Introduction and Special Features

Professional accreditation of counsellors in the U.K., as exemplified in the regulations of the British Association for Counselling and Psychotherapy (BACP), requires that the counsellor be engaged in regular supervision with a suitably trained and experienced supervisor. The Postgraduate Certificate Counsellor Supervision prepares appropriately qualified and experienced practitioners for employment as supervisors, and also for subsequent application for Individual and/or Group Counselling Supervisor Accreditation under the existing scheme of the professional body.

Those for whom the course is intended:

- Practising counsellors who wish to undertake initial training in supervision.
- Practising counsellors who are already involved in providing supervision and wish to review and update their knowledge and skills.
- Practising counsellors and supervisors who wish to work towards BACP Senior Accreditation as a Supervisor of Individuals and/or Groups.

The programme offers research-informed teaching which is delivered by experienced practitioners in the field of counselling and psychotherapy, supervision and research. York St John is a leading regional provider of counsellor supervision training and has strong links with the NHS and the Strategic Health Authority. As a student on the programme, there are additional opportunities for you to engage with practitioners studying on the Masters programme and to forge International links with other professionals. The course is structured to accommodate the needs of working professionals.

On successful completion of the Postgraduate Certificate Counsellor Supervision, there is an option for you to progress on to the MA Counselling and Psychotherapy Studies (Supervision) enabling you to convert the PG Certificate into a Master's award.

Admissions Criteria

In addition to the university’s general entry criteria for postgraduate study, candidates must satisfy the following criteria:

- Candidates for entry to the Postgraduate Certificate Counsellor Supervision must have successfully completed a recognised training course in counselling/psychotherapy to at least Diploma level 5 or an equivalent qualification.
Applicants must also possess either a good honours degree, i.e. 2:2 and above because of the demands of study at Masters' level or 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.

Applicants who do not have the traditional academic qualifications for postgraduate study, but satisfy the criteria relating to professional qualifications and experience, can be required to undertake and pass the Access module (3ID130), as part of the entry process.

Applicants should be experienced counsellors/psychotherapists who are currently practising and who have been working under supervision for a minimum of two years following their main programme of professional training and who are also able to demonstrate a significant degree of depth and breadth of experience and understanding.

Applicants will be accredited with the BACP or with another recognised governing body or they will have completed the minimum number of practice hours for accreditation eligibility.

Applicants must be able to demonstrate that they are ethical practitioners who are ready to undertake the supervisor role.

Applicants must be able to demonstrate a level of self-awareness and reflexivity appropriate to the supervisor role. This may be evidenced through personal development work either as a client in a 1-1 counselling relationship or in a group.

Applicants will be counsellors/psychotherapists who have had a range of practice experience in different settings and contexts.

All applicants must either have at least one person established in individual supervision at the time of making an application to join the course or a firm date for such supervision to have commenced by the starting date of the course. Students will be required to have more than one supervision arrangement in place over the duration of the course to meet the number of practice hours required and to gain a varied experience of supervision in order to meet the assessment criteria. **Students are responsible for securing any supervision practice that is required to meet the course requirements.** Students who have not established a supervision arrangement by the 3rd week of the course will be required to defer their studies until the following academic year.

In addition to the above requirements all course members will be expected to be under supervision for their supervision practice from an external, University approved supervisor, which the student must fund independently (this is an additional cost to the course fees).

Applicants with qualifications from outside the U.K will be considered on an individual basis.

From September 2014 candidates must be registered on the Accredited Voluntary Register (AVR) of the Professional Standards Authority (PSA). If the applicant’s first language is not English, they will need to take an IELTS test or an equivalent qualification accepted by the University (see http://www.yorksj.ac.uk/international/how-to-apply/english-language-requirements.aspx). The course requires an IELTS score of 6.5 with no component less than 5.5.

Candidates who do not have traditional qualifications may be eligible for entry on the basis of Accredited Prior (Experiential) Learning (APL/APEL). We also consider applications for entry with advanced standing.

**Programme Aims**

**The Postgraduate Certificate Counsellor Supervision aims to:**

- Explore attitudes, deepen understanding and develop skills appropriate to individual and group supervision.
- Assist students in developing an understanding of a range of supervision theories and approaches and in developing a personal, integrative approach to their supervision practice.
- Enable practitioners to extend their experience of supervised supervision within the work setting and gain a preparation for work as supervisors in organisations, voluntary settings or private practice.
• Train competent, ethical and reflective practitioners

Programme Outcomes

Level M / NQF L7
Postgraduate Certificate Counsellor Supervision:

Students who gain the award specified will have demonstrated the following learning outcomes. Upon successful completion of the course, students will be able to:

1. Define and differentiate the specific roles, tasks, functions and processes of counsellor supervision and demonstrate competency of their application in practice.
2. Critically evaluate a range of models, approaches and current research in the practice of individual and group supervision.
3. Demonstrate advanced knowledge and comprehensive understanding of both organisational and cultural contexts of counsellor supervision.
4. Synthesize a range of key theoretical and methodological approaches to supervision and articulate a sound philosophy and methodology of supervision practice.
5. Critically appraise the dynamics of the supervision relationship and analyse interactions between supervisor, supervisee and client.
6. Exhibit advanced competency and self-direction in a clearly defined range of intervention and feedback skills required for effective supervision.
7. Formulate and articulate a personally integrated approach to supervision and critically analyse and evaluate personal and professional strengths and areas for development in relation to supervision competence.
8. Demonstrate detailed conceptual understanding of and the ability to deal systematically and professionally with highly complex ethical, professional, legal issues including anti-discriminatory and anti-oppressive practice considerations.
9. Provide evidence of showing openness to and an ability to learn from constructive feedback given by peers and course tutors and use supervision of supervision effectively to develop competent, self-reflective practice.
10. Evidence the ability to implement and critically evaluate specific supervision strategies appropriate to a wide range of individual, supervisee needs.
11. Demonstrate comprehensive skills of logging, analysing and critically evaluating supervision sessions through systematic consideration of objectives, processes and outcomes.

