

Programme Specification

| | | | | | |
|----|--|---|--|----|---------|
| 1 | Awarding body | University of London | | | |
| 2 | Teaching Institution | Birkbeck College | | | |
| 3 | Programme Title(s) | MSc Psychodynamic Counselling and Psychotherapy | | | |
| 4 | Programme Code(s) | TMSPSYDP_C | | | |
| 5 | UCAS code | N/A | | | |
| 6 | Home Department | Psychosocial Studies | | | |
| 7 | Exit Award(s) | Graduate Diploma (exit award at end of Year 1: 90 level 6 credits) Postgraduate Diploma (exit award at end of Year 2: 90 level 7 credits, 30 level 6 credits) | | | |
| 8 | Duration of Study (number of years) | 3 (Graduate Diploma year one, MSc years two and three) | | | |
| 9 | Mode of Study | FT | | PT | ✓ DL |
| 10 | Level of Award (FHEQ) | 7 | | | |
| 11 | Other teaching depts or institution | N/A | | | |
| 12 | Professional, Statutory Regulatory Body(PSRB) details | Accredited by British Association for Counselling and Psychotherapy (http://www.bacp.co.uk/) and by the British Psychoanalytic Council | | | |
| 13 | <u>QAA Benchmark Statement</u> | Counselling and Psychotherapy (http://www.qaa.ac.uk/Publications/InformationAndGuidance/Documents/Subject-benchmark-statement-counselling-and-psychotherapy.pdf) | | | |

| | |
|----|--|
| 14 | Programme Rationale & Aims |
| | <p>To provide an academic and clinical training in psychodynamic counselling & psychotherapy, which would involve:</p> <ul style="list-style-type: none"> • An understanding of psychodynamic theory and of the principles and skills of psychodynamic counselling practice • An ability to apply this understanding to the clinical practice of psychodynamic counselling in specialized practice settings. • The development of a professional identity as a psychodynamic practitioner |

| | |
|----|---|
| 15 | Entry Criteria |
| | <p>At least a 2nd Class Honours degree in any subject or equivalent professional qualification. A prior qualification in counselling or therapeutic work, preferably at certificate or diploma level, or its equivalent is essential. Students who do not have a 2nd class honours degree or equivalent professional qualification will be required to submit evidence of academic ability (e.g. pre-enrolment essay).</p> <p>Relevant counselling or counselling-related experience is essential. Some academic requirements may be waived for candidates with substantial relevant work experience.</p> |

| | |
|--|---|
| | All students will be admitted in the first instance onto the Graduate Diploma (Year one) unless they can demonstrate clear equivalence of previous qualification. |
|--|---|

| | |
|----|--|
| 16 | <p>Learning Outcomes</p> <p>On successful completion of this programme a student will be expected to be able to achieve the following learning outcomes:</p> <p>Subject Specific:</p> <ol style="list-style-type: none"> 1. A critical understanding of the foundations of theoretical and practical principles of psychodynamic counselling/therapy 2. An advanced understanding of the institutional dynamics which affect the provision and practice of psychodynamic counselling/therapy 3. A high capacity to work as a psychodynamic counsellor/therapist at a suitable professional standard <p>Intellectual:</p> <ol style="list-style-type: none"> 4. A high capacity to understand and use psychoanalytic and psychodynamic principles to increase knowledge of both theory and practice, of personality development, of the inner and outer worlds of the client and of the institutional and group influences on personal development. <p>Practical:</p> <ol style="list-style-type: none"> 5. Development of skills in thinking psychodynamically about counselling/therapy issues, making professional communications about counselling/therapy work, and critically employing the concept of evidence-based practice. <p>Personal and Social:</p> <ol style="list-style-type: none"> 6. A good capacity for self-reflection, especially knowledge of one’s inner world and how it impacts on counselling/therapy work, and one’s role in groups and institutions. 7. An excellent capacity for professional and ethical thinking in counselling/therapy |
|----|--|

| | |
|----|--|
| 17 | <p>Learning, teaching and assessment methods</p> <p>All elements must be passed in order for students to proceed into the next year, or for the award of the MSc.</p> <p>Year 1: Graduate Diploma in Psychodynamic Counselling & Psychotherapy</p> <p>*30 Level 6 points: Introduction to theoretical & organizational concepts (taught by theoretical seminars and small group tutorials , assessed by 3000 word essay, plus a 2500 word compulsory non-assessed essay)</p> <p>*30 level 6 points: Basic clinical and observational skills (taught by small group tutorials, observation groups, counselling workshops, experiential groups, assessed by 3000 word exam essay)</p> <p>*30 level 6 points: Development of professional attitude (Student Review, readiness to begin placement and initial placement experience, taught in experiential groups and counselling workshops, assessed by Student Review)</p> <p>****Exit award: Graduate Diploma (90 credits at level 6)</p> |
|----|--|

