

BSc (Hons) in Counselling (Top-up)

Programme Specification



1. Programme title	<i>BSc Hons in Counselling (Top up)</i>
2. Awarding institution	Middlesex University
3a. Teaching institution	<i>Activate Learning (Guildford College)</i>
3b. Language of study	<i>English</i>
4a. Valid intake dates	<i>September</i>
4b. Mode of study	<i>F/T</i>
5. Professional/Statutory/Regulatory body	N/A
6. Apprenticeship Standard	N/A
7. Final qualification(s) available	<i>BSc (Hons) in Counselling</i> <i>BSc (Hons) in Counselling (Ordinary Degree)</i>
8. Year effective from	September 2022

9. Criteria for admission to the programme

A Foundation degree in Counselling or Level 5 Counselling Diploma, or equivalent.

In addition, applicants will need to have completed 450 hours of counselling training, a minimum of 100 hours of supervised counselling practice and 60 hours of personal counselling.

10. Aims of the programme

The BSc (Hons) in Counselling (top-up) has been specifically designed for practising counsellors already qualified to diploma or foundation degree level and working in paid employment, private practice or a voluntary setting. It provides a unique opportunity for counsellors to deepen their understanding of counselling theory and practice, to gain more understanding of client issues and how to work with them, undertake a research

10. Aims of the programme

project on a research question of their own choosing and gain a degree at the same time. It also provides a forum where counsellors from a variety of orientations and backgrounds will be able to share information and experience to their mutual advantage. Employers are increasingly asking for counsellors with a degree in counselling, or with BACP accreditation or both. Graduates also progress to postgraduate programmes or go on to more specialised training, i.e. in couples counselling, drug and alcohol addiction or working with children and adolescents.

Specifically, the aims of the programme are:

- To expand students' appreciation and understanding of a range of counselling approaches other than the one in which they have completed their training.
- To develop students' ability to critically reflect on the particular nature of their clinical practice in light of their individual training and personal experiences and their responses to these.
- To enable students to understand the ways in which they can respond effectively in their clinical practice to the demands of working in particular settings and cultural contexts.
- To develop students' knowledge and understanding of the BACP Ethical Framework as an example of a relevant professional ethical policy
- To develop students' engagement with systematic research in counselling by fostering their critical understanding of relevant research methods and enabling them to undertake a suitable research project in an area of personal interest.
- To foster students' self-awareness of their current capacities as counsellors and identify future continuing professional development possibilities in support of their professional aspirations.
- To enable students with the appropriate capacities to achieve a graduate-level award in counselling, enhancing their opportunities to secure future employment and training at levels that they may have found hard to access as non-graduates.

11. Programme outcomes*

A. Knowledge and understanding

On completion of this programme the successful student will be able to

- **A1** Critically review key theoretical concepts and principles that underpin each of three counselling meta-modalities (Psychodynamic; Humanistic; Cognitive - Behavioural) and the strengths and weaknesses of integrative and eclectic approaches to counselling in theory and practice.
- **A2** Understand and apply the complex tension that exists between

Teaching/learning methods

Students gain knowledge and understanding through lectures, group seminars, independent study, clinical case discussion groups and open discussions in facilitated peer-group meetings, all reinforced through the experience of ongoing clinical practice.

Assessment methods

Students' knowledge and understanding is assessed by a range of professionally relevant methods, including theory-focused essays, case studies, accounts of practice based on self-reflection, oral presentations

<p>11. Programme outcomes*</p> <p>counselling theory and counselling practice</p> <ul style="list-style-type: none"> • A3 Evaluate the BACP Ethical Framework, as an example of a relevant professional ethical policy • A4 Critically review the Research methods relevant to understanding questions posed by counsellors and the strengths and weaknesses of these in epistemological terms • A5 Understand the ways in which privilege can impact in therapeutic relationships and ways in which counsellors can respect diversity and foster equality in their clinical work • A6 Demonstrate how the nature of working in different settings and being a member of a community of practitioners in different roles can impact clinical practice 	<p>of clinical material and a counselling research project.</p> <p>It is taught across three terms.</p>
<p>B. Skills</p> <p>On completion of this programme the successful student will be able to:</p> <p>Intellectual skills</p> <ul style="list-style-type: none"> • B1 Apply relevant theories and principles to counselling practice • B2 Use of a range of skills to identify, understand and evaluate theories, ideas, and research from multiple sources • B3 Develop and present a persuasive argument drawing upon appropriate evidence, literature, and theories • B4 Analyse own skill levels and development of competence. <p>Subject Practical Skills</p> <ul style="list-style-type: none"> • C1 Work effectively as a counsellor in a manner that considers clients' needs, work settings and individual practitioner competence • C2 Make appropriate and ongoing use of self-reflection and extra-personal sources of support to monitor and develop practice (personal therapy, when appropriate; formal supervision; 	<p>Teaching/learning methods</p> <p>Students develop their intellectual and subject practical skills through engagement in case discussion groups and tutor-facilitated open-discussion groups, but the primary site of development will be students' ongoing clinical practice. Subject practical skills may be modelled explicitly by clinical tutors in the progress of their teaching in various group contexts. Assessment will include formative and summative elements.</p> <p>Assessment methods</p> <p>Intellectual and subject practical skills will be assessed as they are recorded in case studies (oral and written), accounts of practice based on self-reflection, the counselling research project and the placement supervisor's report. It is not the intention of this programme to assess counselling skills directly (for instance, through requiring the submission of video-taped examples of actual practice or class role-plays).</p>

11. Programme outcomes*

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| clinical case discussions; engagement with theory and research)
• C3 Evaluate clinical practice considering relevant ethical expectations and maintain appropriate professional conduct. | |
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12. Programme structure (levels, modules, credits and progression requirements)**12.1 Overall structure of the programme**

Term 1	Term 2	Term 3
BSC 3003 Research Proposal (15 Credits)		
BSC 3001 Personal and Professional Development in Practice (30 Credits)		
	BSC 3002 Research Informed Practice (45 Credits)	
BSC 3004 Theory in Practice (30 Credits)		

12.2 Levels and modules

Level 6

COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take all of the following: <ul style="list-style-type: none"> • Personal and Professional Development in Practice • Research informed Practice • Research Proposal • Theory in Practice 	No optional modules are available for this programme.	

