

Programme Specification

BSc Psychology with Counselling Skills



1. Programme title	BSc Psychology with Counselling Skills BSc Psychology with Counselling Skills with Foundation Year
2. Awarding institution	Middlesex University
3. Teaching institution	Middlesex University
4. Programme accredited by	British Psychological Society
5. Final qualification	Bachelor of Science
6. Academic year	2021-22
7. Language of study	English
8. Mode of study	FT, TKS, PT

9. Criteria for admission to the programme

120 UCAS points or equivalent. Maths, English & Science GCSE at grade 4 or better. Overseas students should have IELTS = 6.0 (with 5.5 minimum in each component) or equivalent.

Please refer to the programme specification for the Foundation Year for the criteria for admission to the BSc Psychology with Counselling Skills with Foundation Year.

10. Aims of the programme

The programme aims to:

- Provide a sound knowledge of Psychology and Counselling appropriate to future professional work;
- Introduce the broad range of theoretical and methodological approaches to Psychology and Counselling;
- Encourage students to develop a critical approach to their studies, evaluating theory and evidence accordingly;
- Equip students to communicate effectively in written & numerical forms;
- Encourage independent and experiential learning, the development of oral communication skills, and the capacity for independent work;
- Maintain wide access to study for students with suitable qualifications or experience;
- Provide a grounding in all areas of Psychology and Counselling such that students may progress onto postgraduate training and education in Psychology, Counselling or Psychotherapy;
- Provide students with excellent graduate skills for employability.

<p>11. Programme outcomes</p> <p>A. Knowledge and understanding On completion of this programme the successful student will have detailed knowledge and understanding of:</p> <p>A1 The main theoretical approaches to psychology;</p> <p>A2 The fundamentals of psychological research design and analysis;</p> <p>A3 Findings and debates in biological psychology and social neuroscience; their application to counselling & psychotherapy practice;</p> <p>A4 Findings and debates in developmental psychology;</p> <p>A5 Findings and debates in cognitive psychology, and their application to counselling & psychotherapy practice;</p> <p>A6 Findings and debates in social psychology, and their application to counselling & psychotherapy practice;</p> <p>A7 Findings and debates in individual differences in psychology;</p> <p>A8 Findings and debates in psychology of mental health and well-being;</p> <p>A9 The main theoretical approaches, conceptual issues and research evidence relating to the practice of counselling.</p>	<p>Teaching/learning methods Students gain knowledge and understanding through attendance and participation in teaching sessions and independent research (with tutor support). Teaching and learning will be delivered through a blend of online and face-to-face sessions.</p> <p>Assessment methods Students' knowledge and understanding is assessed, both formatively and summatively, by examinations (MCQ, essay, short-answer), essays, practical reports, and dissertation work.</p>
<p>B. Skills On completion of this programme the successful student will be able to:</p> <p>B1 Apply multiple perspectives to areas within psychology and counselling;</p> <p>B2 Integrate perspectives in psychology, counselling and mental health;</p> <p>B3 Identify & evaluate patterns of behaviour & psychological functioning;</p> <p>B4 Formulate & explore research questions.</p> <p>B5 Perform quantitative & qualitative data analyses</p> <p>B6 Use statistical software to analyse data</p> <p>B7 Design, implement, analyse and communicate independent and group project work;</p>	<p>Teaching/learning methods Students learn skills through class discussion, guided independent study, lecturer feedback presenting their ideas in written & oral form & participation in practical classes. Teaching and learning will be delivered through a blend of online and face-to-face sessions.</p> <p>Assessment methods Students' skills are assessed by: examinations (Essay, short-answer), essays, workbooks, critical reviews, practical reports, dissertation work and video assessments.</p>

B8 Demonstrate effective written and oral communication enabling students to formulate and sustain a coherent argument B9 Use literature search software to gather and evaluate academic work; B10 Use experimental software to design and run experiments B11 Use psychophysiological equipment to gather and interpret data B12 Demonstrate interpersonal and counselling skills	
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12. Programme structure		
12.1 Overall structure of the programme		
Year 1	Year 2	Final Year
PSY1020 (30 Credits) Mind & Behaviour in Context	PSY2005 (30 Credits) Applied Psychology Research Methods & Ethics	PSY3024 (30 credits) Professional Practice option
PSY1016 (30 Credits) Research Methods & Design in Psychology	PSY2007 (30 Credits) Social, Personality and Developmental Psychology	PSY3056 (15 credits) Social, Cultural & Community Mental Health
PSY1018 (15 Credits) Psychological Statistics	PSY2017 (30 Credits) Therapeutic Applications of Cognitive Psychology, Neuroscience & Individual Differences	PSY3xxx (15 Credits) Options
PSY1021 (30 Credits) The Counselling Relationship	PSY2019 (30 Credits) Approaches to Psychological Therapies	PSY3330 (30 Credits) Psychology Dissertation OR PSY3331 (45 Credits) Extended psychology dissertation
PSY1022 (15 credits) Preparing for Academic Success		

N.B. TKSU students
take PSY3004
Psychology
Placement (120
Credits) in Year 3.

