

## COURSE SPECIFICATION

Course Aim and Title	PGDip/MA Counselling & Psychotherapy
Intermediate Awards Available	PGCert
Teaching Institution(s)	UEL on campus only for PGDip, distance learning available for year 3 (MA top-up)
UEL Academic School	Psychology
UCAS Code	
Professional Body Accreditation	British Association for Counselling & Psychotherapy (BACP) - PGDip only, years 1 and 2
Relevant QAA Benchmark Statements	<i>Counselling &amp; Psychotherapy</i>
Date Specification Last Updated	June 2019

### Course Aims and Learning Outcomes

The course is designed to provide an education and training in an integrative approach to psychological counselling and therapy to a level appropriate for safe, ethical and effective practice. It also aims to provide the opportunity for students to enhance and extend further their professional and academic development to Master's level.

- Gain a qualifying award that is accredited by the British Association for Counselling and Psychotherapy (BACP), enables graduates to apply for Registered Membership and work towards BACP individual practitioner accreditation
- Develop a sound basis for professional and ethical practice in the counselling and psychotherapy field.
- Take an active role as members of a professional community
- Enhance and extend academic and professional development to Masters degree level and contribute to professional body CPD requirements.

The course is divided into two parts. The first two years are the BACP Accredited Training Course and students can exit at that point with a Postgraduate Diploma in Counselling & Psychotherapy. The third year is a research year, which involves the design, implementation and writing up of a practice-based research project, and leads to the award of MA Counselling & Psychotherapy. Students who have completed the equivalent of a PGDip in Counselling and/or Psychotherapy elsewhere (including a minimum of 100 hours supervised practice) can apply to enter the course for the third year.

What you will learn:

### **Knowledge**

- In depth understanding of the factors which contribute to positive outcomes in counselling and psychotherapy based on contemporary research
- In-depth knowledge of a transtheoretical integrative process model
- Working knowledge of a variety of theoretical models.
- Context of counselling and psychotherapy in contemporary society including ethical and non-discriminatory practice.
- Knowledge of psychological theory as it can be applied in counselling and psychotherapy settings.
- Common client presenting problems

### **Thinking skills**

- Reflective and critical thinking
- Critical evaluation of research and research methods relevant to counselling and psychotherapy
- Resolving or reconciling theoretical contradictions
- Resolving or managing ethical dilemmas
- Have engaged in the necessary personal development in order to practice as professional counsellors

### **Subject-Based Practical skills**

- To develop therapeutic relationships founded on the qualities of empathy, acceptance and genuineness
- To produce clinical formulations and related therapeutic plans in collaboration with clients; which are in tune with clients' understanding of themselves, the process of change, and the goals and tasks of therapy.
- To use a wide range of therapeutic interventions appropriate to the core model.
- To work effectively with clients.
- To make appropriate use of clinical supervision
- To manage own case load

### **Skills for life and work (general skills)**

- To establish effective working relationships
- To work both independently and as part of a team
- Problem-solving
- Communication and presentation skills
- Making written and oral reports
- Self appraisal and setting personal learning goals
- Self presentation as secure, non-defensive and confidence-inspiring

## Learning and Teaching

### **Knowledge is developed through**

- Workshops
- Lectures
- Seminars
- Private reading/study

### **Thinking skills are developed through**

- Supervision groups
- Discussion in workshops
- Written assignments
- Reflection on practice/experience

### **Practical skills are developed through**

- Workshops
- Skills training labs
- Supervision groups
- Clinical placement management
- Professional Log recording

### **Skills for life and work (general skills) are developed through**

- Workshops
- Skills training
- Clinical placement
- Independent Study
- Peer support groups
- Giving and receiving feedback
- Self appraisal, self presentation
- Open Circle and Course Community meetings

## Assessment

### **Knowledge is assessed by**

- Essays
- Presentations
- Process reports

### **Thinking skills are assessed by**

- Essays
- Presentations
- Journal
- Viva
- Professional Log recording
- Systematic Case Study

### **Practical skills are assessed by**

- Core skills practicum
- Process report: audio tape analysis and evaluation
- Video presentation and commentary
- Supervisor's reports
- Placement reports

**Skills for life and work (general skills) are assessed by**

- Presentations
- Journal
- Clinical placement report
- Practical skills assessment

Students with disabilities and/or particular learning needs should discuss assessments with the Course Leader to ensure they are able to fully engage with all assessment within the course.

## Work or Study Placements

### Requirements

For the award of the Postgraduate Diploma you have to complete a **minimum of 100 hours** of client work. This means formal and explicit contracts to work with clients on their own agenda. Only when both the counsellor and the client explicitly agree to enter into a counselling relationship does it become 'counselling' rather than the use of 'counselling skills' (BACP 1998).

