



LEEDS
BECKETT
UNIVERSITY

Course Specification

Diploma HE
Therapeutic
Counselling

Course Code: DTHER

2020/21

Diploma HE Therapeutic Counselling

Material Information Summary for 2020/21 Undergraduate Entrants

Confirmed at July 2019

General Information

Award	Diploma HE Therapeutic Counselling
Contained Awards	None
Awarding Body	Leeds Beckett University
Level of Qualification and Credits	Level 5 120 credits
Course Lengths and Standard Timescales	2 years, part time Starts 21 September 2020, ends June 2022
Location of Delivery	City Campus, Leeds (plus location of placement)
Entry Requirements	Admissions criteria are confirmed in your offer letter. Details of how the University recognises prior learning are located here: www.leedsbeckett.ac.uk/studenthub/recognition-of-prior-learning . Admissions enquiries may be directed to: AdmissionsEnquiries@leedsbeckett.ac.uk
Course Fees	Course fees and additional course costs are confirmed in your offer letter. Fees enquiries may be directed to Fees@leedsbeckett.ac.uk .

Timetable Information

Timetables will be made available to students during induction week via:

- i) The Student Outlook Calendar
- ii) The Student Portal (MyBeckett)
- iii) The Leeds Beckett app

Any difficulties relating to timetabled sessions should be discussed with your Course Administrator.

Policies, Standards and Regulations

www.leedsbeckett.ac.uk/public-information

The course follows the Academic Regulations with the following exemptions.

The course is authorised to use the University Fitness to Practise Policy and Procedure.

All components of assessments must be passed to pass the modules and all modules must be passed to pass the course. The placement requirements and minimum hours for placements must also be met to pass the course.

Under the University's attendance policy, students are expected to attend all scheduled sessions on the course. Also, the course has a minimum attendance requirement at the University of 95%. Attendance is monitored and the Course Leader will act if absences are recorded. This may be, for example, in the form of support from Student Services. Where it is not possible to make up missed hours to the 95% minimum on a module, students may be required to repeat the module with attendance. Students are advised about this in the Course Handbook and will be advised on how missed hours can be made up.

The course has an agreed stage at the end of year one. This stage constitutes the first year group of modules which upon completion students' progress is considered and both reassessment and subsequently repeat opportunities may be offered.

Exemption from academic credit or placement hours through any prior learning (RPL/RPEL/RPCL/credit transfer) is not allowed.

Key Contacts

Your Course Director	Bryony Walker
Your Academic Advisor	Will be confirmed at induction
Your Course Administrator	Charlotte Benn, c.a.benn@leedsbeckett.ac.uk

Placement Information

Summary	This involves supervised practice with clients in a confidential setting in a placement from the University approved list. Students require external placement supervision and personal therapy. See the Online Prospectus for additional costs related specifically to placements, supervision and personal therapy: https://courses.leedsbeckett.ac.uk/therapeutic_dip/
Length	100 hours of client contact under supervision with an approved supervisor. This work is normally completed over approximately 60 weeks.
Location	Student's choice and University-approved.

Professional Accreditation Associated with the Course

Professional Body: British Association for Counselling and Psychotherapy (BACP).

Accreditation Summary

The course meets the requirements of the BACP's stage 3 Core practitioner training - see details here:

<https://www.bacp.co.uk/careers/careers-in-counselling/training/>

The course is accredited by the BACP. Graduates of the course can register as members of the BACP and join the BACP register for counsellors and psychotherapists. Additionally, graduates of the course are able to work towards achieving accredited status with the BACP.

<https://www.bacp.co.uk/membership/registered-membership/>

Course Overview

Aims

The aims of the course are:

- To provide an education and training in therapeutic counselling and psychotherapy, which meets the standards for professional accreditation.
- To offer a systematic and thorough education and training in the Relational approach to therapeutic counselling and psychotherapy.

Students gain a comprehensive understanding of Relational theory and practice and learn how to apply therapeutic counselling and psychotherapy skills with clients. Through supervised practice, which follows the BACP core curriculum, students identify their strengths and areas for development, ensuring they become capable and self-reflective practitioners.

