Course Specification

Course Summary Information		
1	**Course Title**	MSci Psychology and Counselling
2	**Course Code**	UM0050
3	**Awarding Institution**	Birmingham City University
4	**Teaching Institution(s)** (if different from point 3)	
5	**Professional Statutory or Regulatory Body (PSRB) accreditation** (if applicable)	British Psychological Society (BPS) British Association for Counselling and Psychotherapy (BACP)

6	**Course Description**
	The MSci Psychology and Counselling is a 4-year full time or equivalent course made up of a set combination of modules from the BSc (Hons) Psychology and Counselling and a further 1-year full time or equivalent course. The 3-year BSc (Hons) Psychology and Counselling course meets the British Psychological Society (BPS) requirements for accreditation, and the four-year course meets the requirements which enable students to apply for individual registration with the British Association of Counselling and Psychotherapy (BACP). Successful graduates of the MSci Psychology and Counselling are therefore able to practice or obtain employment as BACP registered counsellors, and / or to proceed to further BPS accredited training and qualifications. BACP specify the need for an entry interview for students on professional counselling courses. All students will register on the BSc (Hons) Psychology and Counselling in the first instance. Students wishing to proceed to the MSci will be advised of the required course structure and the course team will monitor their progress throughout the course. Application to transfer to the MSci will be made at the end of year 2 of the BSc, and applicants will be invited to a formal interview at the start of year 3 of the BSc. Successful candidates will transfer to the MSci and will be supported to begin preparing for the required professional practice components. All modules on the professional four-year BSc (Hons)/MSci Psychology and Counselling pathway are core. This is to enable students to meet the professional requirements for both BPS and BACP accreditation. Students who wish to apply to proceed to the MSci need to successfully complete the core modules of the BSc (Hons) Psychology and Counselling together with and the following optional modules: Year 2: PSY5080 Psychopathology; Year 3: PSY6112 Counselling Ethics and PSY6134 Counselling Skills 2. **What's covered in the course?** All the modules during the 4th year of the MSci year focus of counselling theory, practice and professional issues. In addition to modules focussing on theory, practice, mental health and distress, ethics and contextual issues, students will complete two 20 credit professional practice modules which monitor all practice components. This includes a clinical practice placement of at least 100 hours, course-based supervision and personal therapy. Personal therapy is a required part of the course but is not included in course hours or costs. Students will be required to undertake 30 hours of personal therapy with course approved therapists. Students will be clearly advised of the additional personal therapy cost component at the start of the BSc (Hons) Psychology and Counselling.

7	Course Awards		
7a	**Name of Final Award**	**Level**	**Credits Awarded**
	Integrated Master of Science Psychology and Counselling	7	480
	Integrated Master of Science Psychology and Counselling with Placement Year	7	600
7b	**Exit Awards and Credits Awarded**		
	Bachelor of Science with Honours Psychology and Counselling	Level 6	360
	Bachelor of Science with Honours Psychology and Counselling with Placement Year	Level 6	480
	Bachelor of Science Psychology and Counselling	Level 6	300
	Diploma in Higher Education Psychology and Counselling	Level 5	240
	Certificate in Higher Education Psychology and Counselling	Level 4	120

8	Variations from the University Regulations
	This course has approved variations to the University's Academic Regulations. These can be accessed via the student contract page: https://www.bcu.ac.uk/student-info/student-contract

9	Delivery Patterns		
Mode(s) of Study	**Location(s) of Study**	**Duration of Study**	**Code(s)**
Full Time	City Centre	4 years	UM0050
Full Time with Placement Year	City Centre	5 years	TBC

10	Entry Requirements
	The admission requirements for this course are stated on the course page of the BCU website at https://www.bcu.ac.uk/.

11	**Course Learning Outcomes**
Knowledge and Understanding	
1	Synthesise a legal and ethical framework for personal counselling practice based on the critical appraisal of relevant legislation, ethical codes and principles and contextual factors
2	Devise a personal integrative model for practice based on a critical evaluation of clinical theory research and practice
3	Apply theory to practice via the critical appraisal of practical case formulation integrating client need, contextual factors, evidence from research and theoretical understanding
4	Demonstrate a comprehensive understanding of the nature, process, potential and dynamics of the therapeutic relationship
5	Demonstrate a critical perspective on the signs and symptoms of mental distress, the impact of the philosophy of dualism on individual well-being and of diagnostic processes and medical treatments
6	Maintain a critical awareness of issues of diversity and human rights, irrespective of gender, age, ethnicity, national or ethnic origin, culture, class, ability, sexual orientation, religion and belief
7	Synthesise novel solutions based on the critical appraisal of complex and frequently competing ideas
8	Critique concepts, innovations and trends at the forefront of the discipline of counselling on the basis of own experience, research and advanced scholarship
9	Demonstrate skills of advanced analysis and evaluation in the development and dynamic application of case formulation processes to manage clinical case work
10	Demonstrate discernment and critical decision making in the application of ethical codes and principles to manage the range of ethical dilemmas that can arise in clinical practice.
11	Demonstrate the ability to think systematically by recognising interactions between factors and appreciating the range of possible outcomes resulting from individual interventions
Skills and other attributes	
12	Integrity and self-awareness in the application of ethical principles to own skills, limitations and levels of emotional resilience through the appropriate use of supervision, personal therapy and other professional support processes
13	Commitment to lifelong, personal and professional growth and development and the development of new skills to meet the needs of changing times and contexts
14	Demonstrate the required level of competence in therapeutic practice, including the establishment and maintenance of an effective professional relationship and the application of therapeutic interventions appropriate to individual needs and abilities
15	Professionalism in the management of session parameters, including all aspects of placement, supervision, clinical contract management and onward referral procedures
16	Successfully manage all stages of the clinical process from referral through assessment, therapeutic contracting and planning, session management and therapeutic decision making, outcome monitoring and ending
17	Participate effectively with other professionals and within multidisciplinary teams to maximise therapeutic outcomes as appropriate
18	Communicate effectively both orally and in writing across a range of audiences and contexts
19	Demonstrate levels of self-awareness, maturity and stability appropriate for a professional counselling practitioner
20	Accept feedback non-defensively and apply effectively as appropriate
21	Use supervision effectively to support clinical practice and develop professional competencies
22	Recognise and work within own limits of competence
23	Be able to seek utilise appropriate personal and professional sources of support
24	Competence in generic professional skills, including literacy, numeracy, information technology, administrative skills, self- management skills, communication and interpersonal skills
25	Appropriate awareness, sensitivity and inclusivity in all areas of diversity and difference

