

## ***MSc Clinical Health Psychology and Wellbeing***

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### **Programme Specification**



<b>1. Programme title</b>	Clinical Health Psychology and Wellbeing
<b>2. Awarding institution</b>	Middlesex University
<b>3. Teaching institution</b>	Middlesex University, Hendon and Mauritius
<b>4. Details of accreditation by professional/statutory/regulatory body</b>	N/A
<b>5. Final qualification(s) available</b>	MSc Clinical Health Psychology and Wellbeing, PGDip Clinical Health Psychology and Wellbeing and PG Cert Applied Psychology
<b>6. Year of validation / last review</b> <b>Year of amendment</b>	2021/22
<b>7. Language of study</b>	English
<b>8. Mode of study</b>	Full-time or part-time

#### **9. Criteria for admission to the programme**

Students should normally possess a good honours degree in an appropriate subject area (such as psychology, health studies, counselling, mental health, nursing, public health etc.) which should include a research methods component. We usually require a 2.1 honours degree or above but applicants with lower or other qualifications may be considered upon interview. Particular consideration will be given to performance in undergraduate research methods modules or the dissertation. In addition to this, international students need to have obtained a minimum IELTS score of 7.

Accreditation of Prior and Experiential Learning (APEL): Applicants who have extensive learning from experience, learning achievement from a previously unaccredited course or prior certificated learning may apply for APEL. A claim for APEL may be made for up to 50% of the taught credits (i.e. 60 credits) on the MSc Clinical Health Psychology and Wellbeing. The responsibility rests with the applicant for making a claim to have acquired knowledge and skill accredited and for supporting the claim with appropriate evidence. The learning derived from experience must be able to be identified in order to be assessed. Prior learning is identified through systematic reflection on experience, the writing of clear statements about what was

actually learned and the collection and collation of evidence to support those statements. The claim will be assessed by the programme team and the admissions team. It will be assessed against individual module learning outcomes.

## 10. Aims of the programme

The programme aims to:

- Equip students with an advanced and mature understanding of current concepts, theories and controversies within clinical health psychology and wellbeing
- Facilitate students' ability to apply psychological skills, knowledge and values to clinical and health problems in complex situations and to the promotion of health and wellbeing
- Familiarise students with applications of clinical health psychology and wellbeing in a comprehensive range of settings
- Facilitate students' development of a range of clinical health psychology skills, including therapeutic skills, designing interventions and decision-making
- Facilitate students' development of high level communication skills enabling them to communicate effectively with patients/clients from a variety of cultural and ethnic backgrounds
- Equip students with advanced research skills covering quantitative and qualitative research design, analysis and dissemination
- Train students to be ethical and reflective scientist-practitioners

## 11. Programme outcomes\*

### A. Knowledge and understanding

On completion of this programme the successful student will have knowledge and understanding of :

1. Health psychology applied to behavior change and chronic illnesses
2. The psychology of wellness and illness
3. Clinical practice, therapy and interventions
4. Counselling and Psychotherapy
5. Quantitative and qualitative research methodologies
6. Research, practice and reporting

### Teaching/learning methods

Students gain knowledge and understanding through interactive lectures and workshops (all outcomes) involving significant learner activity, which allows students to engage with the material and encourages a deep approach to learning.

### Assessment methods

Students' knowledge and understanding is assessed by a range of methods including formative assessments.

Assessment includes an essay and logbook (outcome 3&4), case studies (outcome 3), visual output (outcome 3), reflective reports (outcome 3,4&5), evaluating interventions or services (outcomes 1, 2&3), portfolio (outcomes 1&3) and workbooks & in-class tests (outcome 5), dissertation (outcome 6)

