

PROGRAMME SPECIFICATION

• **MA in Counselling and Psychotherapy (Professional Practice)**

1.	Awarding Institution	York St John University
2.	Teaching Institution	York St John University
3.	Programme(s) Accredited by (professional/statutory body)	British Association for Counselling & Psychotherapy (for Postgraduate Diploma)
4.	Faculty offering the Programme(s)	Health & Life Sciences
5.	Final Award(s)	Postgraduate Diploma in Counselling & Psychotherapy (Professional Practice) M.A. in Counselling & Psychotherapy (Professional Practice)
6.	Interim Awards	N/A
7.	Programme Title(s)	Postgraduate Diploma in Counselling & Psychotherapy (Professional Practice) M.A. in Counselling & Psychotherapy (Professional Practice)
8.	UCAS Code / GTTR / Other	N/A
9.	Approved Combinations (for Joint Honours programmes only)	N/A
10.	QAA Benchmark Group(s)	N/A
11.	Applicable to Year of Entry to the Programme(s)	2016
12.	Date Produced/Revised	April 2013, September 2014 (no change)

13.	Mode of Study
	The programme is offered in the following modes of study: Part-time: Postgraduate Diploma: normally 2 years + M.A.: 1 year

14.	Introduction and Special Features
14-a	Introduction
	The Postgraduate Diploma in Counselling & Psychotherapy (Professional Practice) constitutes the core professional training for those wishing to enter the counselling profession. This award replaces the predecessor award, 'Graduate Diploma in Counselling'. The programme comprises all the elements of professional training for counselling practitioners currently required by the British Association for Counselling and Psychotherapy for an accredited course, as outlined in its document 'Accreditation of Training Courses' (BACP, 2008). It is delivered on a two-year part-time basis to those

	<p>showing appropriate personal and professional readiness, having in mind that students are normally expected to begin the practice element of the course from the first semester of their two-year training programme. The course combines theory, skills practice, work-based practice, supervision and personal development opportunities.</p> <p>The M.A. in Counselling & Psychotherapy (Professional Practice) is intended to provide students completing the Postgraduate Diploma with the opportunity to convert their qualification to the Master's award.</p>
14-b	<p>Special features of the programme.</p> <p>The Postgraduate Diploma in Counselling & Psychotherapy (Professional Practice) constitutes the core professional training for those wishing to enter the counselling profession. The programme comprises all the elements of professional training for counselling practitioners currently required by the British Association for Counselling and Psychotherapy for an accredited course.</p>

15.	<p>Criteria for Admission</p> <p>Candidates for the Postgraduate Diploma must normally fulfil the following entry requirements.</p> <ul style="list-style-type: none"> • Possess a first degree from York St John University or any other approved university or institution of higher education or • possess a professional qualification and/or experience which is recognized by the University as equivalent of a first degree through its procedures for recognition of prior certificated or experiential learning and • Have experience of the use of counselling skills at work, in education or the helping professions or in voluntary agencies. • Be able to fulfil the supervised counselling practice requirements • Have satisfactorily completed a foundation course in counselling, normally at undergraduate Certificate level • Demonstrate the conceptual ability to engage with academic study at postgraduate level. • (Applicants whose first language is not English:) Possess IELTS band score 6.5 or its equivalent <p>Entry to the M.A. :</p> <ul style="list-style-type: none"> • Transferral from the Postgraduate Diploma to the M.A. is by completion of all the modules for the award of Postgraduate Diploma (120 credits).
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16.	<p>Programme Aims</p> <p><i>Postgraduate Diploma:</i></p> <ul style="list-style-type: none"> • To provide a framework within which those who are engaged in the helping professions and in formal support roles may explore attitudes, deepen understanding and develop practitioner competencies appropriate to specific helping situations. • To offer an opportunity to broaden and deepen the knowledge gained on foundation (normally, Certificate) level courses and to enable students to develop higher-level critical awareness of the theory and practice of counselling and psychotherapy. • To provide an appropriately supported framework within which students can engage in supervised counselling practice and work-based learning.
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	<ul style="list-style-type: none"> • To prepare students to take an active role as members of a professional community. • To comply with the accreditation criteria for counsellors, prescribed by the British Association for Counselling and Psychotherapy with regard to the training component. • To comply with the requirements stipulated by the British Association for Counselling and Psychotherapy for Accreditation of counsellor training courses. <p>M.A.</p> <ul style="list-style-type: none"> • To provide an opportunity to conceptualise, execute and present an individual research project in the field of counselling and psychotherapy. • To enable students to gain an understanding of research methods and design through the application of theory to practice. • To provide a forum in which students can engage critically and creatively with current issues and advanced scholarship in the discipline.
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17-M	YSJU Level M / NQF Level 7 / FHEQ M
17-Ma	<p><u>Level M Programme Outcomes</u> (specify subject specific learning outcomes and key skills and where an interim award is attainable)</p> <p>Students who gain the award specified will have demonstrated the following learning outcomes:</p> <p><u>Level M Programme Outcomes</u> (specify subject specific learning outcomes and key skills and where an interim award is attainable)</p> <p>Students who gain the award specified will have demonstrated the following learning outcomes:</p> <p><i>Postgraduate Diploma in Counselling & Psychotherapy (Professional Practice)</i></p> <ul style="list-style-type: none"> • Define and appraise the contributions of various theoretical approaches to counselling & psychotherapy. • Critically evaluate the theoretical base underpinning the practice of counselling and psychotherapy, including the theories of human development, origins of psychological and mental health problems and the nature of the therapeutic alliance. • Critically appraise research evidence on the effectiveness of the main counselling and psychotherapy paradigms • Discuss key aspects relating to the provision of counselling & psychotherapy in its organisational, social and cultural context. • Critique the role of collaborative and cooperative activity within the field of mental health. • Conceptualise, demonstrate and critically review the development of their own approach to therapeutic practice, with particular reference to the humanistic therapies. • Assess and evaluate their own part in personal interactions, including the ability to manage the process of change. • Demonstrate and critically appraise the skills and competences needed to work therapeutically with individuals and groups. • Demonstrate the ability to plan, implement and evaluate specific counselling strategies, appropriate to a range of client problems and settings.

