

DEFINITIVE COURSE RECORD

Course Title	BA (Hons) Counselling [progression route]
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 6: 120 Credits Advanced standing of 240 credits at level 4 and 5
Mode of Attendance	Full-time
Standard Length of Course ³	1 year full-time
Intended Award	BA (Hons) Counselling
Named Exit Awards	None
Entry Requirements ⁴	Typical Offer: Foundation Degree or DipHE Counselling (or equivalent certificated learning to 240 credits) Students will need relevant employment/voluntary placement for the duration of the course Students are required to be student members of British Association for Counselling and Psychotherapy (BACP)
Delivering Institution(s)	University of Suffolk at West Suffolk College
UCAS Code	B945

This definitive record sets out the essential features and characteristics of the BA (Hons) Counselling [progression route] course. The information provided is accurate for students entering level 4 in the 2018-19 academic year⁵.

Course Summary

This course offers students a strong theoretical and practical base from which to begin their professional counselling practice, while working towards individual accreditation with the British Association for Counselling and Psychotherapy (BACP). Students are encouraged to respect the frame and ethos of their core integrative training approach, but also so develop their own individual style and philosophy of counselling. The progression route at University of Suffolk at East Coast College (Bury St Edmunds) deepens the understanding of counselling theory and practice gained from previous study, and explores more specialist areas of counselling. Counsellors gain a deeper understanding of client issues and how to work with them. They also benefit from interaction with counsellors from a variety of

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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orientations and backgrounds to mutual advantage. The course prepares students for careers as professional counsellors, subject to individual accreditation of the BACP.

Course Aims

- 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 prepare students for possible further developments in State Regulation of the Counselling Profession which may require that counsellors are educated to Honours degree level
- To enable students to meet the growing need for qualified counsellors in schools, charity organisations and medical settings
- To enable students to further develop their understanding and practice from an Integrative perspective
- To consolidate confidence to practice in a range of settings
- To foster understanding of the complexity of the range of issues which a client may present in the counselling room
- To provide the opportunity for student counsellors to deepen and broaden their understanding of counselling theory and practice
- To encourage students to extend their understanding of more specialist areas of counselling
- 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
- 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 sector
- 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 fully reflective graduate level practitioners able to critically evaluate learning in the workplace
- 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 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

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workplace and freelance counselling, including Employee Assistance Programmes (EAP)

- To prepare graduates for the process of individual counsellor accreditation with the major professional body (BACP) as a pathway to employment

Course Learning Outcomes

The following statements define what students graduating from the BA (Hons) Counselling [progression route] 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.

Knowledge and understanding

1. Demonstrate a critical awareness of how a range of theoretical concepts informs counselling practice
2. Demonstrate a critical understanding of group dynamics in a range of settings, and be able to maximise their own effectiveness and that of others in group contexts
3. Demonstrate a comprehensive understanding of how different client groups may require different understanding and practice
4. Demonstrate a critical understanding and appreciation of a range of contemporary issues in counselling, professionalism and ethics
5. Demonstrate an understanding of theories of moral philosophy and their application to ethical and sustainability dilemmas
6. Demonstrate awareness of the rationale and purposes of risk in professional settings

Cognitive/Intellectual Skills

7. Reflect on and apply their academic learning effectively within a professional context
8. Consider and critically evaluate views other than their own
9. Exercise independent, critical judgment in the close reading of texts
10. Demonstrate an ability to present, evaluate and interpret information, to develop lines of argument and make sound critical judgements in accordance with the theoretical frameworks and concepts associated with the counselling profession
11. Evaluate how academic learning may be linked to learning in the work-place
12. Evaluate and reconcile competing/contradictory theories, views and/or explanations
13. Demonstrate the ability to reflect on and be critical of their own research and writing
14. Demonstrate a significant degree of integrity and intellectual maturity

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

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Subject Specific/Practical Skills

15. Use their theoretical knowledge to inform their counselling work and form an integrated approach that supports their practice
16. Plan and implement counselling sessions in a variety of settings and contexts: individuals and groups, a range of ages of patients
17. Reflect on personal experience of practice to evaluate and develop their own approaches
18. Carry out long term evaluation of practice and report this to an academic audience
19. Consolidate, extend and deepen their professional competence to achieve 'competence in depth'

Generic learning outcomes

20. Demonstrate the capacity for independent, competent, ethical practice
21. Demonstrate autonomous and reflective thinking
22. Demonstrate the ability to integrate theory and practice
23. Demonstrate the ability to transpose class-based learning into work-based practice
24. Work effectively within a team and demonstrate team leadership where appropriate within a professional context
25. Demonstrate knowledge of the stylistic and presentational conventions of an undergraduate dissertation
26. Work towards the completion of coursework projects in a disciplined fashion according to deadlines
27. Make effective use of academic libraries, archives, and range of appropriate electronic media for research purposes
28. Design and execute a substantial professionally-related project based around self-formulated questions and using appropriate research methods, data sources and resources
29. Assemble, interpret and analyse evidence as a means of forming a well-articulated argument
30. Employ effective time and resource management skills
31. Perform effectively in periods of self-directed study
32. Deliver presentations using an appropriate range of communication technologies/presentational aids to professional standards
33. Employ appropriate academic referencing/citation conventions consistently and to an appropriate standard of competency
34. Effectively employ a range of IT resources in the completion of coursework including the storage, retrieval and analysis of data

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Course Design

The design of this course has been guided by the following QAA Benchmark and Professional Standards:

QAA Benchmarks

- Psychology (2007)

Professional Standards

- British Association of Counselling and Psychotherapy

Course Structure

The BA (Hons) Counselling [progression route] comprises modules at levels 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 6			
	Incorporating the Arts into the Counselling Conversation	20	M
	Issues in the Counselling Room	40	M
	Human Nature	20	M
	Dissertation: Personal Integrative Approach	40	M

Awards

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

Course Delivery

The course is delivered at University of Suffolk at West Suffolk College. Students studying full-time on BA (Hons) Counselling are likely to have approximately 36 contact hours per module, except for the dissertation for which tutorials will be used to guide students through the writing of their work. The contact hours for the BA (Hons) Counselling course will be a mix of lecture, seminar, and student-led presentations, with practical experience being gained through a placement or work activity. Students will normally be expected to undertake 30 hours of independent study in an average week, but should be prepared for this to vary based on assignment deadlines and individual circumstances.

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. The degree is assessed on written coursework, presentations and the dissertation. There are no examinations.

Course Team

Details of the academic staff who deliver the course are provided in the Course Handbook.

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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Course Costs

Students undertaking BA (Hons) Counselling [progression route] will be charged tuition fees as detailed below:

Student Group	Tuition Fees
Full-time UK/EU	£9,250 per year
Full-time International	£11,500 per year

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

Students are likely to incur other costs for supervision whilst working, or in placement. This must be for 1.5 hours per 8 client hours at an average of £40 per hour, in line with BACP requirements. Both supervisors and counsellors are often willing to see students for a reduced fee – around £15-£20 but this cannot be guaranteed. Many placements have in-house supervision or are willing to pay the bill for independent supervision elsewhere.

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](#).