<p><b>B. Cognitive Skills</b></p> <p>On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> <li>1. Reason analytically;</li> <li>2. Discuss in-depth issues in clinical health psychology and wellbeing by drawing on relevant evidence;</li> <li>3. Comprehensively and critically evaluate research and theories in clinical health psychology and wellbeing;</li> <li>4. Evaluate research methodology;</li> <li>5. Make decisions about implementing research and interventions in complex and uncertain environments</li> <li>6. Reflect in depth on learning and development</li> <li>7. Demonstrate advanced quantitative reasoning skills that are required to research and practice in the field of clinical health psychology and wellbeing</li> </ol>	<p><b>Teaching/learning methods</b></p> <p>Students learn cognitive skills through interactive lectures and workshops (all outcomes) involving significant learner activity, which encourages discussion and debate and encourages critical thinking and a deep approach to learning.</p> <p><b>Assessment methods</b></p> <p>Students' cognitive skills are assessed by a range of methods including formative assessments. Assessment includes essay and logbook (outcomes 1, 2, 3&amp;6), evaluating interventions or services (outcomes 2, 3, 5 &amp;6), case studies (outcomes 1, 2, 3 &amp;5), reflective reports (outcome 6), portfolio (outcomes 2, 5, &amp;6) and workbooks and in-class tests (outcomes 1, 4&amp;7), dissertation (all outcomes)</p>
<p><b>C. Practical skills</b></p> <p>On completion of the programme the successful student will be able to:</p> <ol style="list-style-type: none"> <li>1. Plan, conduct and write-up research that addresses important and relevant applied clinical health psychology and wellbeing issues;</li> <li>2. Analyse quantitative and qualitative data;</li> <li>3. Design health-related interventions;</li> <li>4. Critically evaluate interventions or services;</li> <li>5. Make decisions about patients' needs and welfare through evidence- based reasoning.</li> <li>6. Identify and apply clinical skills</li> <li>7. Take an ethical and reflective approach to their practice and/or career development</li> <li>8. Communicate effectively with peers, tutors and others</li> </ol>	<p><b>Teaching/learning methods</b></p> <p>Students learn practical skills through interactive lectures (outcomes 1-5, 7&amp;8), research and statistics workshops (outcomes 1, 2 &amp; 4), and professional practice workshops including role play (outcomes 4-8). All of these methods will provide opportunities for experiential learning.</p> <p><b>Assessment Method</b></p> <p>Students' practical skills are assessed by a range of methods including formative assessments. Assessment includes case studies (outcome 3&amp;5), evaluating interventions or services (outcomes 3, 4 &amp; 7), portfolio (outcomes 5,6,7,&amp; 8), workbooks and in-class tests (outcomes 1,2&amp;7), essay and log book (outcome 5, 6 &amp; 7), reflective reports (outcome 7), dissertation (outcomes 1, 2, 7 &amp; 8)</p>

<p><b>12. Programme structure (levels, modules, credits and progression requirements)</b></p>
<p><b>12. 1 Overall structure of the programme</b></p>

**MSc Clinical Health Psychology and Wellbeing Full-time mode (1 year)**

September-January	January-April	May-Sept.
PSY4050 Research methods -Quantitative		
PSY4051 Research methods -Qualitative		
PSY4223 Trauma impacts and interventions		
PSY4115 Counselling and psychotherapy		
PSY4047 Clinical health psychology: perspectives, practice and placement		
PSY4035 Research practice and reporting		

**MSc Clinical Health Psychology and Wellbeing Part-time mode (2 years)**

September-January	January-April	May-Sept.
<b>YEAR 1</b>		
PSY4050 Research methods -Quantitative		
PSY4051 Research methods -Qualitative		
PSY4052 Trauma impacts and interventions		
PSY4035 Research practice and reporting		
<b>YEAR 2</b>		
PSY4115 Counselling and psychotherapy		
PSY4047 Clinical health psychology: perspectives, practice and placement		
PSY4035 Research practice and reporting		

The MSc is assessed at 180 credit points. The programme includes three 30 credit compulsory level 7 taught modules (Trauma Impacts and Interventions, Clinical Health Psychology: Perspectives, Practice and Placement and Counselling and Psychotherapy), two 15 credit compulsory modules (Quantitative Research Methods and Qualitative Research Methods), and a compulsory 60 credit level 7 Dissertation (Research Practice and Reporting). In general, with the exception of the dissertation, 30-credits represent approximately 300 hours of student study time, with two hours of contact time per week. In general, 30-credit modules run from October to May. However, the Clinical Health Psychology: Perspectives, Practice and Placement module would be from October to the following September to enable students to complete their placement during the summer after the other taught modules have finished.

