

**DEFINITIVE COURSE RECORD**

Course Title	<b>BA (Hons) 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) Counselling</b>
Named Exit Awards	<b>None</b>
Entry Requirements <sup>4</sup>	<b>Typical Offer: 96 UCAS tariff points (or equivalent). As entry to the Counselling subject area does require specific subject knowledge, applicants are expected to have achieved an appropriate introductory course in counselling skills. They will be 21 or over at the start of the course although in exceptional circumstances applicants will be accepted below this age if they can demonstrate an appropriate level of maturity. Entry is by interview and appropriate references. Any offer of a place will be subject to a satisfactory enhanced Disclosure and Barring Service (DBS) check.</b>
Delivering Institution(s)	<b>University of Suffolk</b>
UCAS Code	<b>B945</b>

This definitive record sets out the essential features and characteristics of the BA (Hons) Counselling course. The information provided is accurate for students entering level 4 in the 2022-23 academic year<sup>5</sup>.

**Course Summary**

The BA (Hons) Counselling programme embeds a students' theoretical learning within opportunities for self-awareness development, counselling skills practice and from year two

<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](#) and further details about Disclosure and Barring Checks (DBS) can be found on the [University's DBS webpage](#).

<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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this includes the students' clinical practice in placement to introduce students to a clearly defined philosophy of integrative approaches to counselling, and to build an evidence-based approach using research.

This gives students a firm basis to develop an integrative philosophy of counselling culminating in their L6 Dissertation in year three. Students will be introduced to the use of research to guide their therapeutic approaches in years two and three at L5 & L6 providing a firm basis for postgraduate study enabling progression for students who wish to continue into postgraduate study.

In year one the structure consists of four main elements; counselling theory (Psychodynamic, Humanistic and Cognitive Behaviour Therapy), skills practice, personal development planning and an experiential group.

In year two, the theoretical modules (Post Freudian Psychodynamic Counselling and Humanistic Perspectives in Counselling) will introduce key theoretical concepts. Students will continue to develop their clinical skills on the basis of these key concepts (Integrative Counselling Skills).

The personal and professional development workshop element continues (Working As a Practitioner) encouraging self-reflection and self-development as a student and training counsellor/therapist; personal development planning is an essential aspect. The experiential group provides a further forum for self-reflection, understanding about and support for the learning process, alongside the development of an understanding of group processes through experience. Students will undertake a Research Module which includes carrying out a literature review and developing their skills to understand evidence based practice.

In year three, students will have the opportunity to study CBT for two semesters focussing on CBT approaches to working with anxiety and depression. Issues in the Counselling Room will allow students to present clinical work and to learn about current issues for their clients. Self-awareness development will continue in the Reflective Practice module and students will work to develop their individual integrative professional style culminating in their case work Dissertation.

The course design meets the guidelines for course accreditation with the British Association of Counselling and Psychotherapy (BACP). While studying, students are required to take up Student Membership. The BACP guides standards for numbers of client hours required in placement, taught hours, personal therapy requirements and course content particularly in relation to ethics and professional practice. On completion of the BA (Hons) Counselling, students are able to apply to change their Student Membership to become Registered Members of the BACP and appear on the publicly available register of counsellors. They are then able to continue with postgraduate or other CPD and additional hours, to become Accredited Members of the BACP.

To enable the course to support students to learn from clinical practice, the course team has consulted with local counselling and social care organisations to provide good placement opportunities. The course team has an ongoing relationship with local stakeholders to keep the curriculum up to date with local need and invigorate curriculum content. The course design requires students to bring their clinical experience to their theoretical learning throughout the course. Students will complete 100 hours of counselling clinical placement as part of the requirement by the BACP. This work place experience will also improve employability.

Counselling students are required as part of course assessment, to develop their self-awareness and the course will provide a requirement for personal therapy, regular personal tutorials and an experiential group facilitated to support learning enabled by student journals.

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Studying counselling provides an employment route to work as a counsellor in voluntary, statutory and private practice. Students are introduced to different work possibilities during the course particularly in year three as part of the module Issues in the Counselling Room.

### **Course Aims**

- To develop students' knowledge, critical understanding and skills in counselling.
- To cultivate a questioning and critical approach to the understanding of human behaviour.
- To enable students to develop their understanding and practice from an integrative perspective.
- To encourage cognitive development and autonomous learning.
- To encourage emotional development and self awareness which is a necessary requirement to a career in counselling.
- To develop subject specific, cognitive and key transferable skills of value in employment, further study and personal development.
- To provide opportunities that facilitate widening participation by local/non-standard entrants to study counselling and become professionals in this field.
- To help students develop skills and knowledge in preparation for a career as a counsellor.
- 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 the development of the student as a reflective, flexible, independent professional with transferable skills for employment in the counselling at work and freelance sector.
- To prepare students for individual registration and accreditation by British Association of Counselling and Psychotherapy and supporting them in the process of gathering the evidence needed for their applications.
- To help students develop research skills and expertise and the application of evidence based practice in their clinical work and the potential for post-graduate study.
- To create a strong foundation for lifelong learning and continuing professional development.

