

COURSE SPECIFICATION

Course Aim and Title	<i>BSc (Hons) Counselling</i>
Intermediate Awards Available	DipHe, CertHe
Teaching Institution(s)	UEL
Alternative Teaching Institutions (for local arrangements see final section of this specification)	N/A
UEL Academic School	Psychology
UCAS Code	B941
Professional Body Accreditation	British Association of Counselling and Psychotherapy (BACP)
Relevant QAA Benchmark Statements	QAA Subject benchmark statement. Counselling and Psychotherapy (2013)
Additional Versions of this Course	BSc Counselling Studies (non BACP accredited)
Date Specification Last Updated	March 2019

Course Aims and Learning Outcomes

This course is designed to give you the opportunity to:

- Gain resilience in order to provide a safe and ethical practice for a diverse range of clients
- Create deep reflective practice
- Obtain critical thinking towards personal well-being and professional development

What you will learn:

All learning outcomes are covered in the course's Single Honours route as this is a professional training with strict adherence to the BACP training curriculum guidelines and Higher Education requirements across the statutory benchmarks for the UK.

Knowledge

- Critical awareness of a variety of theoretical models and counselling approaches as practiced within Integrative and Pluralistic Models
- Critical awareness of the context of counselling in contemporary society including ethical and non-discriminatory practice

- Knowledge of psychological theory as it can be applied to counselling with a range of common client presenting issues

Thinking skills

- Reflective thinking and critical evaluation of research
- Problem-solving and resolving ethical dilemmas
- Exploring theoretical integration and resolving or reconciling contradictions

Subject-Based Practical skills

- To work effectively with clients using a wide range of therapeutic interventions appropriate to the client and context
- To produce clinical formulations and related therapeutic plans in collaboration with clients
- To be accountable for own practice and decision-making with the support of supervision

Skills for life and work (general skills)

- To establish effective, professional working relationships demonstrating strong communication skills
- The capacity to tolerate the process of challenge, self-reflection and change through self appraisal and setting personal learning goals
- Self-presentation as secure, self-aware, non-defensive and confidence-inspiring

Learning and Teaching

Knowledge is developed through

- Guided reading
- Knowledge-based activities with feedback
- In-class discussions and activities

Thinking skills are developed through

- Reflective activities with feedback
- In-class discussions and activities

Practical skills are developed through

- Skills-practice activities with feedback
- Research skills-based activities with feedback

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

- Personal and professional development activities including process groups
- Placement planning activities with feedback
- Class activities including debates and presentations

Assessment

Knowledge is assessed by

- Coursework

Thinking skills are assessed by

- Case studies
- Coursework

Practical skills are assessed by

- Skills-analysis and other reports

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

- Coursework
- Group work

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

In Level 5 and 6 of the course some modules will include Counselling Practice and Development which support students during supervised counselling practice placements (GC5803; GC6801). Placements will be with a provider of counselling services, to be obtained by students, in order to gain 100 supervised client work hours. The course's Clinical Director will offer systematic and strategic support to the students in their efforts of locating and securing a suitable clinical placement.

For the award of the BSc (Hons) Counselling, students will have to show evidence of completion of a minimum of 100 hours of supervised clinical practice (exclusive of missed sessions) with clients (up to 50% of whom may be CYP provided students have completed the relevant training – see above). It is expected that the majority (ideally all) of these hours will be completed by the end of the GC6803 Clinical Practice and Supervision module, but it is recognised that in certain circumstances some students may not manage to complete all of their client hours within the time available. In this case, the student's award will be withheld until completion of required number of clinical hours.

Students will need to meet this requirement by September of the following academic year from completion of the course without any added financial requirements. During this extension period, students will have access to the University's Student Support Service and other Facilities.

Students who do not meet the 100 hours of clinical practice &/or 40 hours of personal therapy requirements within this timeframe will be awarded a BSc

Counselling Studies Degree to recognise the completion of their academic requirements.

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:

Level	Module Code	Module Title	Credit Weighting	Core/Option	Available by Distance Learning? Y/N
4	GC4801	Core Counselling Skills and Processes	20	Core	N
4	GC4802	Personal Development and Professional Life (Mental Wealth)	20	Core	N
4	PY4005	Researching with Small Samples	20	Core	N
4	GC4803	Person-Centred Counselling	20	Core	N

4	GC4805	Professional Development and Ethical Practice	20	Core	N
4	PY4006	Researching with Larger Samples	20	Core	N
5	GC5801	Readiness to Practice (Mental Wealth)	20	Core	N
5	GC5802	Psychodynamic Counselling	20	Core	N
5	GC5805	Research Methods	20	Core	N
5	GC5806	Life Span Development (Children and Young People)	20	Core	N
5	GC5807	Life Span Development (Adulthood and Later Life)	20	Core	N
5	GC5804	Cognitive Behavioural Therapy	20	Core	N
6	GC6801	Becoming a Competent Practitioner (Mental Wealth)	20	Core	N
6	GC6804	Research Dissertation	40	Core	N
6	GC6803	Clinical Practice and Supervision	20	Core	N
6	GC6805	The Integrative Practitioner	20	Core	N
6	GC6802	Existential Counselling	20	Option	N

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:

Additional Level 6 Option module(s) will be offered from the BSc Psychology course.

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 360 credits. 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

For the award of the BSc (Hons) Counselling, students will also have to show evidence of completion of a minimum of 100 hours of supervised practice (exclusive of missed sessions) and at least 40 hours of personal therapy, offered by a practitioner who meets the requirements set by the course. It is recognised that in certain circumstances some students may not manage to complete all of their client hours within the time available. Provided that they have achieved sufficient hours within the modules to complete the assessment tasks and meet the assessment criteria, students can pass these modules.

If, at the completion of the taught modules, such students have not accumulated the required number of client hours, the award of BSc (Hons) Counselling will be withheld until completion of required number of clinical hours. Students will need to meet this requirement by September of the following academic year from completion of the course without any added financial requirements. Students will be awarded the BSc (Hons) Counselling Degree after they complete the above hours within the timeframe set, in addition to gaining 360 credits. Students in this position will also be required to submit evidence of supervision according to BACP standards for all of their client work.

Staff will support students in developing appropriate arrangements to enable them to manage and continue to develop during this period. Students who do not meet the 100 hours of clinical practice requirement within the timeframe set but have gained 360 credits, will be awarded a BSc Counselling Studies Degree to recognise the completion of their academic requirements.

Typical Duration

On occasion, and linked to the progression process, a student may need to take a Gap break (intermission) to enable further personal / professional development to take place. In this case the duration of the course will change accordingly. Completion of 100 client hours may also extend the time to completion of the degree.

The expected duration of this course is three years when attended in full-time mode (this is a full-time only course). On occasion, and linked to the progression process, a student may need to take a Gap break to enable further training, work-based placement or personal development to take place. In this case the duration of the course will change accordingly. Completion of 100 client hours &/or the 40 hours of personal therapy may also extend the time to completion of the degree.

The maximum duration of this course is 4 years (enrolled years; not including intermission year(s)).

Further Information

More information about this course is available from:

- The UEL web site (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
- BACP website

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:

These are indicative figures only:

£30 x 40 hours = £1,200 (personal therapy)

£2.90 x 2 (TFL return trip) = £5.8 x 45 weeks = £261 (placement travel)

£30 x 10 = £300 (external supervision / extra personal therapy hours)

BACP student membership £82

Professional Indemnity Insurance £110

Total indicative cost: £1,953

Alternative Locations of Delivery

All teaching is at UEL, but students need to be aware that once they attain readiness to practice, they will be accruing their client hours at a placement in a different location to University.