will also be an opportunity to explore critical views of counselling paradigms that have been developed within the disabled people's movement and other sociological perspectives.