

UNIT TITLE: Understanding Counselling Theories

LEVEL: Two
CREDIT VALUE: 3
GLH: 24
NOCN UNIT CODE: PS1/2/QQ/007
ACCREDITED UNIT NO: K/500/4837

This unit has 5 learning outcomes.

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the key theoretical issues informing counselling. (C2.1a; C2.1b; C2.3; CMA5; CM41)	1.1. Describe the key theoretical issues informing counselling, giving illustrations.
2. Know the main approaches to counselling. (C2.1a; C2.1b; C2.3; CMA41; CMA5)	2.1. Outline the main approaches to counselling including at least three from the following: a) Humanist b) Person centred c) Transactional Analysis d) Cognitive e) Behavioural f) Psychodynamic. 2.2. Give appropriate illustrations of their application. 2.3. Explain the key strengths of each.
3. Know the historical background and development of counselling. (C2.1a; C2.1b; CMA5)	3.1. Discuss the main developments in counselling and relate them to their historical context.
4. Appreciate the role of theory in understanding the process of counselling. (C2.1a; C2.1b; C2.3; CM41; CMA5)	4.1. Describe the theories underpinning the counselling process and give illustrations.
5. Understand and apply one main counselling model. (C2.1a; C2.1b; C2.3/CM.A5)	5.1. Prepare a plan for a detailed study of a chosen counselling model. 5.2. Prepare a presentation of the chosen topic.

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Mapped to Key Skills – Communication.
 Mapped to ENTO Standards in Counselling.

Please note: Achievement of this unit does not provide evidence against the Care Standards Act requirements.

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