Course Learning Outcomes

At the end of the course, students are able to:

LO 1	Work within professional standards, incorporating digital literacy required of professional therapeutic practitioners.
LO 2	Work competently within both the theory and practice of the Relational approach to counselling, working with complex presentations and problem solving with other professionals in the field.
LO 3	Demonstrate a reflexive understanding of, and an ability to, integrate a range of theoretical approaches into a coherent model of practice.
LO 4	Work with the knowledge, skills and ethical awareness of a reflective practitioner, capable of problem solving professional issues and ethical dilemmas.
LO 5	Work ethically and competently with both diversity and anti-oppressive practice, noting that stereotypes and various meanings are socially constructed.

Teaching and Learning Activities

Learning and teaching activities consist of a mix of tutorials, group and individual activities, workshops and case study analysis, where students are given opportunities to relate the material covered to the workplace. The teaching and learning style is student-centred and an inclusive environment is created in which students learn by sharing their own and their peers experience through the development of critical reflection, dialogue and debate. The group agrees a code of conduct, which respects and values the individuals within the group, whilst taking responsibility for their own psychological safety. This is further enhanced through students developing the core conditions of empathy, congruence and unconditional positive regard, as described by Carl Rogers.

Students are taught alongside students on the PG Diploma Counselling and Psychotherapy (level 7) course. Learning and teaching activities will sometimes be differentiated from the level 7 students to support the development of level 5 academic skills and provide guidance on assessments.

As part of the course, students undertake a placement of 100 hours of supervised practice with adult clients (aged over 16). Students undertake external training supervision that meets BACP requirements. Students also undertake at least 20 hours of external personal therapy, which provides students with first-hand experience as a client, and they can then link this insight back to their theoretical grounding and research. Placements, external supervisors and personal therapists are, normally, taken from a University approved list. Students also attend internal supervision as part of the Therapeutic Process and Supervision module.

There is an emphasis on the practical application of theory to a working environment and on the opportunity for students to think about, discuss, and where possible, relate theory to practice. Students gain an understanding of Relational framework theory and practice and learn how to apply their therapeutic counselling and psychotherapy skills with clients. Through supervised practice, students identify their strengths and areas for development, ensuring they become a capable and self-reflective practitioner.

A typical day on the course comprises:

Session one morning:

1. Skills training 1.5 hours
2. Break (groups swap over)
3. Personal Development Groups 1.5 hours

Session two afternoon:

1. Theory lecture 1 hour
2. Break
3. Seminar 1 hour

Your Modules

This information is correct for students progressing through the course within standard timescales. Details of module delivery will be provided in your timetable.

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Personal and Professional Development 1
Relational Framework
Therapeutic Skills

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Personal and Professional Development 2
Becoming a Therapist
Therapeutic Process and Supervision

Assessment Balance and Scheduled Learning and Teaching Activities

The assessment balance and overall workload associated with this course are calculated from core modules. A standard module equates to 200 notional learning hours, which comprises teaching, learning and assessment, placement activities and independent study. Modules may have more than one component of assessment.

Level 5 is assessed by a broadly even mix of coursework and practical assessments.

Placements on this course will be assessed.

Overall Workload	Level 5
Teaching and Learning	415 hours
Independent Study and Assessment	647 hours
Placement and placement related activities	138 hours
Total	1200 hours

Learning Support

If you have a question or a problem relating to your course, your Course Administrator is there to help you. Course Administrators work closely with academic staff and can make referrals to teaching staff or to specialist professional services as appropriate. They can give you a confirmation of attendance letter, and a transcript. You may also like to contact your Course Rep or the Students' Union Advice team for additional support with course-related questions.

If you have any questions about life at our University in general, call into or contact the Student Hub on either campus to speak to our Student Experience Team. This team, consisting of recent graduates and permanent staff, are available to support you throughout your time here. They will make sure you have access to and are aware of the support, specialist services, and opportunities our University provides. There is a Student Hub on the ground floor of the Rose Bowl at City Campus and one in Campus Central at

Headingley. You can also find the team in the Gateway in the Leslie Silver Building at City Campus. Email enquiries may be directed to studentexperience@leedsbeckett.ac.uk.

Within MyBeckett you will see two tabs (Support and Opportunities) where you can find online information and resources for yourselves. The Support tab gives you access to details of services available to give you academic and personal support. These include Library Services, the Students' Union, Money advice, Disability advice and support, Wellbeing, International Student Services and Accommodation. There is also an A-Z of Support Services, and access to online appointments/registration.

The Opportunities tab is the place to explore the options you have for jobs, work placements, volunteering, and a wide range of other opportunities. For example, you can find out here how to get help with your CV, prepare for an interview, get a part-time job or voluntary role, take part in an international project, or join societies closer to home.