

UNIT TITLE: Understanding Counselling Theories

LEVEL: Three

CREDIT VALUE: 3

NOCN UNIT CODE: PS1/3/QQ/001

ACCREDITED UNIT NO: A/102/9622

This unit has 5 learning outcomes.

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Have an understanding of the key theoretical issues informing counselling. (C3.1a, C3.3/CM_41) ¹	1.1. Give an account of the most significant theoretical issues which underpin the practice of counselling. 1.2. Give examples of how these issues can be addressed through counselling.
2. Have knowledge of the main approaches to counselling. (C3.1a, C3.3/CM_41)	2.1. Describe the main approaches to counselling including Humanist, Person Centred, Cognitive, Behavioural, Psychodynamic and Transactional Analysis. 2.2. State the types of situation in which each might be used effectively. 2.3. Compare at least three models and outline the strengths and limitations of each.
3. Have knowledge of the historical background and development of counselling. (C3.1a, C3.3)	3.1. Select three models and describe the historical context which led to their development. 3.2. Discuss their relevance in today's society.
4. Appreciate the role of theory in understanding the process of counselling. (C3.1a, C3.3/CM_41)	4.1. Identify three people who have developed a theory of counselling and outline the key beliefs behind each. 4.2. Give examples of how each theory has influenced models of counselling.
5. Develop a deeper understanding of a specific counselling model. (C3.1b, C3.3)	5.1. Using one model of counselling choose a topic for further research. 5.2. Prepare a short presentation on the selected topic.

¹Key Skills and ENTO The Learning Network

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ASSESSMENT INFORMATION

Guidance:

This grid gives details of the assessment activities to be used with the unit attached. Please refer to the NOCN Centre Handbook for definitions of each activity and the expectations for assessment practice and evidence for moderation.

The assessment activities for this unit are indicated in the table below:

Key: P = Prescribed – this assessment method *must* be used to assess the unit.

O = Optional – this assessment method *could* be used to assess the unit.

Case study	P	Project	
Written question & answer/test/exam		Role play/simulation	
Essay		Practical demonstration	
Report	O	Group discussion	P
Oral question and answer		Performance/exhibition	
Written description	O	Production of artefact	
Reflective log / diary	O	Practice file	

Signposting Key Skills

This unit offers clear opportunities for learners to provide evidence of achievement in Key Skills achievement in the following skill area/s:

Key Skill		Wider Key Skill	
Communication	✓	Working with others	✓
Information Technology		Problem solving	✓
Application of Number		Improving Own Learning and Performance	✓