The MSc programme can be studied over 12 months full-time or 24 months part-time as shown in the diagram above. Part-time students take 60 taught credits in year 1 and 60 taught credits in year 2. In addition, they begin planning their 60-credit dissertation from the outset of their studies and thus this module runs long and thin over 24 months for part-time students and over 12 months for full-time students.

All the modules focus specifically on helping students to develop professional, research and graduate skills. These modules help students to develop research skills and prepare them for their dissertation, help them to develop counselling and communication skills, and help them to develop skills in delivering interventions. The dissertation module encourages students to work independently and develop expertise in a particular area of clinical health psychology and wellbeing.

If students are obliged to terminate their studies early, they may apply for the award of Postgraduate Certificate in Applied Psychology, assessed at 60 credit points. If students are obliged to terminate their studies before completion of the dissertation, they may apply for the award of Postgraduate Diploma in Clinical Health Psychology and

Wellbeing, assessed at no less than 120 credit points. There are no special module requirements for either of these two exit awards.

## 12.2 Levels and modules

### Level 7

COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
<p>Students must take all of the following:</p> <p>PSY4050 Quantitative Research Methods (15 credits)</p> <p>Psy4051 Qualitative Research Methods (15 credits)</p> <p>Psy4115 Counselling and Psychotherapy (30 credits)</p> <p>PSY4047 Clinical Health Psychology: Perspectives, Practice and Placement</p> <p>PSY4223 Trauma Impacts and Interventions</p> <p>PSY4035 Research: Practice and Reporting (60 credits)</p>	NA	<p>Completion of 180 credits for MSc award</p> <p>Completion of 120 credits for PGDip award</p> <p>Completion of 60 credits for PGCert award</p>

## 12.3 Non-compensatable modules

Module level	Module code
Level 7	PSY4050; PSY4051; ; PSY4115; PSY4035; PSY4223; PSY4047

## 13. Information about assessment regulations

Assessment regulations can be found at <http://www.mdx.ac.uk/regulations>. Students must pass all assessments on a module in order to pass that module. This supports the credit requirements for the awards on this programme as outlined in section 12.1.

#### **14. Placement opportunities, requirements and support**

In the Clinical Health Psychology: Perspectives, Practice and Placement module, student may opt to undertake an 8 week full-time equivalent placement in a health psychology setting. Placements will be available for all students (e.g. smoking cessation, drugs service, chronic illness management, health promotion, stroke prevention) but students may find their own placement if they wish (this must be approved by the module leader). Placements will normally take place 4-5 days a week for 8 consecutive weeks after the taught part of the programme ends (i.e. during the summer). However, some placements may involve working 1-3 days a week both during the summer and during some of term-time. This will depend on both student availability and the nature of the placement.

Preparing for placement will involve a series of workshops and one-to-one meetings between the module leader and students to discuss interests and availability. Students will then be allocated to placements and will meet key contacts in the placement organisation. Expectations, roles and responsibilities of students and organisations, and procedures for dealing with difficulties will be discussed with both parties. Health and safety and risk assessments will be conducted. The module leader will provide supervision and support throughout the process of preparing for, undertaking, evaluating and reflecting upon the placement through one-to-one tutorials and other correspondence. Also, as part of Clinical health psychology: perspectives, practice and placement, students will gain some insight into the world of work in health settings, and are prepared and supported for this through workshops on clinical skills and practice, ethical and reflective practice and professional behaviour in employment settings and they will produce a CV and cover letter and have a mock job interview. Support during the placement will also be provided by at least one key contact within the placement organisation. At the end of the placement the organisation will be asked to complete a brief report and students will produce a reflective log book and final report.

#### **15. Future careers / progression**

The programme supports career development in a variety of ways. The programme itself emphasises the development of graduate skills such as communication, numeracy and team working, as well as subject specific professional skills such as practising clinical skills, designing and evaluating interventions or services and writing research proposals. These skills are all assessed and students are required to reflect on their learning and development.

