

Programme Specification

1	Awarding body	University of London				
2	Teaching Institution	Birkbeck College				
3	Programme Title(s)	BA Psychosocial Studies and Principles of Psychodynamic Counselling				
4	Programme Code(s)	UUBAPPDC_C (3 years full-time) UBAPAPDC_C (4 years part-time)				
5	UCAS code	C843				
6	Home Department	Psychosocial Studies				
7	Exit Award(s)	Cert HE, Dip HE				
8	Duration of Study (number of years)	3 years FT , 4 years PT				
9	Mode of Study	FT	x	PT	x	DL
10	Level of Award (FHEQ)	Level 6				
11	Other teaching depts or institution	N/A				
12	Professional, Statutory Regulatory Body(PSRB) details	N/A				
13	<u>QAA Benchmark Statement</u>	Sociology, social psychology (within the Psychology benchmark group)				

14	Programme Rationale & Aims
	<p>This programme will build on the BA Psychosocial Studies programme, which is now in its second year, to give students the opportunity to combine their psychosocial understanding with a study of the basic principles and practice of psychodynamic counselling. It is designed for students who are interested in a future career in psychodynamic counselling or psychotherapy, and/or wish to apply the principles and methods of psychodynamic counselling to their work. A distinctive feature of this programme is that the exploration of the key assumptions and principles of psychodynamic counselling, together with a study of how psychodynamic counsellors and therapist work clinically, will be carried out from a psychosocial perspective. This means looking in particular at how individual identity and unconscious structures and dynamics are developed in conjunction with, and do not exist apart from social categories and processes which shape our experience of who we are.</p> <p>Programme aims:</p> <ol style="list-style-type: none"> 1. Give students knowledge and understanding of the key theoretical and clinical concepts that underpin and inform psychodynamic counselling 2. Enable students to develop their capacities for self-awareness and emotional sensibility, key elements of being able to practice as a psychodynamic counsellor, through experiential learning 3. Bring a psychosocial perspective and understanding to bear on an understanding of the key principles in the practice of psychodynamic counselling 4. Prepare students for further study in psychodynamic counselling or psychotherapy.

15	Entry Criteria
	As for BA Psychosocial Studies, students normally require a minimum of 3 A Levels at CCC grade or equivalent. Students may also be admitted as mature students on the basis of other indicators such as employment criteria, skills required or relevant experience.
16	Learning Outcomes
	<p>On successful completion of this programme a student will be expected to be able to:</p> <ol style="list-style-type: none"> 1. Demonstrate an understanding of key psychosocial theory including the complex and shifting relation between the personal/subjectivity and identity, and publics, and social and cultural contexts, including institutional ones 2. Demonstrate an understanding of the key theoretical and clinical principles of psychodynamic counselling and practice 3. Demonstrate a capacity to engage in psychosocial investigative research practices 4. Demonstrate a capacity to develop self-reflection and emotional sensibility as a fundamental pre-requisite for becoming a psychodynamic practitioner 5. Be able to work effectively in groups, including navigating peer-led projects, peer-assessment, taking part in classroom exercises designed to enhance self-reflection and emotional sensibility, and engaging in experiential learning 6. Develop reflective skills to enable self-evaluation of learning and development.
17	Learning, teaching and assessment methods
	<p>Psychosocial Studies modules (modules 1-8): as for BA Psychosocial Studies.</p> <p>Teaching:</p> <ol style="list-style-type: none"> 1. lectures, seminars, tutorials 2. Practical fieldwork 3. Brief experiential fieldwork placements <p>Assessment:</p> <ol style="list-style-type: none"> 1. short pieces of writing 2. formal academic essays 3. collectively produced outputs for assessment of fieldwork modules 4. case studies <p>Principles of Psychodynamic Counselling modules (modules 9-12):</p> <p>Teaching:</p> <ol style="list-style-type: none"> 1. Lectures, seminars, (individual) tutorials 2. Class experiential exercises to develop self-awareness, emotional sensibility and exploration of how individual experience is mediated by social identity 3. Experiential learning through participation in an “experiential group” which studies the processes, structures and dynamics of the experiential group as a form of temporary institution 4. “Work discussion groups”, where students bring examples from their place of work to study the psychodynamic, organizational and psychosocial processes and dynamics in play <p>Assessment:</p> <ol style="list-style-type: none"> 1. formal academic essays (2,500 words)

