

1

Understand the context of therapy (in Britain).

Develop knowledge and understanding of Freudian and contemporary Psychoanalytic theory.

Develop knowledge and understanding of Humanistic therapy.

Readings

- Dryden, W. (2007) *Dryden's Handbook of Individual Therapy*. (5th edn.) London: Sage.
Read chapter 1; *Individual Therapy in Context*.
- McLeod, J. (2003) *An Introduction to Counselling* (3rd edn.) Buckingham. Open University Press.
Read chapter 2; *Counselling theories: diversity and convergence*.

2

Describe and understand cognitive and behavioural therapies.

Describe and critically analyse early outcome and comparative outcome research.

Readings

- Woolf, R., Dryden, W. and Strawbridge, S. (2003) *Handbook of counselling psychology* (2nd edn.) London: Sage. Read chapter 7; *The cognitive-behavioural paradigm*. (Scott and Dryden)
- Dryden, W. and Feltham, C. (1992) *Psychotherapy and its discontents*. Buckingham. Open University Press. Read chapter 5; *The outcome problem in psychotherapy* (Eysenck) and the response and rebuttal that follow.

3

Understand and analyse the outcome equivalence paradox and discuss its implications and possible solutions

Understand, analyse and discuss the costs, benefits and implications of eclecticism and integration.

Readings

- Stiles, W., Shapiro, D. and Elliot, R. (1986). Are all psychotherapies equivalent? *American Psychologist*, 41, 165-180
- Cooper, M. (2008) Essential research findings in counselling and psychotherapy. London: Sage.
Read chapter 3.

4

Understand critical perspectives in therapy

Explore the process of therapy

Analyse the benefits of therapy in organisational settings

Review and understand research issues and explore evidence-based therapy

Readings

- Feltham, C. (ed.) (2002) *What's the good of counselling and psychotherapy*. London: Sage.
Chapter 7, *The benefits of counselling and employee assistance programmes to British industry*.
(NB. A new reading may replace this).
- Marzillier, J. (2004). The myth of evidence-based psychotherapy. *The Psychologist*, 17, 7, 392-395.
- Barkham, M. and Mellor-Clark, J. (2003). Bridging evidence-based practice and practice-based evidence: developing a rigorous and relevant knowledge for the psychological therapies. *Clinical Psychology and Psychotherapy* 10, 319-327.