Programme Structure

Programme content comprises:

• Theoretical Input
• Development of Individual Supervision Skills
• Development of Group Supervision Skills
• Supervision Issues, including ethics, legal issues and anti-discriminatory/anti-oppressive practice
• Supervision Practice within the Work Setting
• Professional Development of the Supervisor
### Modules for the Programme

<table>
<thead>
<tr>
<th>Code</th>
<th>Level</th>
<th>Semester</th>
<th>Title</th>
<th>Credits</th>
<th>Status of Module*</th>
</tr>
</thead>
<tbody>
<tr>
<td>MID080</td>
<td>M</td>
<td>1&amp;2</td>
<td>The Theory and Process of Supervision</td>
<td>30</td>
<td>C</td>
</tr>
<tr>
<td>MID090</td>
<td>M</td>
<td>1&amp;2</td>
<td>The Skills and practice of Supervision</td>
<td>30</td>
<td>C</td>
</tr>
</tbody>
</table>

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

The 2 modules are offered concurrently. Both modules are taught modules. Module MID090 also involves work-based learning, and includes supervision of supervision in groups facilitated by course tutors, and a minimum of seven hours of supervision of supervision from an external, University approved supervisor. Additionally, students are required to undertake a minimum of twenty hours of supervision practice in their work setting.

On successful completion of both modules, students will have the opportunity to progress on to a full M level award; the MA Counselling and Psychotherapy Studies.

### Teaching, Learning and Assessment Strategy

The teaching, learning and assessment strategy for the programme reflects the key objectives and priorities of the York St John University Learning Teaching and Assessment Strategy 2012-2015. The programme combines theoretical inputs from the tutor team with participative and experiential teaching and learning. As a member of the learning group, you are encouraged to become actively involved in the learning process, not just by participating in activities arranged by tutors, but also by sharing knowledge, methods and skills with other programme members in the taught sessions, in peer review sessions and via discussion forums on Moodle, the Virtual Learning Environment (VLE). Responsibility for learning lies with each individual student and so you are encouraged to reflect upon your experience and learning so as to develop your skills in peer and self-assessment.

Course meetings include lectures, discussion groups, skills training groups, supervision of supervision groups and peer review sessions. Staff will take responsibility for the development of a learning context which is personally and professionally challenging and meaningful. The programme allows for a balance between structure and flexibility.

It is recognized that participants usually spend only 2 days each month on the University campus, and therefore require appropriate supported learning facilities between group meetings. The Supported Open Learning element of the programme comprises supported practice of supervision in the workplace, together with guided reading and study. The University Virtual Learning Environment represents an additional tool for communication and interactive learning activities. An introduction to VLE awareness will figure as part of the initial student course induction. If support is needed with the transition to Higher Education and academic writing, then it is possible to be referred for writing development assistance on campus. Individual tutorials are also available with the supervision course tutors to provide help and formative feedback on assignments and to support the establishment and maintenance of supervisory relationships.

Assessment on the course comprises of on-going formative feedback over the duration of the course and summative assessment at the end of each module.

Formative feedback and assessment is provided by tutors verbally and/or in written form during skills practice sessions, in supervision of supervision groups and in individual tutorials. In skills practice sessions, supervision of supervision groups and at peer review meetings there are also observation and feedback systems in place that will give you and other students the opportunity to give and receive peer feedback, develop reflexivity and self-assessment skills. You will also receive regular, on-going formative feedback on your practice skills from a University approved external supervisor. Summative assessment will occur at the end of each module. Assessment
strategies include an essay assignment, a supervised practice file and a presentation of a supervision interaction undertaken with an external supervisee along with a written evaluation. The assessment strategies reflect the requirements of the learning outcomes which relate to knowledge, skills and personal and professional development.

**Progression and Graduation Requirements**

The University’s [general regulations for postgraduate awards](#) apply to this programme.

All modules must be passed for the award and these are indicated in the Programme Structure section.

On successful completion of both modules for the Postgraduate Certificate Counsellor Supervision, you will have the option to progress on to a full M level award; the MA Counselling and Psychotherapy Studies.

**Internal and External Reference Points**

The University’s [general regulations for postgraduate awards](#) apply to this programme. Any modules that must be passed for progression or award are indicated in the curriculum table.

This programme specification was formulated with reference to:

- [University Mission Statement](#) [see page two]
- [Strategic Plan 2015-20](#) [see page four]
- [QAA subject benchmark statement](#)
- [Framework for Higher Education Qualifications](#)
- University External Examiner involvement
- Professional body regulations (BACP & UKCP)
- The Competence Framework for the Supervision of Psychological Therapies (Roth & Pilling)
- The BACP Draft Supervision Curriculum

**Further Information**

Further information on the programme of study may be obtained from:

- Admissions entry profile (Admissions)
- Programme validation document (Registry – Academic Quality Support)
- Regulations (Registry – Academic Quality Support)
- Student programme handbook (Faculty of Health and Life Sciences)
- Module handbooks (Faculty of Health and Life Sciences)

*Date written / revised: 4/10/13 first entry to this version of the programme in Jan 2014*