College of Sexual and Relationship Therapists

Case Study Requirements and Guidance for Accredited Membership Applicants

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Introduction

Applicants for COSRT Accreditation are required to write a case study. This should be an in-depth examination of your work with one client or couple. It can be either a completed or ongoing real-life case. The purpose is to allow an examination of how you apply skills, knowledge and experience to therapy practice and work to maximise outcomes for service users.

Core requirements

The length for the Case Study is 4000 words +/- 5%. Please note that case studies that exceed this limit will not be accepted. The word count should be shown on the front page.

Service user data must be excluded from the case study – only anonymised case studies will be accepted.

The case study should be in Word format, using Calibri Light, Ariel, or Times New Roman. Font size must be 12 point minimum. And double line spacing must be used. All pages must be numbered and any referencing should be in Harvard style.

Thematic focus

To ensure relevance to the specialities served by COSRT, your case study must demonstrably be focused on psychosexual or relationship issues. Underneath that overarching theme however, your case study can relate to therapy provision that deal with more nuanced issues. For example, clients dealing with challenges related to trauma, loss, insecurity, identity or others that might underpin a psychosexual or relationship case.

Theory focus

A key element of the case study is to demonstrate your use of evidence-based theory, knowledge and skills in therapy provision. Where the thematic focus provides the context for the case study, the exploration of theory provides the demonstration of your expertise.

Your case study can be focused on the application of any accepted psychotherapy or counselling theory subject to it being evidence-based. If you apply more than one theory, it is acceptable to explore and discuss that within the case study.

What your case study should cover

You can structure your case study in any way you feel appropriate. It is recommended that you break your study up into sections with headings that clearly highlight the content. Within the structure you choose, your case study must cover the following elements:

- An explanation of the theory underpinning your practice and, if working with a couple, your understanding of the dynamic process

Give a brief explanation of the theory that underpins your practice, it may be that you integrate more than one theory so explain the rationale behind this. If appropriate, consider the effect of the couple dynamic in the room and how that impacts on process.

- Successful link between theory and practice

There should be consistency in the way you work and the theoretical model you are applying. The case study needs to demonstrate the integration of psychotherapeutic understanding to psychosexual and relationship work, both written and practical.

- Use of self-awareness in the therapeutic relationship

An essential part of the case study is to demonstrate your ability to reflect critically on the work. You need to show your understanding of the dynamics in the therapy room and your reflective awareness of yourself within the work.

- Equality and Diversity

Show how your practice demonstrates awareness of issues of equality and diversity and how these issues have an impact on the therapeutic relationship and the model of working.

- The use of Supervision

Show how you use supervision sessions to deal with the dilemmas and challenges of your work, what was learnt and how would you apply the reflections of this in your work.

- Application of the COSRT Code of Ethics

Please demonstrate how the Code of Ethics -Good Therapy informs your work.

- Management of the service user agreement

Please illustrate how you use a service user agreement and include a copy of the agreement in the appendices.

Suggested case study format

Whilst you are free to structure the case study content as you wish, COSRT requires that you include the following as a minimum:

- **Front sheet.** Your submission should have a front page stating your name, case study title, date and word count. Pages must be numbered.

- **Abstract.** A brief synopsis of the case study

- **Table of contents.** Include all headings and sub-headings.

- **Introduction.** An introduction to what will be explored and why.

- **Main content.** Address all of the required content outlined above, structured in a way that makes it easy to understand and assess.

- **Conclusion.** An exploration of the outcome(s), lessons, impacts, and wider reflections.

- **Bibliography.** Using the Harvard referencing system.

- **Appendices.** Include things such as research tools, Questionnaires, Consent Forms etc.

How the case study will be marked

Assessors marking your case study use a common set of marking criteria to ensure consistency. Your case study will be assessed as a whole – there are no set headings or sections and no therefore no set marks for such headings. This allows you to be creative and communicate complex ideas in the essay form you feel appropriate.

When the assessor looks at your case study they will therefore read it multiple times, making comments and queries as they do. That will let them understand the content as well as possible. Then they will apply the Common Marking Rubric:

Criterion\Level	Unacceptable (1)	Reflective novice (2)	Aware practitioner (3)	Reflective practitioner (4)
Clarity	Language is unclear and confusing throughout. Concepts are either not discussed or are presented inaccurately.	There are frequent lapses in clarity and accuracy	Minor, infrequent lapses in clarity and accuracy.	The language is clear and expressive. The reader can create a mental picture of the situation being described. Abstract concepts are explained accurately. Explanation of concepts makes sense to an uninformed reader.
Relevance	Most of the reflection is irrelevant to goals.	Applicant makes attempts to demonstrate relevance, but the relevance is unclear to the reader.	The content being reflected upon is relevant and meaningful to applicant and goals.	The content being reflected upon is relevant and meaningful to applicant and goals.
Analysis	Reflection does not move beyond description of the content(s).	Applicant makes attempts at applying the content to understanding of self, others, and/or concepts but fails to demonstrate depth of analysis.	The reflection demonstrates applicant attempts to analyse the content, but analysis lacks depth.	The reflection moves beyond simple description of the content to an analysis of how the experience contributed to student understanding of self, others, and/or course concepts.
Interconnections	No attempt to demonstrate connections between theory, practice and/or experience.	There is little to no attempt to demonstrate connections between theory, practice and/or experience	The reflection demonstrates connections between theory, practice and/or experience	The reflection demonstrates strong and insightful connections between theory, practice and/or experience
Self-reflection	Not attempt at self-reflection.	There is some attempt at self-reflection, but it fails to demonstrate a new awareness of personal biases, etc.	The submission demonstrates ability of the applicant to question their own biases, stereotypes, preconceptions.	The submission demonstrates ability of the applicant to question their own biases, stereotypes, preconceptions, and/or assumptions and define modes of thinking as a result.

For a case study to pass it must gain at least 15 marks from the application of this rubric.

In addition, assessors will apply a series of binary questions to your case study. All must be answered yes by the assessor for your case study to be passed:

- Does the submission demonstrate a clear knowledge of theoretical clinical material and practice competencies?
- Does the submission demonstrate an understanding of relevant and up-to-date theory?
- Does the submission show an awareness of equality and diversity and its relationship to practice?
- Does the submission demonstrate the appropriate use of supervision in the work including challenges and dilemmas?
- Does the submission demonstrate how the COSRT Codes of Ethics inform practice?

Plagiarism

A case study must be your own work. If you use someone else's previous work you must acknowledge it as, without doing so, you can be seen to be representing it as you own. This is known as plagiarism and constitutes academic misconduct.

Any applicant suspected of plagiarism will be subject to (if a COSRT Member) a complaint under the COSRT Conduct Procedure. Sanctions available will include termination of COSRT Membership.

Submission

The case study should be submitted with your application for accreditation