12	**Course Requirements**

12a **Level 4:**

In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):

Module Code	Module Name	Credit Value
PSY4047	Doing Psychological Research 1	20
PSY4049	Perspectives within Psychology	20
PSY4053	Foundations for Counselling 1	20
PSY4050	Doing Psychological Research 2	20
PSY4054	Counselling Theories	20
PSY4051	Psychology in Practice	20

Level 5:

In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):

Module Code	Module Name	Credit Value
PSY5073	Social, Cultural and Community Psychology	20
PSY5074	Lifespan Psychology	20
PSY5082	Foundations for Counselling 2	20
PSY5075	The Human Brain: Biological and Cognitive Psychology	20
PSY5076	Research Methods and Analysis in Psychology	20
PSY5080	Psychopathology	20

Level 6:

In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):

Module Code	Module Name	Credit Value
PSY6132	Counselling Skills 1	20
PSY6120	Independent Psychology Project	40
PSY6121	Debates in Psychology	20
PSY6112	Counselling Ethics	20
PSY6134	Counselling Skills 2	20

Level 7:

In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):

Module Code	Module Name	Credit Value
PSY7084	Starting Out in Counselling Practice	20
PSY7087	Professional Counselling Practice	20
PSY7085	Applying Theory to Practice in Counselling	20
PSY7086	Legal and Ethical Applications of Counselling	20
PSY7088	Working with Adverse Childhood Experiences (ACEs), Distress and Trauma	20
PSY7089	Multidisciplinary and Diversity Issues in Counselling Practice	20

12b Structure Diagram

Full Time:

Level 4

SEMESTER ONE	SEMESTER TWO
Core PSY4047 Doing Psychological Research 1 (20 credits) PSY4049 Perspectives within Psychology (20 credits) PSY4053 Foundations for Counselling 1 (20 credits)	Core PSY4050 Doing Psychological Research 2 (20 credits) PSY4054 Counselling Theories (20 credits) PSY4051 Psychology in Practice (20 credits)

Level 5

SEMESTER ONE	SEMESTER TWO
Core PSY5073 Social, Cultural and Community Psychology (20 credits) PSY5074 Lifespan Psychology (20 credits) PSY5082 Foundations for Counselling 2 (20 credits)	Core PSY5075 The Human Brain: Biological and Cognitive Psychology (20 credits) PSY5076 Research Methods and Analysis in Psychology (20 credits) PSY080 Psychopathology (20 credits)

Level 6

SEMESTER ONE	SEMESTER TWO
Core PSY6132 Counselling Skills 1 (20 credits) PSY6120 Independent Psychology Project (40 credits AYR)	Core PSY6121 Debates in Psychology (20 credits) PSY6120 Independent Psychology Project (40 credits AYR)

PSY6112 Counselling Ethics (20 credits)	PSY6134 Counselling Skills 2 (20 credits)

Level 7

Core PSY7084 Starting out in Counselling Practice (20 credits) PSY7085 Applying Theory to Practice in Counselling (20 credits) PSY7086 Legal and Ethical Applications of Counselling (20 credits)	Core PSY7087: Professional Counselling Practice (20 credits) PSY7088 Working with Adverse Childhood Experiences (ACEs), distress and trauma (20 credits) PSY7089 Multidisciplinary and Diversity Issues in Counselling Practice (20 credits)

13 Overall Student Workload and Balance of Assessment

Overall student *workload* consists of class contact hours, independent learning and assessment activity, with each credit taken equating to a total study time of around 10 hours. While actual contact hours may depend on the optional modules selected, the following information gives an indication of how much time students will need to allocate to different activities at each level of the course.

- *Scheduled Learning* includes lectures, practical classes and workshops, contact time specified in timetable
- *Directed Learning* includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning
- *Private Study* includes preparation for exams

The *balance of assessment* by mode of assessment (e.g. coursework, exam and in-person) depends to some extent on the optional modules chosen by students. The approximate percentage of the course assessed by coursework, exam and in-person is shown below.

Level 4

Workload

20% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	242
Directed Learning	298
Private Study	660
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	75%
Exam	13%
In-Person	13%

Level 5

Workload

18% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	220
Directed Learning	260
Private Study	720
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	86%
Exam	0%
In-Person	14%

Level 6

Workload

12% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	141
Directed Learning	279
Private Study	780
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	65%
Exam	13%
In-Person	22%

Level 7

Workload

21% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	252 hours
Directed Learning	330 *(incl 100 hrs placement, but excluding 30 personal therapy - required but external to the course)*
Private Study	618 hrs
Total Hours	1200 hrs

Balance of Assessment

Assessment Mode	Percentage
Coursework	67%
Exam	0%
In-Person	33%