- Provide evidence of well-developed awareness of ethical and professional issues in counselling & psychotherapy and of the impact of difference and diversity on the therapeutic encounter.
- Systematically reflect upon learning and practitioner experiences.
- Apply and critically evaluate appropriate understandings and use of counselling supervision.
- Apply the skills of research and rigorous inquiry to practice-based situations.
- Show evidence of the ability to draw on recent research and scholarship and current understanding of professional competence and communicate an informed awareness of the subject area
- Analyse complex professional situations from a range of perspectives and to develop an appropriately informed argument.

M.A. in Counselling & Psychotherapy (Professional Practice)

By the end of M.A. year of the programme students will additionally be able to:

- Clearly define an area of study and provide a rationale for its appropriateness for research in relation to their own areas of interest and practice.
- Design a study and select and execute appropriate research strategies.
- Interrogate a range of appropriate resources, including texts, journals and electronic data sources.
- Analyse and synthesise data relevant to the outcomes of the study.
- Compile the findings of the study into a clear and concise presentation.

17-Mb Level M Programme Structure and Content

Note: All modules are scheduled across both semesters of an academic year.

Modules for the Programme (Please list modules)

<i>Code</i>	<i>Title</i>	<i>Credits</i>	<i>Semester</i>	<i>Status of Module</i>
MID100	Counselling Theory 1	15	1 & 2	CA
MID110	Applied Counselling Skills & Competences 1	15	1 & 2	CA
MID120	Supervised Professional Practice 1	15	1 & 2	CA
MID130	Personal & Professional Development 1	15	1 & 2	CA
MID140	Counselling Theory 2	15	3 & 4	CA
MID150	Applied Counselling Skills & Competences 2	15	3 & 4	CA
MID160	Supervised Professional Practice 2	15	3 & 4	CA
MID170	Personal & Professional Development 2	15	3 & 4	CA
MID182	Research Methods	30	5	CP
MID183	Research Paper	60	6	CA

Status of Module will be either:

C: Compulsory, **CP:** Compulsory for progression to the next level, **CA:** Compulsory for award, **O:** option or **E:** elective

17-Mc

Level M Teaching and Learning and Assessment Strategies

The programme includes lectures, seminars, group work, individual and group tutorials and individual academic projects. Each year of the Postgraduate Diploma programme includes a residential weekend. There are two 'core' tutors in each year of the programme. Full participation of all participants is expected. Tutors seek to develop an atmosphere of enthusiasm, openness and trust where each person feels secure enough to engage in learning experiences which are, both personally and professionally, challenging and meaningful.

Responsibility for learning lies with the individual student. Continuous reflection upon learning experiences is encouraged through such mechanisms as the personal development group, Review Partner arrangement, and use of a course journal, all of which feature in the Postgraduate Diploma programme. Students are encouraged to be actively involved in the learning process not just by participating in activities facilitated by course tutors, but also by sharing knowledge, methods and skills with other course members, for example, in student-led workshops.

