

Cork Counselling Services Training Institute

Year One B.Sc. (Hons) Counselling & Psychotherapy/

Certificate in Introduction to Counselling and Psychotherapy Studies

IACP Accredited & Validated by Coventry University

CCS4003: Counselling Theory and Ethics

Theory Essay

Aims

The aim of the component of this module is to promote awareness that the study of counselling theory is an essential activity that continues throughout professional life. Students will develop a broad and solid theoretical understanding of the main paradigms of counselling and psychotherapy with particular emphasis on the humanistic integrative model.

Students are required to submit a theory essay of 2000 words.

Using Gestalt Therapy and either Person-Centred or Existential Therapy, explore six essential and defining characteristics of the theories of your chosen model.

The characteristics explored should be in relation to each of the variables listed below.

1. The theory behind the approach.
2. The view of human nature.
3. The theory's application to practice.
4. A description of how change occurs.
5. Critical Evaluation.
6. Individual Differences & Cultural diversity.

Please support your findings with references to textbooks, journal articles and original texts (not just secondary sources).

Assignment aims

- Appreciate that theory is integrated into the ongoing professional development of the counsellor by demonstrating their ability to link these theories and relate them to their own personal story (il1).

- Demonstrate familiarity with humanistic integrative theoretical terminology.(il2)
- Evaluate and describe the humanistic integrative model, its concepts and principles, context, and modern proponents. (il3)
- Demonstrate understanding of the theory of integrative humanistic counselling. (il4)
- To explore how humanistic counselling models describe their view of human nature and how change occurs.
- To apply two of the Humanistic Theories to counselling practice, critically evaluate the limitations of each theory and display an appreciation of individual differences and cultural diversity.
- Deliver a written essay to professionally portray complex information on counselling theory in a structured, engaging, and time-bound manner, demonstrating creativity as appropriate. (il6)

Format for the presentation of your essay

1. Front Title Page

This page should contain:

A) The title of your essay:

Using Gestalt therapy and either Person-Centred or Existential Therapy, name six essential and defining characteristics of your chosen therapies.

B) Presented in part fulfillment of the requirements for Year One B.Sc. (Hons) Counselling & Psychotherapy/Certificate Introduction to Counselling & Psychotherapy Studies at Cork Counselling Services Training Institute.

C) Your name.

D) Your student number.

F) Your year (BSc. (Hons)Year One/Certificate Counselling & Psychotherapy 2023/24).

G) The date of submission.

H) Word count*.

* Please note your essay may not be accepted for marking if you do not adhere to the word count (+/- 10%) outlined for this assignment.

2. Contents Page

This page contains the contents of your work and the page number for each section.

3. The Essay Itself

You can find tips on how to write an essay in Appendix 3 of the student manual. The typing should be double-spaced. All pages must be numbered.

4. The Bibliography

This section needs to contain full and correct references for all books, journals, articles, websites etc., to which you refer in the main body of your essay. References should be listed in alphabetical order. Instructions on how to format this section correctly are in Appendix 4 of the student manual.

5. Anti Plagiarism Declaration

See below for details of the signed commitment that needs to accompany your assignments.

The Contents of the Essay

The markers are looking in particular for **evidence that;**

- a) The student has read widely on two of the theories of humanistic counselling.
- b) The student is able to apply all chosen theories to practice
- c) The student has knowledge of the context of the origins of the humanistic approaches, and their views of human nature.
- d) The student is able to evaluate theory and practice, clearly outlining the strengths and limitations involved in approaches.
- e) The student attempts to actively make sense of the theory and evaluate it, in relation to their own personal story.
- f) The student is able to name and evaluate how change happens in the therapeutic process.
- g) The students' knowledge is sufficient to readily address the essay title clearly.
- h) In line with the integrative humanistic approach the student demonstrates appropriate creativity

Grading Criteria

Distinction:

- The piece of work is professionally presented and well-structured with attention given to spelling, sentence construction, punctuation, and referencing.
- An excellent piece of work, it displays that the student really grasps and explores, to a very high standard, the most important concepts and addresses the essay title.
- The student displays evidence of extensive reading with an in-depth knowledge of the theories relevant to the essay title, and addresses these fully, in an original and novel piece of work.
- The student is actively thinking and assessing the theories and clearly demonstrates their ability to link these theories and relate them fully to their own personal story.
- The student is able to fully relate the theories to counselling practice in a clear and concise manner. He/she demonstrates an advanced awareness of the implications for counselling practice, as well as the limitations of each theory.
- The student offers an advanced critique and evaluation of the subject matter giving their own personal opinions on the subject and highlighting the strengths and weaknesses where necessary.
- The student demonstrates an advanced appreciation of individual differences and cultural diversity and considers the implications of such factors in each theory's application to counselling practice.
- The student uses suitable creativity, in an innovative and appropriate manner, in order to produce a very individual and personal piece of work that captures the reader's attention from the start.