12.3 Non-compensatable modules

Module level	Module code
All	All

13. Information about assessment regulations

This programme will run in line with general University Regulations:

<https://www.mdx.ac.uk/about-us/policies>

14. Placement opportunities, requirements, and support (if applicable)

Students will be required to complete 80 supervised client practice hours as part of the programme. They will also be required to be in personal therapy for a minimum of 60 hours during the programme.

15. Future careers / progression

Having successfully achieved the BSc (Hons) in Counselling, it is envisaged that many students will seek employment in the counselling field, including setting up in private practice and/or progress to postgraduate study.

16. Particular support for learning

Activate Learning provides a wide range of services to support the needs of higher education students, which includes:

- Activate Learning provides a fully inclusive study support service for any student who has additional learning requirements, which is provided by a team of HE Study Support Tutors.
- Tutorial support provides students with the opportunity to discuss their progress on a 1:1 basis and as part of small group discussions.
- The Group's counselling and wellbeing service provides a free and confidential service to all students.
- Activate Learning provides a means-tested maintenance bursary of £1,000 per year and offers students the opportunity to apply for additional funding to support their study through both a study support and/or hardship fund.

17. HECOS code

100495

18. Relevant QAA subject benchmark(s)

QAA Subject benchmark statement –
Counselling and Psychotherapy
https://www.qaa.ac.uk/docs/qaa/subject-benchmark-statements/subject-benchmark-statement-counselling-psychotherapy.pdf?sfvrsn=fde2f781_10

19. Reference points

QAA Quality Code

<https://www.qaa.ac.uk/quality-code>

BACP Ethical Framework

<https://www.bacp.co.uk/events-and-resources/ethics-and-standards/ethical-framework-for-the-counselling-professions/>

BACP Course Accreditation

<https://www.bacp.co.uk/media/1502/bacp-course-accreditation-criteria.pdf>

Occupational Standard for Counselling

<https://ahpp.org.uk/national-occupational-standards/>

20. Other information

Additional costs associated with studying the BSc (Hons) in Counselling:

- Membership of a relevant professional body i.e. BACP student membership £82 per year (optional)
- Supervision at clinical placement may be free for certain agencies but could cost £50 per hour for approximately 30 hours
- Personal therapy from approximately £30 to £45 per hour is recommended but not compulsory
- Indemnity Insurance may be free for certain agencies but could cost on average £50 in total
- Travel expenses to/from placement, therapy, and supervision venues
- Books, workshops, or seminars would also be an additional optional cost, as would any IT or stationery costs.

Please note programme specifications provide a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve if s/he takes full advantage of the learning opportunities that are provided. More detailed information about the programme can be found in the rest of your programme handbook and the university regulations.

Curriculum map for BSc (Hons) in Counselling (top-up)

This section shows the highest level at which programme outcomes are to be achieved by all graduates, and maps programme learning outcomes against the modules in which they are assessed.

Programme learning outcomes

Knowledge and understanding	
A1	The key theoretical concepts and principles that underpin each of three counselling meta-modalities (Psychodynamic; Humanistic; Cognitive - Behavioural) and the strengths and weaknesses of integrative and eclectic approaches to counselling in theory and practice.
A2	The complex tension that exists between counselling theory and counselling practice
A3	The BACP Ethical Framework, as an example of a relevant professional ethical policy
A4	Research methods relevant to understanding questions posed by counsellors and the strengths and weaknesses of these in epistemological terms.
A5	The ways in which privilege can impact in therapeutic relationships and ways in which counsellors can respect diversity and foster equality in their clinical work.
A6	The nature of working in different settings and being a member of a community of practitioners in different roles.
Intellectual Skills	
B1	The application of theories and principles to counselling practice
B2	The use of a range of skills to identify, understand and evaluate theories, ideas, and research from multiple sources
B3	The ability to develop and present a persuasive argument drawing upon appropriate evidence, literature, and theories.
B4	Analysis of own skill levels and development of competence.
Subject Skills	
C1	Work effectively as a counsellor in a manner that considers clients' needs, work settings and individual practitioner competence.
C2	Make appropriate and ongoing use of self-reflection and extra-personal sources of support to monitor and develop practice (personal therapy, when appropriate; formal supervision; clinical case discussions; engagement with theory and research)
C3	Evaluate clinical practice considering relevant ethical expectations and maintain appropriate professional conduct.

Programme outcomes												
A1	A2	A3	A4	A5	A6	B1	B2	B3	B4	C1	C2	C3
Highest level achieved by all graduates												
6	6	6	6	6	6	6	6	6	6	6	6	6

Module Title	Module Code by Level	A1	A2	A3	A4	A5	A6	B1	B2	B3	B4	C1	C2	C3
Personal and Professional Development in Practice.	BSC3001	X	X	X		X	X				X	X	X	X
Research Informed Practice	BSC3002				X			X	X	X			X	X
Research Proposal	BSC3003				X			X	X	X				
Theory in Practice	BSC3004	X						X	X	X				X