The course journal provides the Postgraduate Diploma student with a continuous means of self-monitoring, as well as information to course tutors in relation to the student's personal development. Students are advised to use the journal to set learning objectives, to evaluate the development of their own skills and knowledge and to explore ideas for making changes, both personal and professional. Students are required to complete summaries of their personal learning at the end of each term and to submit a Personal Development Profile at the end of each academic year.

M.A. students must complete MID182 Research module, consisting of seminars presenting a range of aspects of research methodologies and designs. On successful completion of MID182 students will undertake MID183, the Research Paper module. MID183 builds on the skills of research and enquiry which are embedded in the Postgraduate Diploma and MID182, deepening students' awareness of methodological and design options as they research a topic relating to counselling/psychotherapeutic practice. Students are expected to engage with more extended reading of research design texts and research journals relevant to the focus of the study, and to develop a researcher position appropriate to the area of enquiry.

The programmes are structured in a variety of ways which encourage work in small groups, e.g. (in the Postgraduate Diploma programme) skills training and peer supervision groups, where students acquire the skills of self and peer review and feedback.

It is recognised that the ethos which is created amongst the course members will powerfully affect the outcome of self and peer assessment and review procedures. For this reason tutors seek to facilitate a climate of learning characterised by genuine concern, honest and realistic expectations and understanding for individual needs and differences.

Assessment

Postgraduate Diploma in Counselling & Psychotherapy (Professional Practice)

Year 1

MID100

1. A critique of humanistic counselling and psychotherapy referring to key research contributions to the knowledge base and development of humanistic counselling and psychotherapy.

MID110

	<ol style="list-style-type: none"> 1. One video/DVD recorded presentation of a counselling interaction 2. Written evaluation of counselling competence as demonstrated in the recorded presentation. <p><u>MID120</u></p> <ol style="list-style-type: none"> 1. Supervised Practice File including Joint Learning Statements for Individual and Group Supervision and Practice Provider Statement <p><u>MID130</u></p> <ol style="list-style-type: none"> 1. Summary based on a Learning Journal 2. Joint Learning Statement (<u>Pass/Fail only</u>) <p><u>Year 2</u></p> <p><u>MID140</u></p> <ol style="list-style-type: none"> 1. Critical commentary: articulation of own practitioner approach and its relationship to theory. <p><u>MID150</u></p> <ol style="list-style-type: none"> 1. One DVD/audio recorded presentation of a counselling interaction with a client who is not a member of the course. 2. Written evaluation (1500 words) of counselling competence as demonstrated in recorded presentation. <p><u>MID160</u></p> <ol style="list-style-type: none"> 1. Supervised Practice File including Joint Learning Statements for Individual and Group Supervision and Practice Provider Statement <p><u>MID170</u></p> <ol style="list-style-type: none"> 1. Learning Journal Summary based on a Learning Journal 2. Joint Learning Statement (Pass/Fail only), <p><u>Year 3</u></p> <p><i>M.A. in Counselling & Psychotherapy (Professional Practice).</i></p> <p>Additional to the above:</p> <p>MID182 Research Proposal</p> <p><u>MID183</u> Research Paper</p>
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<p>18.</p>	<p>Progression and Graduation Requirements</p> <p>The University's general regulations for undergraduate/postgraduate awards apply to this programme.</p> <p>In addition, the following specific programme regulations apply in respect of progression and graduation:</p> <ul style="list-style-type: none"> • In order to progress to year 2 students must have successfully completed year one modules: MID100, MID110, MID120 and MID130. • In order to gain the award of Postgraduate Diploma students must have successfully completed modules MID100, MID110, MID120, MID130, MID140, MID150, MID160 and MID170.
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	<ul style="list-style-type: none"> In order to gain the award of Masters students must have successfully completed modules MID100 to MID170 and modules MID182 and MID 183. (180 credits are required for the award of Masters.)
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19.	<p>Internal and External Reference Points</p> <p>This programme specification was formulated with reference to:</p> <ul style="list-style-type: none"> University Mission Statement British Association for Counselling & Psychotherapy <p>Note: The provisions of Health Professions Council in relation to counselling/psychotherapy will be incorporated into this documentation at such time as this body is engaged by Government as the Regulatory Body for this profession.</p>
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20.	<p>Further Information</p> <p>Further information on the programme of study may be obtained from:</p> <ul style="list-style-type: none"> Admissions Entry Profile (Registry - Admissions) Programme validation document (2009) (Registry – Academic Standards) Student programme handbooks (Postgraduate Diploma//MA (Faculty) Regulations (Registry – Academic Standards) Accreditation of Training Courses (BACP, 2008)
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