Merit:

- The piece of work is professionally presented and well-structured with attention given to spelling, sentence construction, punctuation and referencing.
- A very good piece of work, it displays that the student really grasps and explores the most important concepts and addresses the essay title.
- The student displays evidence of comprehensive reading with an in-depth knowledge of the theories relevant to the essay title and addresses these in an original and novel piece of work.
- The student has thought about and assessed the theories and demonstrates their ability to link these theories and relate them to their own personal story.
- The student is able to relate the theories to counselling practice in a clear and concise manner. He/she is aware of the main implications for counselling practice, as well as the limitations of each theory.
- The student can critically evaluate the subject matter giving their own personal opinions on the subject and highlighting the strengths and weaknesses where necessary.
- The student demonstrates a good appreciation of individual differences and cultural diversity and considers the implications of such factors in each theory's application to counselling practice.

- The student uses suitable creativity, in an innovative and appropriate manner, in order to produce an individual and personal piece of work.

Pass:

- The piece of work is adequately presented and structured with attention given to spelling, sentence construction, punctuation and referencing/bibliography.
- Acceptable piece of work, it displays that the student shows enough understanding and exploration of the important concepts and attempts to link them to the essay title
- The student displays evidence of reading with some knowledge of the theories relevant to the essay title, and/or it contains some minor mistakes and/or some issues/themes have not been explored.
- The student shows that they understand the theories and can relate them to their own personal story, and/or this could have developed and linked this further.
- The student attempts to relate the theories to counselling practice, and/or this is not developed sufficiently.
- The student endeavours to evaluate the subject matter with some personal opinions on the subject, and some awareness of the strengths and weaknesses, where necessary, and/or neglects to adequately explore these.
- The student demonstrates some appreciation of individual differences and cultural diversity. He/she considers the implications of such factors in each theory's application to counselling practice and/or this could have been further developed.
- The student uses creativity to some extent in the work, and/or fails to use this in a manner that enhances the work and makes it unique.

Fail:

- The piece of work is poorly presented and structured with little attention given to spelling, sentence construction, punctuation and referencing/bibliography.
- Unacceptable piece of work, the student shows a poor understanding and is unable to grasp the important concepts and fails to link them to the essay title.
- The student doesn't display evidence of reading and doesn't have enough knowledge of the theories relevant to the essay title.
- The student fails to demonstrate their understanding of the theories and doesn't relate them to their own personal story.
- The student fails to relate the theories to counselling practice.
- The student makes a poor effort to evaluate the subject matter with little or no personal opinions on the subject and shows limited awareness of the strengths and weaknesses.
- The student demonstrates a poor appreciation of individual differences and cultural diversity and does not consider the implications of such factors in each theory's application to counselling practice.

- The essay lacks creativity.

Presentation: Students, please note the very first criterion that needs to be achieved in order to pass the assignment is for the work to be presented at a professional standard. See first point under pass criteria.

Plagiarism

Plagiarism is basically taking other peoples' ideas, opinions, research, thoughts and writings and passing them off as your own, without acknowledging the original source or author.

While it is unacceptable to steal other people's work, there is also a professional issue about students' ability to trust themselves to make sense of, and express the ideas they encounter, in their own words and in the light of their own life experience.

Anti Plagiarism Declaration

Please include the following signed commitment on all written assignments submitted to the Cork Counselling Services Training Institute.

I hereby certify that this assignment is entirely my own work, except where I cite differently or acknowledge sources in the text itself or in the list of references.

Student signature

Date

Essential Reading

- British Association of Counselling and Psychotherapy. (2018). *Ethical framework for the counselling professions*. www.bacp.co.uk/events-and-resources/ethics-and-standards/ethical-framework-for-the-counselling-professions/
- Corey, G. (2023). *Theory and practice of counselling and psychotherapy (11th ed.)*. Cengage Learning.
- Corey, M. S., & Corey, G. (2021). *Becoming a helper (8th ed.)*. Cengage Learning.
- Feltham, C., Hanley, T. & Winter, L. A. (2017). *The Sage handbook of counselling and psychotherapy (4th ed.)*. Sage.
- Irish Association for Counselling and Psychotherapy. (2018). *IACP code of ethics and practice for counsellors/psychotherapists* www.iacp.ie/iacp-code-of-ethics
- McLeod, J. (2019). *An Introduction to counselling (6th ed.)*. Open University.

Recommended Reading

- Balint, E. (1993). *Before I was I: Psychoanalysis and the imagination*. Free Association Books.
- Chaplin, J. (1999). *Feminist counselling in action (2nd ed.)*. Sage.
- Frankl, V. (1973). *Psychotherapy and existentialism: Logotherapy*. Pelican.
- Kearney, A. (2018). *Counselling, class and politics: Undeclared influences in therapy*. PCCS.
- Polster, E., & Polster, M. (1974). *Gestalt therapy integrated*. Vintage.
- Schneider, K. J., & Pierson, J. F. (2015). *The handbook of humanistic psychology: Theory research and practice*. Sage.
- Skottun, G., & Krüger, Å. (2021). *Gestalt Therapy Practice: Theory and Experiential Learning*. Routledge.