

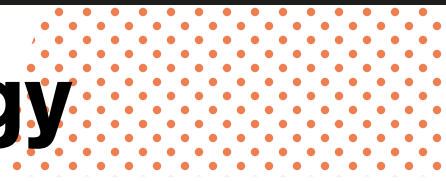


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YORK
ST JOHN
UNIVERSITY

Doctorate of Counselling Psychology

Course booklet



Counselling Psychology focuses on the application of psychological and psychotherapeutic theory and research to clinical practice. Counselling psychologists use psychological theory and research in therapeutic work to help clients with a range of mental health issues and distress.

Counselling psychologists adopt a humanistic position towards provision of a range of evidence based therapeutic modalities. These are aimed at reducing psychological distress and promoting wellbeing. They work across a diversity of health and social care environments and in independent practice.



Becoming a Counselling Psychologist

1. The first step is to complete an undergraduate degree (or master's conversion) accredited by the British Psychological Society.
2. You will also need to meet the Graduate Basis for Chartered Membership.
3. Once this has been completed, you must complete a British Psychological Society and a Health Care Professions Council (HCPC) approved postgraduate training programme.
4. On successful completion, you will be eligible to apply for practitioner registration as a Counselling Psychologist in UK.



Overview

The Doctorate of Counselling Psychology at York St John University provides a postgraduate training pathway. The 3 year, full time course includes training in:

- Psychological assessment
- Psychotherapeutic interventions
- Clinical research methods
- Ethics and professional practice
- Minimum of 450 hours of placement in clinical settings.

You will undertake modules that develop the professional skills required of leaders and supervisors and for working in diverse, multi-disciplinary teams. The course is accredited by the British Psychological Society and the Health and Care Professions Council. As a graduate you will be eligible to apply for registration as a Practitioner Psychologist.

Awarding bodies

Health and Care Professions Council (HCPC)

The Doctorate of Counselling Psychology course is accredited by the Health and Care Professions Council. The council maintains a register of professionals who meet their standards. We will make you aware of the HCPC Standards of Proficiency and such standards guide the curriculum, learning objectives and assessment in the Doctorate of Counselling Psychology course.



British Psychological Society (BPS)

The British Psychological Society is the professional body for psychology in the UK. The British Psychological Society is a registered charity representing Psychology and Psychologists in the UK. We encourage you to become familiar with their Code of Ethics and Conduct and Practice Guidelines. These guidelines structure the curriculum content learning objectives and assessment in the Doctorate of Counselling Psychology course.

To find out more about the modules for the Doctorate of Counselling Psychology, please see the course pages on the York St John University website. yorks.ac.uk/courses



The British
Psychological Society
Accredited

The Counselling Psychology team

Divine Charura

Programme Director

Divine is a member of the Health and Care Professions Council. He is also a member of the United Kingdom Council for Psychotherapy. He has worked as a clinician across the NHS, voluntary and private sectors in both inpatient and outpatient settings. He is a Professor of Counselling Psychology. His current research includes trauma across the lifespan, the therapeutic relationship and psychological interventions.

Emma Bradshaw

Senior Lecturer

Emma is a Health and Care Professions registered Counselling Psychologist. She completed the Doctorate in Counselling Psychology at Teesside University. Emma's research interests explore the links between self care and emotional wellbeing and the impact of self-compassion. She is an eye movement desensitisation reprocessing practitioner. She works with individuals who have experienced complex trauma.

Emily McGeown

Senior Lecturer

Emily is a Health and Care Professions Council Counselling Psychologist. She completed the Professional Doctorate in Counselling Psychology at City University, London. Emily currently works in independent practice and has a strong interest in issues related to attachment, trauma and emotional regulation.

Mark McFetridge

Senior Lecturer

Mark is a Health and Care Professions Council Clinical Psychologist. and an Associate Fellow of the British Psychological Society. Before joining York St John University, Mark was Senior Consultant Clinical Psychologist at the Retreat, York. He participated in a dialectical behaviour therapy informed therapeutic community. This was tailored to women who have a history of severe self harm, attachment difficulties and complex trauma.



Aims of the course

The aims of the Doctorate of Counselling Psychology at York St John University are to produce graduates who will:

- Be ethically sound, resourceful and informed practitioners
- Develop and apply models of psychological inquiry
- Appreciate the social, cultural, spiritual, political, philosophical and economic domains
- Adopt a questioning and evaluative approach to the practice, research and theory
- Communicate and apply leadership skills in professional, clinical and research contexts.

