

Liverpool John Moores University

Title: COUNSELLING SKILLS FOR SPORTS PRACTITIONERS
Status: Definitive
Code: **7026SPOSCI** (114335)
Version Start Date: 01-08-2012

Owning School/Faculty: Sports Sciences
Teaching School/Faculty: Sports Sciences

Team	Leader
Mark Nesti	Y

Academic Level: FHEQ7
Credit Value: 20.00
Total Delivered Hours: 36.00
Total Learning Hours: 200
Private Study: 164

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	6.000
Practical	12.000
Seminar	6.000
Workshop	12.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Essay (3000 words)	100.0	

Aims

The module aims to enable students to critically evaluate the different theoretical perspectives relating to the use of counselling in Sports Psychology. Students will learn and develop the counseling and interpersonal skills that are relevant to those who work within a sports consultancy setting. The material covered will seek to develop an understanding of the social and emotional needs of athletes and of best practice in relation to meeting those needs in a sporting context. The module also

seeks to extend the students' appreciation of other therapeutic perspectives, including psychoanalytical and existential approaches to practice. The module will develop students understanding of ethical issues pertaining to counselling in sport.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically understand the major theories relating to the use of counseling in a sports setting.
- 2 Explain person centred therapy and it's associated core conditions for use in the sport context.
- 3 Practice and apply listening skills to facilitate person-centred practice.
- 4 Critically understand the ethical issues associated with using counseling skills in a sporting context.
- 5 Critically understand 'the self' and others as a result of participation in the module.

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

3000 words	1	2	3	4	5
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Outline Syllabus

Theoretical perspectives of Counselling in sport.

Defining differences between counselling and other helping relationships.

Person-Centred Theory.

Listening skills and helping relationships with athletes.

The core conditions and power in the client-helper relationship.

Congruence: Theory and practical skills

Empathy: Theory and practical skills

UPR: Theory and practical skills.

Ethics and referrals in counselling practice.

Bad counselling: Getting it wrong.

Exploring wider therapeutic perspectives - psychoanalytical and existential approaches to practice.

Learning Activities

The delivery of this module involves lectures and engages the students in a series of interactive workshops and practicals to develop their knowledge and skills within counselling. These sessions also allow the students to discuss the application of the material to applied sport psychology / coaching practice. Students are expected to engage in wider theoretical and practical reading to develop their own learning / skill base and to complete the assessment tasks.

References

Course Material	Book
Author	Egan, G.
Publishing Year	1998
Title	The skilled helper: A problem management approach to helping
Subtitle	
Edition	
Publisher	Brooks/Cole
ISBN	

Course Material	Book
Author	Hough, M.
Publishing Year	1996
Title	Counselling skills
Subtitle	
Edition	
Publisher	Longman
ISBN	

Course Material	Book
Author	Murphy, S.M.
Publishing Year	1995
Title	Sport psychology interventions
Subtitle	
Edition	
Publisher	Human kinetics
ISBN	

Course Material	Book
Author	Andersen, M
Publishing Year	2000
Title	Doing sport psychology
Subtitle	
Edition	
Publisher	Human Kinetics
ISBN	

Course Material	Book
Author	Nesti, M.
Publishing Year	2004
Title	Existential Psychology And Sport: Theory And Application
Subtitle	
Edition	
Publisher	Routledge
ISBN	0415281423

Course Material	Book
Author	Hill, K.
Publishing Year	2001
Title	Frameworks for Sports Psychologists
Subtitle	
Edition	1st
Publisher	Human Kinetics
ISBN	

Notes

The module utilizes a experienced counsellor, trained specifically in person-centred therapy to provide students with knowledge and a critical understanding of contemporary counselling approaches and to develop practical expertise in associated skills within an interactive teaching environment. Following this Rogerian focus, a widening phase within the module extends the students' appreciation of other therapeutic perspectives, including psychoanalytical and existential approaches to practice.

The Skilled Helper book. Read 40 reviews from the world's largest community for readers. Internationally recognized for its successful problem-management...Â Start by marking "The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping" as Want to Read: Want to Read savingâ€| Want to Read. Currently Reading. Read. Other editions. Enlarge cover. The fifth edition of "The Skilled Helper" continues to promote a problem-management and opportunity-development approach to helping. . . . Stages II and III of the helping model have been recast in terms of a program for constructive change. The language used in these stages is now much more client-focused than process-focused. PART III: THE SKILLED HELPER PROBLEM-MANAGEMENT AND OPPORTUNITY-DEVELOPMENT APPROACH TO HELPING 7 An Introduction to the Problem-Solving and Problem-Management Process 8 Stage I: Helping Clients Explore their Concerns and Tell their Stories 9 Stage II: Helping Clients Design Problem-Managing Outcomes and Set Goals 10 Stage III: Planning the Way Forward 11 How to Implement and Make it all. Happen. PART IV: EXERCISES TO ASSIST IN BECOMING A SKILLED HELPER, AND EXTRACT FROM A COUNSELLING CONVERSATION 12 Counselling Skills Exercises 13 Extract from a Counselling Conversation. New to this edition.