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BECKETT  
UNIVERSITY

# Course Specification

## BSc (Hons) Counselling and Mental Health

Course Code: BCMNH

2024/25

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# BSc (Hons) Counselling and Mental Health (BCMNH)

## Applicant Course Specification for 2024/25 Undergraduate Entrants

Confirmed at November 2023

### General Information

<b>Award</b>	Bachelor of Science with Honours Counselling and Mental Health
<b>Contained Awards</b>	Bachelor of Science Counselling and Mental Health (Level 6) Diploma of Higher Education Counselling and Mental Health (Level 5) Certificate of Higher Education Counselling and Mental Health (Level 4)
<b>Awarding Body</b>	Leeds Beckett University
<b>Level of Qualification and Credits</b>	Level 6 of the Framework for Higher Education Qualifications, with 120 credit points at each of Levels 4, 5 and 6 of the UK Credit Framework for Higher Education (360 credits in total).
<b>Course Lengths and Standard Timescales</b>	Start dates are notified to students via their offer letter. The length and modes of delivery of the course are: <ul style="list-style-type: none"><li>• 3 years, full-time, campus based</li><li>• 6 years, part-time, campus based</li></ul>
<b>Part Time Study</b>	Part-time delivery is usually at half the intensity of the full-time equivalent course, although there may be flexibility to increase the pace of study to shorten the overall course duration. Some modules may be delivered in a different sequence from that defined within this specification but the modules offered within each level are consistent.
<b>Location of Delivery</b>	The majority of teaching will be at City Campus but on occasion may be at Headingley Campus.
<b>Entry Requirements</b>	Admissions criteria are confirmed in your offer letter. Details of how the University recognises prior learning and supports credit transfer are located here: <a href="https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning/">https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning/</a> . Admissions enquiries may be directed to: <a href="mailto:AdmissionsEnquiries@leedsbeckett.ac.uk">AdmissionsEnquiries@leedsbeckett.ac.uk</a> .
<b>Course Fees</b>	Course fees and any additional course costs are confirmed in your offer letter. Fees enquiries may be directed to <a href="mailto:Fees@leedsbeckett.ac.uk">Fees@leedsbeckett.ac.uk</a> .

## Timetable Information

Timetables for semester one are made available to students during induction week via:

- The Student Portal
- The Leeds Beckett app

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

## Policies, Standards and Regulations

<https://www.leedsbeckett.ac.uk/our-university/public-information/academic-regulations/>

There are no additional or non-standard regulations which relate to your course.

## Key Contacts

<b>Course Director</b>	Bryony Walker
<b>Academic Advisor</b>	Confirmed at induction
<b>Course Administrator</b>	Chris Sidebottom, <a href="mailto:c.sidebottom@leedsbeckett.ac.uk">c.sidebottom@leedsbeckett.ac.uk</a>

## Work-related activity Information

### Summary

The course provides the opportunity and support for self-sourced work-related learning so that students can both consolidate the skills and knowledge gained and also put these into practice. Students can undertake volunteer work or engage in work-related learning within their own workplaces, a self-sourced organisation or in one publicised on our internal website page showing relevant volunteer opportunities.

### Length

Up to 100 hours of work-related learning.

### Location

Student's choice in an appropriate organisation.

## Professional Accreditation or Recognition Associated with the Course

This course does not have professional body accreditation or recognition.

## **Course Overview**

### **Aims**

The aims of the course are to:

- Develop competence in foundation counselling, interpersonal and group work skills for careers in occupations in which human relations are important such as, counselling, psychotherapy, teaching, care work, nursing, police work or other areas of employment in health and social care.
- Develop knowledge and be able to critically evaluate different theories of therapy including person-centred, psychodynamic, existential and Cognitive Behaviour Therapy (CBT), family systems and attachment theory.
- Gain an understanding of therapy and mental health work in its social and cultural context.
- Develop personal awareness and understanding of themselves in relation to others as local, national and global citizens.
- Gain professional skills, academic competence and research skills so that students are able to carry out an extensive piece of research which they are then able to evaluate and present in written form.
- Gain an understanding of equal opportunities and anti-discriminatory practice during the process and content of the course.
- Gain an understanding of and engage in therapeutic and professional relationships of multidisciplinary teams within therapeutic settings.

### **Course Learning Outcomes**

At the end of the course, students will be able to:

- 1 Demonstrate a critical understanding of the theory and practice of counselling and mental healthcare in contemporary and professional therapeutic relationships.
- 2 Demonstrate competence in a range of counselling and interpersonal/ communication skills and apply these appropriately in diverse work contexts.
- 3 Critically reflect upon personal awareness and development in relation to working with culturally diverse others, employing self-reflective problem solving and creative thinking skills.
- 4 Demonstrate an in-depth understanding of the social and cultural contexts of counselling and mental health therapeutic practice within the UK and contrasting global sectors, including historical, professional, organisational and commercial influences in the contemporary therapeutic setting.
- 5 Demonstrate competence as autonomous, reflective learners with excellent communication skills, relevant for contemporary working practice.
- 6 Apply a range of research techniques, including digital scholarship and other technology-rich methods, in order to facilitate research within the field of counselling and mental health.

