

## ASSESSMENTS

### UNIT 1 PROJECT (100%). DUE WEEK 35

The main outcome of unit 1 is the production of a COUNSELLING BASED PROJECT. Central to this project is the evidence-based creation of set of practice guidelines, or therapeutic resource on a particular client issue. This must be based on the pluralistic framework.

Students may choose the way in which they present their project, e.g workshop, class talk, interactive on-line resource, and the assessment of the report will be based on the project, and an analysis of the process of production of the guidelines.

More information on the kinds of thing you can produce will be given in week 2.

The criteria for the assessment are below (grading is based on academic judgement for these criteria).

<b>Criteria</b>	<b>Example of evidence of criteria</b>
<b>Relevance to counselling and of value to a practitioner or client group</b>	Specific examples of therapeutic tasks provided for a particular client group  Describes client group commonly seen in Counselling practice  A significant experience for counsellors in practice such as adult survivors working with adult survivors of sexual abuse
<b>Pluralistic practice and principles in evidence</b>	Pluralistic approaches to understanding a problem: A description of the ways in which clients could make sense of their experience of a particular issue  Pluralistic issues: working with client empowerment and choice
<b>Information substantiated by research (where possible)</b>	All substantive claims given research support – where no research is available this is acknowledged  Effective use of references and citations in format appropriate to project
<b>Accessible</b>	Presented appropriately for audience in terms e.g. sensory experience, language used  Audience defined in the reflective account

You will be asked to form peer support groups for these projects (although submissions are individual) and these groups should aim to work together on projects until submission e.g. ideas and resource sharing, feedback on work, and moral support. Supervision is provided, and each person will be allocated 1 hour one-to-one supervision (to be arranged with KS), and be able to request issues to be covered in the monthly group teaching sessions by email prior to the session. Beyond the supervision it is important to source key texts and research on your topic, but also be creative in your ambitions for the project.

A project proposal should be sent to KS prior to initiating the project to confirm that it is of a suitable focus and size (prior to week 5 if possible)

A reflective account based on the creation of the project should be included in the submission (~300 words). This should:

1. Describe why the project was chosen
2. Describe the process of production, including the use of peer support groups, and the resources you tapped in to
3. Evaluate the experience in terms of learning for professional practice

*Examples of reflective account content:*

**This one is a project based on ways of working with counsellor development for areas where the therapist is challenged by their own life story to work with some client groups:**

‘My work on this project was based on the experiences I had on placement in year 2 with clients who were survivors of childhood sexual abuse. I am a survivor myself and there was both an ambivalence for and a drive towards working in this area. The idea for the project came out of my experiences of finding different activities and resources for myself to support my work. While I was interested in looking at ways of maintaining relationships with clients who presented with a history of abuse and trauma, I decided to create a project about how I managed to work with the personal challenges that this client group presented.....

The ways I improved my ability to work with this client group were...

The counsellor development tasks and cultural resources I identified were drawn from a number of research projects, including autoethnographic work by....

I used my peer group to float my ideas, share experiences, and to proof-read and develop my writing...

This project has been important to me in two ways, first because it highlighted to me the things that I am already engaging in to improve my client work, and second to understand how research supports some areas of therapist development as effective in these contexts.

Creating a set of recommendations that can be disseminated within my service and published on-line will ....’

**This one is based on the creation of a ten minute Youtube video for young people experiencing mental health problems:**

‘I was worried at first about creating a video rather than a more traditional essay or set of ‘how to’ instructions but I want to be creative, and also felt that it would be something that would not be lost in a file somewhere....

I have an ambition to work with young people in schools, and so it seemed sensible to take this opportunity to work in this area. The research I examined highlighted the ways in which CYP tend not to feel they can access services despite the increasing recognition of need. So I thought that creating a video that literally tells young people what to do and how to start reaching out would be helpful..

I asked members of my peer-group to help with the voice overs, and clips, and have now posted the video on-line and as part of the project publications on the Abertay website...’

**Or a more traditional one:**

The pluralistic model frames client work in terms of tasks and methods and so I chose an area of concern which is experienced by a large proportion of people seeking help. In my work I have noticed that many of my clients suffer from low self-esteem, and on discussion with my group they confirmed that this is an area where many counsellors would like more skills in their tool kit. I decided therefore to approach the research and theory on ways of raising self-esteem to create a methods portfolio.....

What I learnt from this project is that the appropriateness of methods for improving self-esteem depend on the client, but also research and experience tell me that they also depend on the ways in which they are integrated and understood during the therapy process, they cannot be considered as add-ons, or extra homework...'

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## UNIT 2 (0%): PORTFOLIO OF PRACTICE DUE WEEK 48

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Completed on Pebblepad, this portfolio is built up over the the MSc Counselling programme, and this portfolio leads on from your second year log

- Details of clients seen to date (a minimum of 100 clients hours should be logged over years 2 and 3 of the MSc Counselling programme)
- Reflective account of client work in the context of the theoretical and personal learning on the programme so far. (This is your part of the supervisor's report)
- Your report should be signed by the supervisor (and placement manager if appropriate)
- Your supervisor is also required to provide details of their opinion of the students work to date.

All aspects of this portfolio must be adequately addressed in order to pass this module. The reflective work you do on your practice will help feed in to the viva in CNS508