

DEFINITIVE COURSE RECORD

Course Title	BA (Hons) Counselling (Integrative)
Awarding Bodies	University of Suffolk
Level of Award ¹	FHEQ Level 6
Professional, Statutory and Regulatory Bodies Recognition	None
Credit Structure ²	360 Credits Level 4: 120 Credits Level 5: 120 Credits Level 6: 120 Credits
Mode of Attendance	Full-time
Standard Length of Course ³	3 years full-time
Intended Award	BA (Hons) Counselling (Integrative)
Named Exit Awards	None
Entry Requirements ⁴	Typical offer: 112 UCAS Tariff points plus introductory counselling certificate
Delivering Institution(s)	University of Suffolk at West Suffolk College
UCAS Code	B940

This definitive record sets out the essential features and characteristics of the BA (Hons) Counselling (Integrative) course. The information provided is accurate for students entering level 4 in the 2019-20 academic year⁵.

Course Summary

The approach to counselling at University of Suffolk at West Suffolk College is integrative, an approach which has developed over the past half-century as a result of counselling outcomes research.

The integrative model involves drawing on a range of theories which help us to understand how human beings develop, how personality and emotional challenges emerge, and how we act in the face of universal existential issues such as freedom, anxiety, meaninglessness, guilt and death. Integration is also concerned with understanding why and how we are happy to show certain aspects of our personalities while hiding other parts. The aim of integrative counselling is to enable others to access and acknowledge all aspects of the self.

To achieve these objectives the course is divided into three general areas; firstly, the professional – students will learn about law, ethics, boundaries and other aspects of the work of a professional counsellor. Secondly, students will learn and practice new skills – at first this

¹ For an explanation of the levels of higher education study, see the [QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies \(2014\)](#)

² All academic credit awarded as a result of study at the University adheres to the [Higher education credit framework for England](#).

³ Where the course is delivered both full-time and part-time, the standard length of course is provided for the full-time mode of attendance only. The length of the part-time course is variable and dependent upon the intensity of study. Further information about mode of study and maximum registration periods can be found in the [Framework and Regulations for Undergraduate Awards](#).

⁴ Details of standard entry requirements can be found in the [Admissions Policy](#)

⁵ The University reserves the right to make changes to course content, structure, teaching and assessment as outlined in the [Admissions Policy](#).

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is class-based working in small groups, but later this will expand into working in a placement, counselling real clients. Thirdly, theoretical concepts will be offered to students who will learn how to apply them to their counselling work. Lastly, students will engage in a process of self-awareness which will support their learning and development across the course.

Course Aims

- To promote the development of the student to becoming a professional counsellor, aware of legal and ethical boundaries;
- To facilitate and promote the student's ability to self-reflect and consistently monitor their fitness to practice;
- To promote the development of the student as a reflective, flexible, independent learner with transferable skills for employment in the counselling at work and freelance sectors;
- To develop key and graduate skills and specific competence in care skills for the workplace - i.e. both organizations, including schools and colleges, and freelance practice;
- To prepare graduates to understand that learning takes place across all spheres of activity, e.g. classroom and workplace contexts;
- To provide graduates with appropriate knowledge and skills that are relevant to the regional counselling provision across service user groups and in Local Authority, NHS (both GP Practice and Hospital settings), and independent (private and voluntary) organisations, to meet local, regional, and national employment needs;
- To promote an understanding of the work sector and the part that counselling has to play in that;
- To prepare graduates to undertake counselling roles that require autonomy and assume responsibility -e.g. for appropriate disclosure or referral;
- To promote personal and employment competencies to enable the graduate to create and take opportunities for promotion and progression within the sector of workplace and freelance counselling;
- To prepare students for accreditation by British Association of Counselling and Psychotherapy and supporting them in the process of gathering the evidence needed for their applications;
- To enable students to meet the growing need for qualified counsellors in schools, charity organisations and medical settings;
- To enable students to develop their understanding and practice from an Integrative perspective;
- To support students to gain the confidence to practice in a range of settings;
- To provide a forum where counsellors from a variety of theoretical orientations and backgrounds are able to share knowledge and experience to their mutual advantage;

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- To widen participation and promote access to and further progression within higher education to professional and other awards, by individuals who are under-represented in HE;
- To create a strong foundation for lifelong learning and continuing professional development.

Course Learning Outcomes

The following statements define what students graduating from the BA (Hons) Counselling (Integrative) course will have been judged to have demonstrated in order to achieve the award. These statements, known as learning outcomes, have been formally approved as aligned with the generic qualification descriptor for level 6 awards as set out by the UK Quality Assurance Agency (QAA)⁶.