| | |
|--|--|
| | <p>Year 2: MSc in Psychodynamic Counselling & Psychotherapy</p> <p>*30 level 7 points: Basic psychodynamic & organizational understanding (taught by theoretical seminars, small group tutorials, assessed by 2500 word and 3000 word essays)</p> <p>*30 level 7 points: Basic psychodynamic skills & principles/techniques of practice (taught by small group tutorials, counselling workshops, experiential groups, assessed by 5000 word case study)</p> <p>*30 level 7 points: Basic psychodynamic competencies and professional attitude (Student Review, taught in experiential groups and counselling workshops, assessed by Student Review)</p> <p>****Exit award: Postgraduate Diploma (90 credits at level 7, 30 credits at level 6)</p> <p>Year 3:</p> <p>*30 level 7 points: Clinical Thinking (taught by small group tutorials, lectures and workshops, assessed by 6,000 word case study)</p> <p>*30 level 7 points: Evidence-Based Practice (taught by lectures and small seminar groups, assessed by a 5,000 word essay)</p> <p>*30 level 7 points: Psychosocial and Psychodynamic Practice (taught by lectures and workshops, assessed by 3,000 word essay on psychosocial studies, and by Student review (which includes a 1.500 word clinical report).</p> <p>Student review in each year is assessed as a simple pass/fail. The final mark for the award of Graduate Diploma (at the end of Year 1) will be based on averaging the marks for the essay and the take-away examination. The final mark for the award of Postgraduate Diploma (end of Year 2) will be based on averaging the marks for the 2 essays (one assessed unit) and Case study in Year 2. The final mark for the award of MSc will be based on averaging the marks for: Essays and Case Study in Year 2, and Essays and Case Study in Year 3.</p> <p>The assessment scheme is designed to reflect both the academic and professional nature of the training. The student review is specifically designed to assess the student’s professional development over the programme, drawing on objective criteria wherever possible (supervisor’s reports, notes on placement meetings). The student review is marked as a pass/fail, with no mark attached, i.e. seen as providing a benchmark for assessing professional standards. Students are assigned a personal tutor, who advises them on managing their workload and gives help and advice on individual assessment elements.</p> |
|--|--|

| | |
|----|--|
| 18 | <p>Programme Description</p> <p>Graduate Diploma (Year 1) Modules on theoretical and organisational concepts, basic clinical and observational skills and development of professional attitude. Year 1 gives an introduction to psychodynamic theory and practice, teaching observation and basic counselling/psychotherapy skills and processes, and professional/ethical issues.</p> <p>MSc (Years 2 and 3)</p> |
|----|--|

| |
|---|
| <p>Modules on basic and advanced psychodynamic and organisational theory, basic and advanced psychodynamic skills, basic and advanced psychodynamic competencies and evidence-based practice, and on the psychosocial framework to clinical practice. Years 2 and 3 look in more depth at psychodynamic theory, in particular the contributions of Freud, Klein and Winnicott. Also studied are forms of emotional disturbance, diagnosis and formulation, organisational dynamics, techniques, skills and principles of psychodynamic practice.</p> <p>Students are in clinical placements in years 2 and 3 and are required to be in personal psychodynamic psychotherapy from the end of term 1 of year 1.</p> |
|---|

| | | | | |
|----------------------------|----------------------------|--|----------------|----------------|
| ¹⁹ | Programme Structure | | | |
| Part Time programme | | | | |
| Year 1 | | | | |
| Level | Module Code | Module Title | Credits | Status* |
| 6 | SSPA022S6 | Introduction to theoretical & organizational concepts | 30 | Core |
| 6 | SSPA023S6 | Basic Clinical and Observational skills | 30 | Core |
| 6 | SSPA021S6 | Development of Professional Attitude | 30 | Core |
| Year 2 | | | | |
| Level | Module Code | Module Title | Credits | Status* |
| 7 | SSPA026S7 | Basic psychodynamic theory and organizational Understanding | 30 | Core |
| 7 | SSPA025S7 | Basic Psychodynamic Skills & Principles/Techniques of Practice | 30 | Core |
| 7 | SSPA027S7 | Basic Psychodynamic Competencies and Professional Attitude | 30 | Core |
| Year 3 | | | | |
| 7 | SSPA028S7 | Clinical Thinking | 30 | Core |
| 7 | SSPA086S7 | Evidence-based practice | 30 | Core |
| 7 | SSPA030S7 | Psychosocial and Psychodynamic Practice | 30 | Core |

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 McEnergy West |
| ²¹ | Start Date (<i>term/year</i>) | Autumn 2010 |
| ²² | Date approved by TQEC | Spring 2010 |
| ²³ | Date approved by Academic Board | Summer 2010 |
| ²⁴ | Date(s) updated/amended | September 2017 (for Autumn 2017) |