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### Course Learning Outcomes

The following statements define what students graduating from the BA (Hons) 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>.

#### *Knowledge and understanding*

1. Demonstrate a depth of knowledge and critical understanding of a range of theoretical and methodological approaches in psychology and how this can be applied to integrative practice.
2. Understand the fundamental principles of the scientific method and its application in psychological research.
3. Recognise the role of individual differences in psychological functioning and human behaviour.
4. Demonstrate sound knowledge of a range of research methods, including the differences between qualitative and quantitative research methods.

#### *Intellectual skills*

1. Show good critical thinking skills and a notable ability to critically evaluate and interpret a range of information, theories and evidence.
2. Demonstrate an appreciation of the uncertainty, ambiguity and limits of knowledge.
3. Demonstrate high levels of critical thinking skills relating to clinical reasoning and the importance of observational and evidence based data.
4. Adopt multiple perspectives and show an integrative approach to understanding counselling.
5. Detect meaningful patterns in behaviour and experience.
6. Generate and operationalise clinical questions relating to the therapeutic understanding of human behaviour.

#### *Practical skills*

1. Manage their own learning effectively, and recognise, find and make good use of academic literature.
2. Develop an individual professional approach to working with clients as a counsellor.
3. To develop skills to work in a therapeutically helpful way with individuals.
4. To develop skills to work in a therapeutically helpful way within psycho educational groups.

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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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5. Exhibit awareness of ethical principles and procedures and demonstrate these during placement.

### Key skills

1. Communicate relevant subject knowledge and evidence accurately and reliably with structured and coherent arguments.
2. Show development of key transferable skills.
3. Clearly communicate ideas and research findings by written, oral and visual means.
4. Demonstrate a capacity for self awareness and the use of self to understand and use the self in the counselling relationship.

### Course Design

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

- Psychology (2016)
- British Association for Counselling and Psychotherapy professional standards

### Course Structure

The BA (Hons) 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>
<b>Level 4</b>			
	Introduction to Counselling Theory	40	Mandatory
	Counselling Skills	40	Mandatory
	Self-Awareness	20	Mandatory
	Personal and Professional Development	20	Mandatory
<b>Level 5</b>			
	Post-Freudian Psychodynamic Theory	20	Mandatory
	Humanistic Perspectives in Counselling	20	Mandatory
	Self-awareness and Reflective Practice	20	Mandatory
	Working as a Practitioner	20	Mandatory
	Integrative Counselling Skills	20	Mandatory
	Evidence Based Practice & Research Skills	20	Mandatory
<b>Level 6</b>			
	Issues in the Counselling Room	40	Mandatory

<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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	Reflective Practice	20	Mandatory
	CBT	20	Mandatory
	Dissertation	40	Mandatory

Optional modules available in any year will be communicated to you prior to your enrolment to facilitate module choice. Some optional modules may not run in every year of study, and the availability of optional modules depends on the level of student demand, the availability of specialist staff and timetabling constraints. In addition, we regularly review our curriculum to ensure it is up-to-date, relevant, draws on the latest research and addresses contemporary issues. As a result, the modules we offer may change over the course of your degree.

### Awards

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

### Course Delivery

The course is delivered at Ipswich campus. Students studying full-time on BA (Hons) Counselling are likely to have approximately 210 hours of tutor structured learning for level 4, 220 hours of tutor structured learning for level 5 and 200 hours of tutor structured learning for level 6. The tutor structured learning hours will be a mix of seminar, experiential group and skills practice and guided learning activities through our online learning environment. Students will normally be expected to undertake 12 hours of independent study in an average week, but should be prepared for this to vary based on assignment deadlines and class exercises. Students will be expected to find their own placement [which the course must approve] and will be required to do 100 hours of work with clients in their placement.

### 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 coursework (including essays, reports, presentations, group work, reflective learning journals and research projects). There will be no examinations.

### 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 and are registered with the appropriate professional body (BACP, BABCP or UKCP).

### Course Costs

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

Student Group	Tuition Fees
Full-time UK	£9,250 per year
Part-time UK	Not applicable
Full-time EU/International	£12,996 per year
Part-time EU/International	Not applicable

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

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### **Therapy and Supervision requirements**

Students are likely to incur additional costs for personal therapy and clinical supervision that may charge between £35 and £60 per hour depending on the therapist in question.

### **Personal Therapy**

Students are required to do a minimum of 80 hours in therapy within the spirit of what follows-

- Students must have done a minimum of six sessions in therapy at any time prior to the start of year two.
- Students must do a minimum of 74 hours of weekly therapy over years two and three to enable them to internalise the course and grow with the process while they work with clients.
- It is a requirement that they remain in therapy while seeing clients and that once they start clinical work, this continues till the end of the course, subject to tutor approval.

### **Supervision of client work**

- The supervision will be once every two weeks while they are in placement seeing clients and so will be for most of year two and all of year three.

### **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](#).