

**DEFINITIVE COURSE RECORD**

Course Title	<b>BA (Hons) Person-Centred Counselling</b>
Awarding Bodies	<b>University of Suffolk</b>
Level of Award <sup>1</sup>	<b>FHEQ Level 6</b>
Professional, Statutory and Regulatory Bodies Recognition	<b>None</b>
Credit Structure <sup>2</sup>	<b>360 Credits Level 4: 120 Credits Level 5: 120 Credits Level 6: 120 Credits</b>
Mode of Attendance	<b>Full-time</b>
Standard Length of Course <sup>3</sup>	<b>3 years full-time</b>
Intended Award	<b>BA (Hons) Person-Centred Counselling</b>
Named Exit Awards	<b>DipHE Person-Centred Counselling</b>
Entry Requirements <sup>4</sup>	<b>Typical Offer: 112 UCAS tariff points (or equivalent) Applicants will have completed the equivalent of a two year certificate course in counselling or counselling skills, and will normally be age 21 or over at the start of the course. Any offer of a place will be subject to a satisfactory enhanced Disclosure and Barring Service (DBS) check</b>
Delivering Institution	<b>University of Suffolk at East Coast College (Great Yarmouth)</b>
UCAS Code	<b>B942</b>

This definitive record sets out the essential features and characteristics of the BA (Hons) Person-Centred Counselling course. The information provided is accurate for students entering level 4 in the 2018-19 academic year<sup>5</sup>.

**Course Summary**

The course provides a high quality professional counsellor training. The course content offers students a supportive and stimulating learning experience. The course supports students in acquiring the supervised placement hours required for accreditation with the British Association for Counsellors and Psychotherapists. This course is delivered by experienced, practising person-centred counsellors and offers a wide range of learning experiences including experiential, theoretical, placements, group and individual work. There is a high level of individual tutor support and assessments are varied. The course offers opportunities for personal development and is designed and implemented in

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

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

<sup>3</sup> 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](#).

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

<sup>5</sup> 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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accordance with the British Association for Counsellors and Psychotherapists (BACP) requirements.

### **Course Aims**

- To meet the demands of a part-time professional training in the person-centred approach
- To prepare students to practice as person-centred counsellors/psychotherapists, and to use the person-centred approach in other fields
- To improve training and education opportunities within the East Anglia region in the growing field of health and social care
- To meet the training requirements of the BACP in terms of academic learning, skills training, placements and personal development
- To provide progression to further educational, professional and personal development
- To enable students to develop as competent, reflective and ethical practitioners, within a variety of settings
- To enable students to develop an understanding of diversity and the socio-political context of relationships and to work towards developing a non-discriminatory way of working
- To provide a clear, comprehensive and critical exploration of person-centred theory and practice, including comparison with other approaches
- To develop an understanding of groups and group processes
- To develop skills in group facilitation
- To develop an understanding of research methods in counselling
- To develop skills in evaluating and analysing research in counselling
- To develop skills in and carry out original research in counselling

### **Course Learning Outcomes**

The following statements define what students graduating from the BA (Hons) Person-Centred Counselling 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)<sup>6</sup>.

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

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**Knowledge and Understanding**

1. An appreciation of the uncertainty, ambiguity and limits of knowledge
2. An ability to apply the methods and techniques that they have learned, to review, consolidate extend and apply their knowledge and understanding, and to initiate and carry out projects
3. Show a systematic understanding of key aspects of counselling including acquisition of coherent and detailed knowledge, at least some of which is at or informed by, the forefront of defined aspects of therapeutic work
4. Understand how research is integral to professional practice
5. Understand different methodologies in research
6. Show knowledge and understanding of counselling research
7. Demonstrate understanding of the dynamics of groups
8. Demonstrate an understanding of group work skills
9. Demonstrate an understanding of the role of the group facilitator
10. Demonstrate an understanding of the tasks of group facilitation

**Cognitive Skills**

11. An ability to utilise accurately established techniques of analysis and enquiry within the field of counselling
12. An ability to critically evaluate arguments, assumptions, abstract concepts and data (that may be incomplete), to make judgements, and to frame appropriate questions to achieve a solution - or identify a range of solutions - to a problem
13. Devise and sustain arguments, and/or to solve problems, using ideas and techniques, some of which are at the forefront of a discipline
14. Describe and comment upon particular aspects of current research, or equivalent advanced scholarship, in the discipline
15. An ability to manage their own learning, and to make use of scholarly reviews and primary sources (e.g. refereed research articles and/or original materials appropriate to the discipline)
16. Conduct literature searches
17. Design a research project
18. Analysing and evaluating counselling research
19. Ability to carry out research
20. Ability to use research

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- 21. Development of critical thinking
- 22. Ability to construct a discourse from research evidence

**Subject Specific and Practical Skills**

- 23. The ability to communicate information, ideas, problems, and solutions to both specialist and non-specialist audiences
- 24. Conduct a research project from idea to finished dissertation
- 25. Present research work in progress to the group
- 26. Work effectively in groups
- 27. Facilitate the work of groups
- 28. The exercise of initiative and personal responsibility
- 29. Decision-making in complex and unpredictable contexts
- 30. The learning ability needed to undertake appropriate further training of a professional or equivalent nature

**Course Design**

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

QAA Subject Benchmark Statement:

- Counselling and Psychotherapy (2012)

Professional Standards:

- BACP Course Accreditation Gold Book criteria

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### Course Structure

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

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

	Module	Credits	Module Type <sup>7</sup>
Level 4			
	The Person Centred Approach	40	M
	Comparative Studies	40	M
	Starting Counselling Practice	40	M
Level 5			
	Counselling Practice	40	M
	Developments in the PCA	40	M
	Research in Counselling	40	M
Level 6			
	Self-Evaluation	40	M
	Working with Groups	40	M
	Dissertation	40	M

### Awards

On successful completion of the course, students will be awarded a BA (Hons) Person-Centred Counselling. Students who leave the course early may be eligible for a DipHE Person-Centred Counselling on successful completion of 240 credits including all modules at levels 4 and 5.

### Course Delivery

The course is delivered at the University of Suffolk at East Coast College (Great Yarmouth). Students studying full-time on BA (Hons) Person-Centred Counselling are likely to have approximately 8-12 contact hours per week. The contact hours will be a mix of lectures, discussions, workshop sessions, small group work and tutorials. Students will also be required to participate in 100 hours of work placement during level 5 and 6. Students will be expected to find their own placement with support from the course team. Students will normally be expected to undertake 800 hours of independent study per year, but should be prepared for weekly workloads 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 100% coursework (including essays, session analysis, professional logs, reflective journals, case studies, portfolios, self and group evaluations and a dissertation).

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<sup>7</sup> 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 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) Person-Centred Counselling 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	£11,500 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.

Other than the usual stationery items there are no additional costs.

### 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](#).