You are recommended to **aim** to complete 20 hours client work in Year One, and a minimum of 50 hours in Year Two. This means roughly 3 hours counselling each week, starting at the beginning of the second semester. Client work is obviously undertaken outside the course timetabled course. You may already be counselling when you start the course (on the basis of previous training undertaken) and if so you may count any client work hours you undertake in the first semester towards the 100 hours provided you have formal supervision to BACP standards and your supervision arrangements are approved by the Course Leader. However, client work normally starts in the second semester. Some students do not feel ready to begin seeing clients or are unable to secure an appropriate placement until Year 2. The course regulations allow you the possibility of a further year after the completion of the taught elements of the Postgraduate Diploma to complete your 100 hours client work and become eligible for the award, should this be necessary.

## Course Structure

All courses are credit-rated to help you to understand the amount and level of study that is needed.

One credit is equal to 10 hours of directed study time (this includes everything you do e.g. lecture, seminar and private study).

Credits are assigned to one of 5 levels:

- 3 Equivalent in standard to GCE 'A' level and is intended to prepare students for year one of an undergraduate degree course.
- 4 Equivalent in standard to the first year of a full-time undergraduate degree course.
- 5 Equivalent in standard to the second year of a full-time undergraduate degree course.
- 6 Equivalent in standard to the third year of a full-time undergraduate degree course.
- 7 Equivalent in standard to a Masters degree.

Courses are made up of modules that are each credit weighted.

The module structure of this course:

<b>Level</b>	<b>Module Code</b>	<b>Module Title</b>	<b>Credit Weighting</b>	<b>Core/Option</b>	<b>Available by Distance Learning? Y/N</b>
Year 1					
7	GC7211	Self, Skills and Theory 1 (Mental Wealth)	30	Core	N
7	GC7212	Self, Skills and Theory 2	30	Core	N
Year 2					
7	GC7213	Integration and Application 1	30	Core	N
7	GC7214	Integration and Application 2	30	Core	N
Year 3					
7	GC7404	Research Methods 1	30	Core	Y
7	GC7405	Research Methods 2	30	Core	Y

*Please note: Optional modules might not run every year, the course team will decide on an annual basis which options will be running, based on student demand and academic factors, in order to create the best learning experience.*

Additional detail about the course module structure:

Students must complete 60 credits each year in the form of two 30 credit modules. For the PGDip, one module is taken in Term 1 from September to January, and one in Term 2 from February to May. All Modules are core modules and therefore must be taken. Formal teaching on these modules is from 2pm – 8pm one day per week, and also includes a minimum of 3 Saturday workshops in each year.

For year 3 (MA top-up) Research Methods 1 is studied in Term 2 of one academic year, and Research Methods 2 in term 1 of the following year. This enables students completing the PGDip to have a period of consolidation for their practice before beginning the research year, and to have the summer period between year 3 modules to gather data. These modules involve a higher proportion of independent learning and formal teaching is scheduled for one afternoon approximately every three weeks. The year 3 modules only are also available by distance learning.

A core module for a course is a module which a student must have passed (i.e. been awarded credit) in order to achieve the relevant named award. An optional module for a course is a module selected from a range of modules available on the course.

The overall credit-rating of this course is 120 credits for the PGDip and 180 credits for the MA. If for some reason you are unable to achieve this credit you may be entitled to an intermediate award, the level of the award will depend on the amount of credit you have accumulated. You can read the University Student Policies and Regulations on the UEL website.

## Course Specific Regulations

The Award of PGDip Counselling & Psychotherapy will only be made once candidates have achieved the required UEL credits **and** successfully completed the BACP requirement of 100 supervised practice hours.

## Typical Duration

This course is only available part-time. The PGDip begins in September and is normally completed in June of the following academic year (21 months). The MA top-up year then begins in January of the following academic year and is completed in January following (12 months).

The time limit for completion of a course is four years after first enrolment on the course.

## Further Information

More information about this course is available from:

- The UEL web site ([www.uel.ac.uk](http://www.uel.ac.uk))
- The course handbook
- Module study guides
- UEL Manual of General Regulations (available on the UEL website)
- UEL Quality Manual (available on the UEL website)
- School web pages
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All UEL courses are subject to thorough course approval procedures before we allow them to commence. We also constantly monitor, review and enhance our courses by listening to student and employer views and the views of external examiners and advisors.

Additional costs:

Students are required to demonstrate a commitment to personal development as part of their participation on the course, and this could involve some additional expense such as engagement with personal therapy. In addition, depending on placement arrangements, they may be required to pay for external supervision in addition to the (free) supervision provided as part of the course sessions. Together, this could amount to in the region of £2000 during the PGDip depending on individual arrangements and requirements.