## Teaching and Learning Activities

### Summary

The course is delivered on campus, in person.

Learning and teaching activities within the course embrace a student-centred philosophy and are designed around the principles of progressive, lifelong learning and transferability of skills. Learning and teaching activities within modules are aimed at developing active, challenging and authentic learning. Students are encouraged to participate in student-led seminars and presentations, as well as group work activities and problem-based learning to promote shared learning, generate peer feedback for formative assessment and grow their team working skills. Analytical skills and critical thinking are developed through experiential and reflective learning activities, role play, case studies and critical incident analyses as well as problem-based learning activities. Core skills for counselling and mental health work are developed through skills development sessions in the Communication Skills Suite. The team is aware that different teaching methods suits different students' needs and learning styles, and is committed to a variety of practices in order to promote active learning and the engagement of all students on the course.

The course uses a range of facilities including classrooms, seminar rooms and dedicated interpersonal skills suite with recording facilities that are required for practical training and supervision.

### Your Modules

This information is correct for students progressing through the course in 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 is provided in your timetable. All modules are core.

<b>Full-time</b>	
<b>Semester 1</b>	<b>Semester 2</b>
<b>Level 4 Year 1</b>	
Resilience 20 credits	Engaging and Communicating 20 credits
Psychological Foundations for Practice 20 credits	Introduction to Mental Health 20 credits
Professional and Academic Skills 20 credits	Human Growth and Development across the Lifespan 20 credits
<b>Level 5 Year 2</b>	
Development of Counselling Skills 20 credits	Coaching 20 credits
Mental Health and Practice 20 credits	Therapeutic Practice 20 credits
Research Methods 20 credits	Transcultural Perspectives and Practice 20 credits
<b>Level 6 Year 3</b>	
Application of Counselling Skills 20 credits	Contemporary Mental Health Perspectives 20 credits
Reflective Professional Practice 20 credits	Cognitive Behaviour Therapy in Practice 20 credits
Theory and Practice of Research 40 credits	Theory and Practice of Research continues

<b>Part-time</b>	
<b>Semester 1</b>	<b>Semester 2</b>
<b>Level 4, Year 1</b>	
Resilience 20 credits	Engaging and Communicating 20 credits
Professional and Academic Skills 20 credits	
<b>Level 4, Year 2</b>	
Psychological Foundations for Practice 20 credits	Introduction to Mental Health 20 credits
	Human Growth and Development across the Lifespan 20 credits
<b>Level 5, Year 3</b>	
Development of Counselling Skills 20 credits	Coaching 20 credits
Mental Health and Practice 20 credits	
<b>Level 5, Year 4</b>	
Research Methods 20 credits	Therapeutic Practice 20 credits
	Transcultural Perspectives and Practice 20 credits
<b>Level 6, Year 5</b>	
Application of Counselling Skills 20 credits	Cognitive Behaviour Therapy in Practice 20 credits
	Contemporary Mental Health Perspectives 20 credits
<b>Level 6, Year 6</b>	
Reflective Professional Practice 20 credits	
Theory and Practice of Research 40 credits	Theory and Practice of Research continues

## Assessment Balance and Scheduled Learning and Teaching Activities by Level

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, any work-related learning activities and guided independent study. Modules may have more than one component of assessment.

### Assessment

Level 4 is assessed by coursework mainly with a practical assessment.

Level 5 is assessed by coursework mainly with some practical assessments.

Level 6 is assessed by coursework mainly with some practical assessments.

### Workload

Overall workload in hours	Level 4	Level 5	Level 6
Teaching and Learning	216	218	156
Independent Study and Assessment	984	982	944
Work-Related Learning	0	0	100
Total	1200	1200	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 Rep or the Students' Union Advice team for additional support with course-related questions.

## **Student Services**

If you have any questions about life at University, call into our Student Services Centre at either campus or contact Student Advice directly. This team, consisting of trained officers and advisers 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. They also work on a wide range of projects throughout the year all designed to enhance your student experience and ensure you make the most of your time with us. Student Advice are located in the Student Services Centre in the Leslie Silver Building at City Campus and on the ground floor of the Priestley Building at Headingley Campus. The team can also be contacted via email at [studentadvice@leedsbeckett.ac.uk](mailto:studentadvice@leedsbeckett.ac.uk), telephone on 0113 812 3000, or by accessing our online chat link, available on the student homepage.

## **Support and Opportunities**

Within MyBeckett you will see two tabs, Support and Opportunities, where you can find online information and resources.

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.