

## COURSE SPECIFICATION

Course Aim and Title	PGDip/MSc in Integrative Counselling and Coaching
Intermediate Awards Available	PGCert in Integrative Counselling and Coaching
Teaching Institution(s)	UEL
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

This course is designed to give you the opportunity to:

- Prepare for practice in the area of integrative counselling and coaching drawing on the distinctive perspective and expertise of the staff.
- Develop your potential to take an active role as members of a professional community.
- Develop an understanding of real life application of skills and theory as well as capabilities of pursuing successful, ethical and useful careers.
- Receive counselling and coaching training and enable you to use the Personal Consultancy model as the means of integrating these two.
- Explore and practice the application of integrative work.

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 Integrative Counselling and Coaching. 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 MSc in Integrative Counselling and Coaching.

What you will learn:

#### **Knowledge**

1) demonstrate your understanding and application of the core skills as well as boundaries, contracting, ending and other procedures associated with one to one practices

2) demonstrate your understanding and application as well as critically evaluate concepts, skills and interventions associated with counselling, coaching and personal consultancy

3) demonstrate critical understanding of the value and possible challenges of integration

4) demonstrate understanding of relevant research techniques and methodologies

### **Thinking skills**

5) critically evaluate literature and research in the field of one to one practices

6) identify and manage any personal issues, patterns or prejudices that might limit your effectiveness as practitioners and identify aspects for further development

7) analyse and critically evaluate your counselling, coaching and integrative work

8) reflexively correlate your experiences of practice with relevant theoretical ideas and debates

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

9) apply concepts, skills and interventions introduced in the course in your work with clients

10) establish an effective working alliance with clients and utilise counselling and coaching skills

11) recognise the importance and critically evaluate social context and other issues relevant to one to one practices

12) demonstrate that they work within the BACP Ethical Framework

13) demonstrate a competence of using counselling and coaching techniques and methods in order to work integratively

14) produce a methodologically sound research design and conduct research in this field

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

15) use self, peer and professional feedback to monitor and evaluate the progress and development and give constructive and balanced feedback to others

16) work autonomously in planning and implementing a variety of self-development activities, work through personal/professional challenges or issues and monitor your own personal functioning as well as maintain your effectiveness, resilience and ability to help clients

17) managed effectively your professional practice and work load

## Learning and Teaching

**Knowledge is developed through:**

- Workshops
- Lectures
- Seminars
- Tutorials
- Guided reading

**Thinking skills are developed through:**

- Supervision groups
- Facilitated group discussions (in workshops and seminars)
- Group and individual tutorials
- Written assignments
- Reflection on practice/experience

**Subject-Based Practical skills are developed through:**

- Workshops
- Skills training labs
- Facilitated group supervision
- Group and individual tutorials

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

- Seeking and working in placements
- Workshops
- Skills training
- Independent Study
- Giving and receiving feedback
- Self appraisal, self presentation
- Planning activities (e.g. recording of sessions)
- Group and individual tutorials

## Assessment

**Knowledge**

- Counselling extended essay
- Research proposal

**Thinking skills**

- Personal journal
- Present and discuss social context relevant to one to one practices

**Subject-Based Practical skills**

- Critical reflective coaching log of minimum of 12 hours of coaching practice
- Video of a session / viva
- Video of one 20-30 minute coaching session based on advanced preparation and planning
- Case study

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

- Professional log
- Professional journal article on the basis of research dissertation undertaken

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:

Level	Module Code	Module Title	Credit Weighting	Core/Option	Available by Distance Learning? Y/N
Year 1					
7	GC7604	Core Counselling Theory and Practice (Mental Wealth)	30	Core	N
7	GC7605	Counselling Application	30	Core	N
Year 2					
7	GC7606	Evidence-based Coaching as part of Integrative Practice	30	Core	N
7	GC7603	Personal Consultancy	30	Core	N
Year 3					
7	GC7404	Research Methods 1	30	Core	N
7	GC7405	Research Methods 2	30	Core	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:

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 4pm – 8pm one day per week, plus 5 Saturdays from 10pm – 6pm per module.

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.

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 MSc. 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 Integrative Counselling and Coaching 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 MSc 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.