On successful completion of the BA (Hons) Counselling (Integrative) degree students will be able to:

- Effectively communicate information, arguments, and analysis of complex emotional issues, in a variety of forms to peers and professionals, in classroom and workplace contexts;
- Demonstrate competency in the use of a range of art materials, skills and theory, in order to formulate and apply an appropriate approach to working with individual clients;
- Use the qualities and skills acquired on the course in employment and progression to other qualifications requiring the exercise of personal responsibility and decision-making;
- Deliver presentations on professional issues using an appropriate range of communication technologies and presentational aids;
- Articulate with confidence and appropriate academic language, their approach to integration in counselling;
- Apply skills, knowledge and understanding of theory outside of the learning environment where they have been learned;
- Assemble, interpret and analyse evidence as a means of forming a well-articulated argument;
- Establish a professional relationship outside of the college, with a placement organisation and supervisor.

⁶ As set out in the [QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies \(2014\)](#)

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Course Design

The design of this course has been guided by the following QAA Benchmarks / Professional Standards / BACP Competency Frameworks:

- QAA Benchmarks for Counselling and Psychotherapy (2013)
- BACP Course Accreditation Scheme

Course Structure

The BA (Hons) Counselling (Integrative) comprises modules at levels 4, 5 and 6.

Module Specifications for each of these modules is included within the course handbook, available to students on-line at the beginning of each academic year.

	Module	Credits	Module Type ⁷
Level 4			
	Introduction to Counselling Theory	40	Mandatory
	Foundational Counselling Skills	40	Mandatory
	Professional Development	20	Mandatory
	Self-Awareness	20	Mandatory
Level 5			
	Post-Freudian Theories and Integration	40	Mandatory
	Integrative Counselling Skills	20	Mandatory
	Philosophical Foundations of Counselling	20	Mandatory
	Research Skills	20	Mandatory
	Self-Awareness & Personal Development	20	Mandatory
Level 6			
	Issues in the Counselling Room	20	Mandatory
	Incorporating the Arts into the Counselling Conversation	20	Mandatory
	Working as a Practitioner	20	Mandatory
	Self-Awareness & Reflective Practice	20	Mandatory
	Dissertation	40	Mandatory

Awards

On successful completion of the course, students will be awarded a BA (Hons) Counselling (Integrative).

Course Delivery

The course is delivered at the University of Suffolk at West Suffolk College. Students studying full-time on BA (Hons) Counselling (Integrative) are likely to have approximately 9 contact hours per week for levels 4, and 5, and 5 contact hours per week for level 6. The contact hours

⁷ Modules are designated as either mandatory (M), requisite (R) or optional (O). For definitions, see the Framework and Regulations for Undergraduate Awards

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will be a mix of lectures, seminar, small-group counselling practice, large-group experiential activity, student-led presentations, discussions and debates. In addition students will also be required to participate in 2/3 hours of work placement (150 hours over three years). Students will be expected to find their own placement. Students will normally be expected to undertake 20-30 hours of independent study in an average week, but should be prepared for this to vary based on assignment deadlines and class exercises.

Course Assessment

A variety of assessments will be used on the course to enable students to experience and adapt to different assessment styles. The assessment methods used will be appropriate to assess each module's intended learning outcomes. Assessment on the course overall will be 90% coursework (including essays, reports, presentations, group work, reflective learning journals and research projects) and 10% practical assessments.

Course Team

The academic staff delivering this course are drawn from a team that includes teaching specialists and current practitioners. All staff are qualified in their subjects with their own specialist knowledge to contribute.

Course Costs

Students undertaking BA (Hons) Counselling (Integrative) will be charged tuition fees as detailed below:

Student Group	Tuition Fees
Full-time UK/EU	£9,250 per year
Part-time UK/EU	Not applicable
Full-time International	£11,790 per year
Part-time International	Not applicable

Payment of tuition fees is due at the time of enrolment and is managed in accordance with the Tuition Fee Policy.

Students will be required to pay additional costs for two residential weekends during the second and third years amounting to a maximum of £200 each (£400 in total) payable a month before the residential.

Students will incur other costs for supervision and personal counselling. There is a requirement for personal counselling of a minimum of 40 hours over the 3-year course, which will cost £20-£40 per hour (depending on whether the counsellor offers concessions for students). Students will need supervision at a rate of 1.5 hours per month. Costs will be similar to those for personal counselling. In addition students will be expected to join the British Association for Counselling as student members, at a cost of £80 per year.

Academic Framework and Regulations

This course is delivered according to the Framework and Regulations for Undergraduate Awards and other academic policies and procedures of the University and published on the [website](#).