Visiting external speakers working in the NHS, academia, public health and industry contribute to the programme in order to help students consider their future careers. Career opportunities in the field of clinical health psychology and wellbeing are rapidly expanding. Students may work in the health service, public health, charities, organisations and academia. Work may include helping people to manage and cope with illnesses such as diabetes, pain, stroke; health promotion in communities, schools or the workplace; designing and delivering interventions for weight loss, smoking cessation or to improve uptake of screening; promoting well-being and mental health; research and teaching. In addition, post-graduation, students may also pursue further postgraduate study and those who have GBC can also pursue further training and/or study such as clinical training.

**16. Particular support for learning (if applicable)**

Students have support in a number of areas including a subject-dedicated librarian, the Learning Enhancement Team (LET) for numeracy, academic writing and language including workshops on critical thinking, referencing, reflective and report writing etc. Students also have e-mail access to lecturers and direct access to lecturers through office hours and tutorials.

**17. JACS code (or other relevant coding system)****18. Relevant QAA subject benchmark group(s)****19. Reference points**

The following reference points were used in designing this programme:

- Middlesex University Regulations <http://www.mdx.ac.uk/regulations/>
- Quality Assurance Agency (QAA) Framework for Higher Education Qualifications
- QAA Code of Practice
- QAA Master's Degree Characteristics
- QAA H-level Psychology subject benchmark statement
- BPS Division of Health Psychology Training Committee core curriculum
- BPS National Occupational Standards for Psychology
- Health and Care Professions Council Standards of Proficiency: Practitioner Psychologists
- Student, Staff, External Examiner's and Graduates' feedback and comments
- Middlesex University Teaching and Learning Policy and Strategy

**20. Other information**

Please note programme specifications provide a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve if s/he takes full advantage of the learning opportunities that are provided. More detailed information about the programme can be found in the rest of your programme handbook and the university regulations.

## Curriculum map for *MSc Clinical Health Psychology and Wellbeing*

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	Health psychology applied to behavior change and chronic illness
A2	Psychology of wellness and illness
A3	Clinical practice, therapy and interventions
A4	Counselling and Psychotherapy
A5	Research practice and reporting
Cognitive Skills	
B1	Reason analytically
B2	Discuss in-depth issues in clinical health psychology and wellbeing by drawing on relevant evidence
B3	Comprehensively and critically evaluate research and theories in clinical health psychology and wellbeing
B4	Evaluate research methodology
B5	Make decisions about implementing research and interventions in complex and uncertain environments
B6	Reflect in depth on learning and development
B7	Demonstrate advanced quantitative reasoning skills that are required to research and practice in the field of clinical health psychology and wellbeing
Practical Skills	
C1	Plan, conduct and write-up research that addresses important and relevant clinical health psychology and wellbeing issues
C2	Analyse quantitative and qualitative data
C3	Design health-related interventions
C4	Critically evaluate interventions or services



C5	Make decisions about patients' needs and welfare through evidence-based reasoning.
C6	Identify and apply clinical skills
C7	Take an ethical and reflective approach to their practice
C8	Communicate effectively with peers, tutors and others

Programme outcomes																			
A1	A2	A3	A4	A5	B1	B2	B3	B4	B5	B6	B7	C1	C2	C3	C4	C5	C6	C7	C8
Highest level achieved by all graduates																			
L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7

Module Title	Module Code by Level																								
		A1	A2	A3	A4	A5	B1	B2	B3	B4	B5	B6	B7	C1	C2	C3	C4	C5	C6	C7	C8				
Quantitative Research Methods	PSY4050					X	X			X	X		X		X										
Qualitative Research Methods	PSY4051					X	X			X	X		X	X	X										
Counselling and psychotherapy	PSY4115			X	X		X	X	X		X	X					X	X		X	X				
Research: Practice and Reporting	PSY4035					X	X	X	X	X	X		X	X	X					X					
Trauma Impacts and Interventions	PSY4223			X			X	X	X		X	X				X		X		X	X				
Clinical Health Psychology: Perspectives, Practice and Placement	PSY4047	X	X	X			X	X	X		X	X				X	X	X	X	X	X				