Final year Optional Modules

Students must complete a total of 120 credits in the final year.

Students must take either:

PSY3330 Psychology Dissertation (30 Credits)

or

PSY3331 Extended Psychology Dissertation (45 Credits)

(NB registration on PSY3331 is by application – see module narrative)

Student must take:

PSY3056 Social, Cultural & Community Mental Health

Students can choose to take:

PSY3024 Professional Practice (30 credits)

The remaining credits must be filled with the following options, a maximum of one module can be taken from each block:

Autumn term Modules

Block 1:

PSY3034 Advanced Qualitative Research Methods (15 credits)

PSY3052 Neuropsychology: The healthy brain and what can go wrong with it (15 credits)

PSY3051 Applying health Psychology to behaviour change (15 credits)

PSY3054 Critical Forensic Psychology (15 credits)

Block 2:

PSY3058 Visual Psychology: Arts, Film and Photography in Psychology (15 credits)

PSY3046 Social, Cultural & Community Mental Health (15 credits)

Block 3:

PSY3035 Creativity & Imagination (15 credits)

PSY3042 Psychology in Education (15 credits)

PSY3046 How to DO cognitive neuroscience (15 credits)

Spring term Modules:

Block 4:

PSY3038 Psychology of Music (15 credits)

PSY3057 Primatology (15 credits)

PSY3053 Neuropsychology of language & communication (15 credits)

PSY3048 Key Issues and Controversies in the Psychology of Elite Sport Performance (15 credits)

Block 5:

PSY3043 Coaching Psychology (15 credits)

PSY3045 Lifespan Stages: Adult stages of development (15 credits)

PSY3036 Fundamentals of cognition: Human memory (15 credits)

PSY3031 The Science Of Intimate Relationships (15 credits)

Block 6:

PSY3039 Therapeutic Psychology (15 credits)

PSY3044 Lifespan Issues: Impact of Life Experience (15 credits)

PSY3055 Evolutionary Approaches to Behaviour (15 credits)

PSY3049 The Psychology of Stress, Motivation and Work-Life Balance (15 credits)

12.2 Levels and modules		
Please refer to the programme specification for the Foundation Year for the modules to be taken during the foundation year of the BSc Psychology with Counselling Skills with Foundation Year programme.		
Level 4		
COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take all of the following: PSY1020 PSY1021 PSY1016 PSY1018 PSY1022	N/A	All modules at HE4 are required to be passed (or compensated) for progression to HE5.
Level 5		
COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take all of the following: PSY2005 PSY2007 PSY2017 PSY2019	N/A	All modules at HE5 are required to be passed (or compensated) for progression to HE6.
Level 6		
COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take one of the following: PSY3330 PSY3331 Students must take PSY3056	PSY3024 Students must fill 120 credits from the possible final year options Students may take PSY3004 as part of a 4-year TKS W programme.	PSY3004>PSY3330/PSY3331 (TKSW)

12.3 Non-compensatable modules	
Module level	Module code
HE4	PSY1016 - Research Methods & Design in Psychology
HE4	PSY1018 – Psychological Statistics

HE5	PSY2005 - Applied Psychology Research Methods & Ethics
HE6	PSY3330 – Dissertation
HE6	PSY3331 – Extended Dissertation

13. Curriculum map

See attached.

14. Information about assessment regulations

Students are required to pass all PSY (and combined modules where appropriate) in order to complete the programme.

15. Placement opportunities, requirements and support.

Placement opportunities are available to study psychology in the work place. These can be achieved either through full-time year-long study in year three of a four year degree or on a part-time basis alongside other study units in the final year of study. Please visit the Placement Office for more details.

16. Future careers

Graduates achieving a Lower Second Classification (or better) and having passed their Psychology Dissertation (PSY3330 or PSY3331) will be eligible to apply for BPS accredited Masters & Doctoral programmes leading to careers as a Psychologist. Graduates will also be able to progress to postgraduate training leading to accredited status as a Psychotherapist or Counsellor.

17. Particular support for learning

The Department of Psychology has extensive laboratory and workshop facilities.

- Two computer laboratories
- Group work laboratory
- Psychophysiology laboratory
- Suite of observation laboratories
- Virtual reality lab
- Nine testing cubicles/Counselling practice rooms

18. JACS code (or other relevant coding system)

C800

19. Relevant QAA subject benchmark group(s)

Psychology

20. Reference points

The following reference points were used in designing the Programme:

- QAA Subject Benchmark Statement for Psychology (October, 2010)

- British Psychological Society (2010). *Accreditation through partnership: Guidance for undergraduate & conversion psychology programmes*. Leicester: BPS.
- BPS, HEA Psychology Network & AHPD (2011). *The Future of Undergraduate Psychology in the United Kingdom*. York: HEA Psychology Network .
- BACP Ethical Framework
- Middlesex University Learning and Teaching Policies and Strategy
- Student Feedback
- External Examiner Feedback

21. Other information

BPS accreditation requirements:

- broad coverage of the qualifying syllabus
- staff-student ratio lower than 20:1

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Appendix 2: Curriculum Map

This section shows the highest level at which programme outcomes are to be achieved by all graduates, and maps programme learning outcomes against the modules in which they are assessed.