	2. short pieces of professional/self-reflective writing (1,000 words) to describe development of capacity for self-awareness, emotional sensibility and interplay of subjective and social experience.
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18	Programme Description
	<p>This programme is offered in conjunction with the BA Psychosocial Studies. This new programme combines a psychosocial exploration of social processes and experiences (love, hate, power and change) with the study of the principles that underpin the practice of psychodynamic counselling. It is designed for those who wish to understand the psychological and social dynamics and structures that create our social identity and to undertake a preparatory study of one way of engaging directly with other people through the practice of psychodynamic counselling. The programme offers a route for those who wish to further develop psychosocial studies, through the MA in Psychosocial Studies, or who wish to undertake a counselling clinical training, through the MSc in Counselling and Psychotherapy programmes in the department.</p> <p>The programme consists of 12 modules of 30 credits each. 8 of these modules are taught with students from the BA Psychosocial Studies. Two of these modules (“Introduction to Psychoanalysis and Social Theory” and “Urban Multiculture and Sexuality”) from the BA Psychosocial Studies have changed since the original programme was approved, and are incorporated in this Programme Specification. These modules teach key topics in psychosocial studies: love, intimacy and care, violence and hate, power and resistance, social and personal change, psychoanalytic and social theory. Some of these modules are fieldwork modules that develop students’ group-based skills and involve students exploring the everyday physical and digital worlds they live in.</p> <p>The other 4 modules teach the principles of psychodynamic counselling. This is done through an exploration of the dynamics of helping others, together with a study of psychoanalytic theory as applied in psychodynamic counselling with individuals and to an understanding of organizational dynamics in work settings. Learning in these modules is both academic and experiential, in order to facilitate the development of self-awareness and emotional sensibility alongside intellectual knowledge.</p>

19	Programme Structure			
Full Time programme				
Year 1				
Level	Module Code	Module Title	Credits	Status*
4	SSPA071S4	Love	30	Compulsory
4	SSPA070S4	Hate	30	Compulsory
4	SSPA073S4	Power	30	Compulsory
4	SSPA074S4	Observation and the everyday	30	Compulsory
Year 2				
5	SSPA101S5	Bodies	30	Compulsory
5	SSPA092S5	Psychoanalysis and Social Theory	30	Compulsory
5	SSPA102H5	Urban Multicultures	15	Compulsory
5	SSPA093H5	Sexuality	15	Compulsory
5	SSPA075S5	Creative Archives	30	Compulsory

Year 3				
6	SSPA098S6	Helping Others	30	Compulsory
6	SSPA100S6	Psychodynamic Method and Group Processes	30	Compulsory
6	SSPA097S6	Clinical Issues and Group Processes	30	Compulsory
6	SSPA099S6	Psychoanalytic understanding of groups and organizations	30	Compulsory
Part Time programme				
Year 1				
Level	Module Code	Module Title	Credits	Status*
4	SSPA071S4	Love	30	Compulsory
4	SSPA070S4	Hate	30	Compulsory
4	SSPA074S4	Observation and the Everyday	30	Compulsory
Year 2				
Level	Module Code	Module Title	Credits	Status*
	SSPA073S4	Power	30	Compulsory
5	SSPA101S5	Bodies	30	Compulsory
5	SSPA075S5	Creative Archives	30	Compulsory
Year 3				
Level	Module Code	Module Title	Credits	Status*
5	SSPA092S5	Psychoanalysis and Social Theory	30	Compulsory
5	SSPA088S5	Urban Multiculture	15	Compulsory
5	SSPA093H5	Sexuality	15	Compulsory
6	SSPA098S6	Helping Others	30	Compulsory
Year 4				
Level	Module Code	Module Title	Credits	Status*
6	SSPA100S6	Psychodynamic Method and Group Processes	30	Compulsory
6	SSPA097S6	Clinical Issues and Group Processes	30	Compulsory
6	SSPA099S6	Psychoanalytic understanding of groups and organizations	30	Compulsory

Status*

CORE – Module must be taken and passed by student; COMPULSORY – Module must be taken, mark can be reviewed at sub-exam board; OPTIONAL – Student can choose to take this module

²⁰	Programme Director	Clea McEnery-West/ Amber Jacobs
²¹	Start Date (<i>term/year</i>)	Autumn term 2017/18 (for whole programme, with third year open to students on Year 2 of the BA Psychosocial Studies)
²²	Date approved by TQEC	Autumn 2016
²³	Date approved by Academic Board	Autumn 2016
²⁴	Date(s) updated/amended	July 2017