

Programme Specification

1	Awarding body	University of London				
2	Teaching Institution	Birkbeck College				
3	Programme Title(s)	Grad Cert Foundation for Counselling and Psychotherapy Training				
4	Programme Code(s)	GCGFD CSG_C				
5	UCAS code	N/A				
6	Home Department	Psychosocial Studies				
7	Exit Award(s)	N/A				
8	Duration of Study (number of years)	1 year (Oct and Jan start routes)				
9	Mode of Study	FT		PT	x	DL
10	Level of Award (FHEQ)	6				
11	Other teaching depts or institution	N/A				
12	Professional, Statutory Regulatory Body(PSRB) details	N/A				
13	<u>QAA Benchmark Statement</u>	Counselling and Psychotherapy				
14	Programme Rationale & Aims	<p>This course has been designed as a foundation for a full professional clinical training in counselling or psychotherapy. It is suitable for those working within the helping professions and anyone who has completed an introductory-level course in counselling.</p> <p>Students will learn about key concepts in counselling and psychotherapy with a focus on the psychodynamic method and psychosocial/organisational perspectives. They will be taught the significance of developmental life stages and the impact of these on the counselling relationship. They will also develop counselling skills in practical listening exercises and engage in a process of personal development through various experiential learning activities</p>				
15	Entry Criteria	<p>Applicants will have completed an introductory level course in counselling and/or be working in a helping role. They will also be able to demonstrate their readiness for academic study at Level 5/6 with a first degree or equivalent.</p>				
16	Learning Outcomes	<p>By the end of the programme, students will be able to:</p> <ol style="list-style-type: none"> 1. Describe the basic principles of counselling and psychotherapy 2. Describe and evaluate the key theoretical ideas underpinning psychodynamic counselling and psychotherapy 3. Apply their understanding of the range of psychoanalytic theory and psychosocial perspectives to think critically about counselling and psychotherapy practice 				

	<p>4. Demonstrate the use of counselling skills in helping interactions</p> <p>5. Demonstrate a capacity for self-reflection and reflective practice</p> <p>6. Demonstrate an understanding of the basic elements of the professional, organizational and social context of counselling.</p>
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17	<p>Learning, teaching and assessment methods</p> <p>Academic learning will be achieved through the study of theoretical texts, theory lectures and seminars. Counselling skills will be developed through skills-based class exercises and practice sessions in small groups, in which students will rotate through the roles of client, counsellor and observer. Students will be guided in the use of self-reflection and peer feedback to develop their application of psychodynamic theory to therapeutic practice.</p> <p>Self-awareness will be developed through experiential exercises designed to foster self-knowledge and self-reflection, as well as through participation in an “experiential group” - an unstructured group in which students learn at first hand some of the key dynamics and processes that occur in groups and organizations.</p> <p>Assessment is by one academic essay and one piece of self-reflective writing in each module.</p>
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18	<p>Programme Description</p> <p>This course provides a foundation for counselling and psychotherapy training and has been designed as a progression route to a full professional clinical training. It is suitable for those working within the helping professions and anyone who has completed an introductory-level course in counselling.</p> <p>Students will learn about key concepts in counselling and psychotherapy with a focus on the psychodynamic method and psychosocial/organisational perspectives. They will be taught the significance of developmental life stages and the impact of these on the counselling relationship. They will also develop counselling skills in practical listening exercises and engage in a process of personal development through various experiential learning activities.</p>
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19	<p>Programme Structure</p> <p>Part-Time programme</p> <p>Year 1</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 10%;">Level</th> <th style="width: 15%;">Module Code</th> <th style="width: 55%;">Module Title</th> <th style="width: 10%;">Credits</th> <th style="width: 10%;">Status*</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">6</td> <td>SSPA155S6</td> <td>Foundations of counselling and psychotherapy</td> <td style="text-align: center;">30</td> <td style="text-align: center;">Core</td> </tr> <tr> <td style="text-align: center;">6</td> <td>SSPA154S6</td> <td>Psychodynamic practice and psychosocial perspectives</td> <td style="text-align: center;">30</td> <td style="text-align: center;">Core</td> </tr> </tbody> </table>	Level	Module Code	Module Title	Credits	Status*	6	SSPA155S6	Foundations of counselling and psychotherapy	30	Core	6	SSPA154S6	Psychodynamic practice and psychosocial perspectives	30	Core
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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

Year of entry: 2022/23



20	Programme Director	Samia Premjee
21	Start Date (<i>term/year</i>)	October 2022/January 2023
22	Date approved by Education Committee	Autumn 2022
23	Date approved by Academic Board	TBC
24	Date(s) updated/amended	17 November 2021