



LEEDS
BECKETT
UNIVERSITY

Course Specification

Postgraduate
Diploma
Counselling
and
Psychotherapy

Course Code: PDPCT

2021/22

Postgraduate Diploma Counselling and Psychotherapy (PDPCT)

Applicant Course Specification for 2021/22 Postgraduate Entrants

Confirmed at March 2021

General Information

Award	Postgraduate Diploma Counselling and Psychotherapy
Contained Award	Postgraduate Certificate Counselling and Psychotherapy
Awarding Body	Leeds Beckett University
Level of Qualification and Credits	Level 7 of the Framework for Higher Education Qualifications, with 120 credit points at Level 7 of the Higher Education Credit Framework for England
Course Lengths and Standard Timescales	<p>Start dates are notified to students via their offer letter. The length of the course is confirmed below and modes of delivery will be confirmed prior to the start date in line with Government guidance:</p> <ul style="list-style-type: none">• 2 years, part-time
Location of Delivery	City Campus, Leeds, plus location of placements
Entry Requirements	<p>Admissions criteria are confirmed in your offer letter. Details of how the University recognises prior learning and supports credit transfer are located here: www.leedsbeckett.ac.uk/studenthub/recognition-of-prior-learning. Admissions enquiries may be directed to: AdmissionsEnquiries@leedsbeckett.ac.uk.</p>
Course Fees	<p>Course fees and any additional course costs are confirmed in your offer letter. Fees enquiries may be directed to Fees@leedsbeckett.ac.uk.</p>

Timetable Information

Timetables are made available to students during induction week via:

- The Student Portal (MyBeckett)
- The Leeds Beckett app

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

Policies, Standards and Regulations www.leedsbeckett.ac.uk/academicregulations

The course follows the Academic Regulations with the following exemptions.

Fitness to Practise

The course is authorised to use the University Fitness to Practise Policy and Procedure. Details can be found [here](#). Students are expected to act in a professional manner at all times in line with the Policy.

All components of assessment must be passed

All components of assessments must be passed to pass the modules and all modules must be passed to pass the course.

Placements

The placement requirements and minimum hours for placements must also be met to pass the course.

Attendance

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% to meet the BACP requirement of 400 contact hours. 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.

In-level stage

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.

Recognition of prior learning

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

Your Key Contacts

Course Director	Paul Nicholson
Academic Adviser	Confirmed at induction
Course Administrator	Charlotte Benn, c.a.benn@leedsbeckett.ac.uk

Work 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/counsellingpsychotherapy_pgdipl/

Length

100 hours over the course of client contact under supervision with an approved supervisor.

Location

Student's choice and University-approved.

Professional Accreditation or Recognition Associated with the Course

Professional Body

British Association for Counselling and Psychotherapy (BACP)

Accreditation/ Recognition Summary

The target award 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 that meets the standards for professional recognition by the British Association for Counselling and Psychotherapy.
- Offer a systematic and thorough education and training in the Relational approach to therapeutic counselling and psychotherapy.
- Develop an advanced critical reflexive understanding of the theory and practice of counselling and psychotherapy.

Students gain a critical and 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 will be able to demonstrate:

- 1 A critical understanding of professional standards of therapeutic counselling practice.
- 2 A systematic and empirically-informed understanding of the theory and practice of a Relational approach to counselling.
- 3 A reflexive understanding of and an ability to integrate a range of theoretical approaches into a coherent model of practice.
- 4 A critical awareness of reflexivity in counselling practice.
- 5 An ability to work competently with diversity and with an anti-oppressive practice.
- 6 Competency in working therapeutically with more complex psychotherapeutic concepts and issues.

Teaching and Learning Activities

Summary

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, while 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 the students on the Diploma HE Therapeutic Counselling Skills (level 5) course. Learning and teaching activities are sometimes differentiated from the level 5 students to support the development of level 7 academic skills and formative and summative 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 practical application of theory to a working environment and 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.

Your Modules

This information is correct for students progressing through the course within standard timescales. Students who are required to undertake repeat study may be taught alternate modules which meet the overall course learning outcomes. Details of module delivery will be provided in your timetable. All modules are core.

Modules are studied across Semester 1 and Semester 2
Year 1
Personal and Professional Development 1 (20 credits)
Relational Framework (20 credits)
Therapeutic Skills (20 credits)

Modules are studied across Semester 1 and Semester 2
Year 2
Personal and Professional Development 2 (20 credits)
Becoming a Therapist (20 credits)
Therapeutic Process and Supervision (20 credits)

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 20 credit module equates to 200 notional learning hours, comprising teaching, learning and assessment, placement activities and independent study. Modules may have more than one component of assessment.

Assessment

The course is assessed by coursework and practical assessments. Placements on this course are assessed.

Workload

Overall workload	Hours
Teaching and Learning	420
Independent Study and Assessment	642
Placement and placement related activities	138
Total	1200

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 Representative 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 Advice Hub on either campus. 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 Advice 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 studentadvicehub@leedsbeckett.ac.uk.

Within MyBeckett there are 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.