

**UNIT TITLE:** Understanding Counselling Theories

**LEVEL:** Three  
**CREDIT VALUE:** 3  
**GLH:** 21  
**NOCN UNIT CODE:** PS1/3/QQ/002  
**ACCREDITED UNIT NO:** L/500/5043

This unit has 5 learning outcomes.

<b>LEARNING OUTCOMES</b>	<b>ASSESSMENT CRITERIA</b>
<b>The learner will:</b>	<b>The learner can:</b>
1. Understand the key theoretical issues in relation to counselling. <b>(C3.1a; C3.3/CM_41)</b>	1.1. Give an account of the significant theoretical issues which underpin the practice of counselling. 1.2. Give examples of how these issues can be addressed through counselling.
2. Know the main approaches to counselling. <b>(C3.1a; C3.3/CM_41)</b>	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. Know the historical background and development of counselling. <b>(C3.1a; C3.3)</b>	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. <b>(C3.1a; C3.3/CM_41)</b>	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.

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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LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
5. Understand 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.

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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:

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