Programme learning outcomes

Knowledge and understanding	
A1	The main theoretical approaches to psychology and counselling.
A2	An understanding of the fundamentals of psychological research design & analysis.
A3	Detailed knowledge & understanding of findings & debates in biological psychology and social neuroscience; their application to counselling and psychotherapy practice.
A4	Detailed knowledge & understanding of findings & debates in developmental psychology.
A5	Detailed knowledge of findings & debates in cognitive psychology and their application to counselling and psychotherapy practice.
A6	Detailed knowledge & understanding of findings & debates in social psychology.
A7	Detailed knowledge and understanding of findings and debates in individual differences in psychology.
A8	Detailed knowledge & understanding of findings & debates in the psychology of mental health & well-being
A9	Detailed knowledge of the main theoretical approaches, conceptual issues & research evidence relating to the practice of counselling
Skills	
B1	Apply multiple perspectives to areas within psychology & counselling;
B2	Integrate perspectives in psychology, counselling & mental health
B3	Identify & evaluate patterns of behaviour & psychological functioning
B4	Formulate & explore research questions.
B5	Perform quantitative & qualitative data analyses.
B6	Use statistical software to analyse data.
B7	Design, implement, analyse and communicate independent and group project work.
B8	Demonstrate effective written and oral communication enabling students to formulate and sustain a coherent argument.
B9	Use literature search software to gather and evaluate academic work.
B10	Use experimental software to design and run experiments.
B11	Use psychophysiological equipment to gather and interpret data.
B12	Demonstrate interpersonal and counselling skills.

Programme outcomes																											
A1	A2	A3	A4	A5	A6	A7	A8	A9	B1	B2	B3	B4	B5	B6	B7	B8	B9	B10	B11	B12							
Highest level achieved by all graduates																											
6	6	5	6	5	6	6	6	6	6	6	6	6	6	6	6	6	5	5	6	6							
Module Title							Module Code by Level		Programme outcomes																		
									A1	A2	A3	A4	A5	A6	A7	A8	A9	B1	B2	B3	B4	B5	B6	B7	B8	B9	B10
Mind & Behaviour in Context							PSY1020		X		X	X	X	X	X				X								
The Counseling relationship							PSY1021		X								X	X	X	X						X	X
Research Methods & Ethics in Psychology							PSY1016			X							X		X	X	X	X	X	X		X	
Psychological Statistics							PSY1018			X							X		X	X	X	X	X	X	X	X	
Preparing for Academic Success							PSY1022								X	X		X	X					X			
Research Methods & Ethics in Applied Psychology							PSY2005			X							X	X	X	X	X	X	X	X	X	X	
Social, Personality and Developmental Psychology							PSY2007		X	X		X					X	X	X		X		X	X		X	
Therapeutic Applications of Cognitive Psychology, Neuroscience & ID							PSY2017		X	X	X		X		X	X		X	X	X			X		X		
Approaches to Psychological therapies							PSY2019			X	X		X			X	X		X		X	X	X		X	X	
The Science Of Intimate Relationships							PSY3031		X		X	X	X	X	X			X	X	X			X	X			
Advanced Qualitative Research Methods							PSY3034		X	X								X	X		X	X	X				
Creativity & Imagination							PSY3035																				
Fundamentals of cognition: Human memory							PSY3036		X				X					X		X				X	X		

Visual Psychology: Arts, Film and Photography in Psychology	PSY3058		X				X					X	X		X	X		X	X	X			
Psychology of Music	PSY3038	X	X	X	X	X						X	X	X	X			X	X	X			
Therapeutic Psychology	PSY3039								X	X													
Psychology in Education	PSY3042	X	X	X	X	X	X	X				X	X	X				X	X	X			
Coaching Psychology	PSY3043											X	X	X					X				
Lifespan Issues: Impact of Life Experience	PSY3044																						
Lifespan Stages: Adult stages of development	PSY3045																						
How to DO cognitive neuroscience	PSY3046		x	x		x									x	x	x	x	x		x	x	
Key Issues and Controversies in the Psychology of Elite Sport Performance	PSY3048											X	X	X	X				X	X			
The Psychology of Stress, Motivation and Work-Life Balance	PSY3049																						
Applying health Psychology to behaviour change	PSY3051	x					x	x						x				x	x				
Neuropsychology: The healthy brain and what can go wrong with it	PSY3052	X		X	X	X		X				X	X					X	X				
Neuropsychology of language & communication	PSY3053	X	X	X	X	X		X				X	X		X				X	X			
Critical Forensic Psychology	PSY3054	X					X					X	X	X					X	X			
Evolutionary Approaches to Behaviour	PSY3055																						
Social, Cultural & Community Mental Health	PSY3056																						
Primatology	PSY3057			X		X						X	X	X		X			X	X			
Dissertation	PSY3330	X	X												x	X	X		x			X	
Extended Dissertation	PSY3331	X	X												x	x	X	x	X			x	

