

22/08/14

Dear Student,

I hope you are well and enjoying something of a break during the summer?

I am attaching some advance in formation about starting the MA Counselling, which will begin at **9.30am on Saturday 6th September in A5.5, on the fifth floor of the Ellen Wilkinson Building** - close to where you will have come for interview. A vegetarian lunch will be provided on both days - please let me know by email by **Tuesday 2nd September** if you have any special dietary requirements other than this.

The welcome pack includes the following information:

- A welcome letter from myself, as Programme Director
- Recommended Reading list (for background reading)
- Course dates for Year 1 2014-15
- Programme for the introductory weekend on 6th-7th September

Some of you may still be waiting for tutor references or copies of certificates from counselling courses which you have just completed. We appreciate that there can be delays in getting references from tutors during the summer and similarly with certificates - you should still attend the course introductory weekend, even if these have not yet been received, as we will deal with this in the first few weeks of term.

If anyone has decided not to take up their place, or to defer to September 2015, it is now crucial that you contact me (as well as the admissions office) urgently by return email, so that your place can be offered to another student on the waiting list.

I look forward to seeing you again and working with you on the course,

Best wishes,



Peter Jenkins

Programme Director
MA Counselling
0161 275 3307
Peter.Jenkins-2@manchester.ac.uk

Welcome!

Dear Colleague,

Welcome to the MA Counselling at the University of Manchester!

You are now embarking on a programme of study, which will enable you to develop key skills and confidence in engaging in counselling practice, study and research. This will be of value to your clients, your employer, or voluntary organisation, to other practitioners and to the counselling and psychotherapy professions as a whole, as well as leading to a well-recognised professional and academic qualification.

We believe that the course modules outlined here provide a flexible and challenging series of learning experiences, geared to meeting your needs, both as a trainee practitioner and as a developing researcher. This Handbook contains essential information related to the MA programme and should be your first point of reference regarding any queries about the course, its requirements and opportunities.

We look forward to working with you!

On behalf of the course team,

Yours,



Peter Jenkins
Director
MA Counselling
0161 275 3307
Peter.Jenkins-2@manchester.ac.uk
Room A5.4, Fifth Floor
Ellen Wilkinson Building

Advance Reading and Preparation for the MA Counselling at Manchester University: 2014.15

Module EDUC 62221 The Development of Reflective Practice: Suggested Reading

How to Survive Counsellor Training: An A-Z Guide Bayne, Jinks Palgrave, 2011

Standards and ethics for counselling in action - Bond, Tim, Third edition, Sage, 2010

Medical and psychiatric issues for counsellors - Daines, Brian, Gask, Linda, Usherwood, Tim, Second edition, Sage, 2007

Supervision in the helping professions - Hawkins, Peter, Shohet, Robin, Third edition, Open University, 2006

Psychotherapy and the law: questions and answers for counsellors and therapists - Jenkins, Peter, Keter, Vincent, Stone, Julie, Whurr/Wiley 2004

Personal development in counsellor training - Johns, Hazel, Second edition, Sage 2012

Encounter groups - Rogers, Carl R., Penguin, 1973 (Other editions also available)

Creating the Therapeutic Relationship in Counselling and Psychotherapy Judith Green Learning Matters/Sage, 2010

Reflective Practice in Counselling and Psychotherapy Counselling and Psychotherapy Practice Sofie Bager-Charleson Learning Matters/Sage 2010

What is Counselling and Psychotherapy? Norman Claringbull, Learning Matters/Sage 2010

General background reading:

Amis, K. (2011) Becoming a Counsellor: A Student Companion. Sage.

Buchanan, L. and Hughes, R. (2000) Experiences of Person-Centred Counselling Training: A Compendium of Case Studies to Assist Prospective Applicants. PCCS.

Cozzolino, L. (2004) The Making Of A Therapist: A Practical Guide for the Inner Journey. Norton.

Perry, P. and Graat, J. (2010) Couch Fiction: A Graphic Tale of Psychotherapy. Palgrave.

General introductions and useful resource books:

Feltham, C. and Horton, I. (eds) (2012) The SAGE Handbook of Counselling and Psychotherapy. Third edition. Sage.

McLeod, J. (2013) An Introduction to Counselling. Fifth edition. Open University/Brunner

Woolfe, R. et al (2011) Handbook of Counselling Psychology. Third edition. Sage.

Reeves, A. (2013) An Introduction to Counselling & Psychotherapy, Sage.

MA Counselling Years 1 Course Dates 2014-15

Year 1 (Wednesdays): 12.20pm – 7.30pm

Autumn term:

Introductory weekend: Saturday 6th – Sunday 7th September 2014 2 days

Wednesday 10th September - 10th December 2014

(Reading week 29th October): 13 days

Spring term: Wednesday 7th January 2015 –25th March 2015

(Reading week 11th February) 11 days

Year 1 PD Weekend: Saturday 21st – Sunday 22nd February 2 days

Summer Term: Wednesday 15th April – 13th May 2015 5 days

Summer school: Monday 15th – Wednesday 17th June 2015. 3 days

MA in Counselling Part 1 2014-16

Introductory Weekend 6th - 7th September 2014

Fifth floor, Ellen Wilkinson Building

Programme:

Day 1: Saturday 6th September 2014

Facilitators: George Brooks and Peter Jenkins

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|---------------|---------------------------------------------------------|
| 9.30-9.45 | Coffee |
| 9.45-11.00 | Getting to know each other: Introductions |
| 11.00 – 11.15 | Break |
| 11.15-12.30 | Building a learning community: Hopes and fears exercise |
| 12.30 – 1.30 | Lunch |
| 1.30- 2.45 | What is counselling? Group work. |
| 2.45- 3.00 | Break. |
| 3.00 – 4.00 | Looking to the future. Individual and pair work. |
| 4.00 – 4.30 | Plenary and closing session. |

Programme:

Day 2: Sunday 7th September 2014

Facilitators: George Brooks and Peter Jenkins

9.30 – 10.00 Coffee / Q & A session re MA programme

10.00 -10.45 Skills workshop

10.45 – 11.00 Break

11.00 – 12.30 Why be a counsellor? Work in pairs, small and large groups.

12.30 – 1.30 Lunch

1.30 – 3.00 Personal Development Groups

3.00 – 3.15 Break.

3.15 – 4.00 Large group review.

4.00 – 4.30 Closing session.

Personal Development Group Facilitators:

Maureen Charlton

Barbara Impey

Adrian Rhodes

Tutors

George Brooks

Peter Jenkins

Tutors, Year 1, MA Counselling