CCE 841- PEER SUPPORT AND SUPERVISION

1. Learning Objectives

This course will help students to:

- Develop their theoretical understanding and experiential learning of peer support and supervision in counseling practices
- Develop the ability to design peer support programme and develop implementation strategies for providing supervision to trainee counsellors

2. Detailed Syllabus

Week	Topics	CHs
1	Introduction to the course • Assessing participants' prior knowledge of peer support and supervision • Course outline • Delivery method • Assessment	2+1
2	Exploring peer support and supervision • What is peer support • How can you define supervision	2+1
3	Theories behind providing peer support and supervision • Psychoanalytic • Outcome Focused • Integrated • Multicultural	2+1
4	Approaches to provide peer support • Models • Tasks • Techniques	2+1
5	Approaches to supervision • Models • Tasks • Techniques	2+1

6	Ethics involved in providing peer support and supervision • BACP code of ethics • ACA code of ethics	2+1
7	Issues faced by practitioners while providing peer support and supervision • Supporters' role • Rapport building • Impartiality • Managing resources	2+1
8	Skills required by a counsellor to provide peer support and supervision	2+1
9	Mid Term	
10	Planning and developing peer support programme	2+1
11	Evaluation of peer support practice	2+1
12	Organizing a supervision session	2+1
13	Evaluation of supervision practice	2+1
14	Maintaining effective relationship in peer support and supervision	2+1
15	Individual's perspective of developing peer support and supervision practice	2+1
16	Organizational perspective on peer support and supervision • Organizational and contextual factors	2+1
17	Counsellor's reflective practice for Continuous Professional Development (CPD)	2+1

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	Learning evaluation and sharing practices of peer support and supervision	
18	Final Exams	
Teaching hours		**32**
Practice hours		**16**
Total credit hours		**48**

Details of Practice Hours

Students are required to complete 17 hours of practice conducting peer support and counsellor's supervision activities during the semester. Students need to develop strategies and action plans for conducting peer support and counsellor's supervision sessions based on the guidelines mentioned below:

Peer Support Session:

Minimum 8 hours of evidence based peer support practice needs to be accomplished as part of the experiential learning of the course. Evidence of peer support can be provided by the consent form, action plans based on learning outcomes of each session, audio/video recorded practice sessions, peer reflective reports/feedback and individual's professional learning account.

Supervision Session:

Minimum 8 hours' supervision sessions of two counsellors must be completed as part of the experiential learning of the course. The practice should involve: need analysis for the supervision session, supervisee's consent form to involve in the supervision session, action plans based on learning outcomes of each session, audio/video recorded practice sessions to demonstrate your supervision approaches and techniques, supervisee's reflective reports/feedback on individual sessions and overall supportive learning and supervisor's professional learning account.

3. **Learning outcomes**

   By the end of the course, student will be able to:

   - Assess the need of providing peer support and supervision to colleagues and trainee counsellors by conducting detailed counseling/support session
   - Identify and apply appropriate approaches of peer support and supervision with reference to the models studied during the course

- Recognize ethical issues involved in offering peer support and supervision that hinder the quality of support services provided to counsellors
- Develop work plans for providing peer support and supervision sessions according to the need of the specific case studies
- Monitor and evaluate the support work provided as a peer and supervisor with reference to the guidelines covered during the course

4. Introductory reading

Cowie, H. and Wallace, P. (2000) *Peer Support in Action.* London: Sage.

Dryden, W. and Thorne, B. (1991) *Training and Supervision for Counseling in Action.* London: Sage.

Dryden, W., Horton, I. and Mearns, D. (1995) *Issues in Professional Counsellor Training.* London: Cassell.

Reid, L. H. & Westergaard, J. (ed.) (2006) *Providing Support and Supervision.* London: Routledge.

5. Assessment

Assessment will be carried out through quizzes (minimum3), **mid-term exam, assignments based on** interactive exercises, case studies, individual and group counseling sessions and **Final exam**.

Suggested Assignments

Case Study 1

3500 – 4000 words case study based on peer support provided to individual (s) during the practice workload of the course. Peer consent form and agreed supporting guidelines are to be submitted with the case study.

Case Study 2

3500 – 4000 words case study based on the supervisory role and tasks undertaken during the practice workload of the course. Supervisee consent form and agreed supporting guidelines are to be submitted with the case study.

Reflective Account

2000 words reflective account on individual learning and skills development. This reflective account is focused on identifying the professional skills and practice techniques to provide peer support and supervision.

Peer Support Interviews

30-40 minutes' audio video recorded interviews based on the **peer support experience** being provided during the semester. 2 x 1000 words reflective reports must be submitted with each interview. The main focus of the report is on the *skills, techniques* and the *quality of relationship* being established with the peer to facilitate his/her *individual learning*.

Supervision Practice Session

2 x 1-hour audio/video recorded, individual or group, practice sessions with 2000 words reports to be a submitted on the **supervisory role** being performed during the semester. The reports must present evidences of *supervisory skills practice*, *techniques* and instances of *experiential learning* during the session.

Referencing

Students need to follow APA 7th referencing in their academic writings.