



LEEDS  
BECKETT  
UNIVERSITY

# Course Specification

## BSc (Hons) Therapeutic Counselling (*top-up*)

### (Distance Learning)

Course Code: BSTHC

2024/25

[leedsbeckett.ac.uk](https://leedsbeckett.ac.uk)

# BSc (Hons) Therapeutic Counselling (BSTHC)

## Applicant Course Specification for 2024/25 Undergraduate Entrants

Confirmed at November 2023

### General Information

<b>Award</b>	Bachelor of Science with Honours Therapeutic Counselling
<b>Contained Awards</b>	Bachelor of Science Therapeutic Counselling (Level 6)
<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 6 of the UK Credit Framework for Higher Education. This is a 'top-up' award.
<b>Course Lengths and Standard Timescales</b>	<p>Start dates are notified to students via their offer letter. The length of the and modes of delivery of the course are:</p> <ul style="list-style-type: none"><li>• 1 year, full time, distance learning</li><li>• 2 years, part time, distance learning</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 are consistent.
<b>Location of Delivery</b>	<p>Distance learning.</p> <p><b>Students need to attend live online for the Group Therapies and Group module and the Theory &amp; Practice of Research module sessions.</b></p>
<b>Entry Requirements</b>	<p>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>.</p> <p>Admissions enquiries may be directed to: <a href="mailto:AdmissionsEnquiries@leedsbeckett.ac.uk">AdmissionsEnquiries@leedsbeckett.ac.uk</a>.</p>
<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 will be made available to students during induction week via:

- The Student Portal (MyBeckett)
- 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.

## Your Key Contacts

<b>Course Director</b>	Bryony Walker
<b>Your 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>

## Professional Accreditation or Recognition Associated with the Course

This course does not have professional body accreditation or recognition.

## Course Overview

### Aims

The intention of the distance learning course is to facilitate independent and reflexive learning so that students, who are professional practitioners in counselling and psychotherapy, are able to effectively direct their future study and meet the challenges of a changing profession.

This course enriches the expected engagement in continuing professional development enabling counsellors to establish informed and effective counselling in diverse settings and communities. Continuing professional development is a requirement for continuing membership of the main professional counselling and psychotherapy bodies, who advise that practitioners should continually seek learning experiences to maintain, improve and broaden their competence and knowledge. The course aims to create an inclusive learning community in which students learn from each other's experiences, perspectives and work context.

## Course Learning Outcomes

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

- 1 An integration of critical evaluation of theory and research, application of theory to practice with critical self-reflection and taking account of issues of ethnicity, class, gender, disability, age, religion and sexuality.
- 2 A critical understanding of the key theoretical orientations of counselling, through the use of contemporary digital technology.
- 3 A critical understanding of key issues and debates in psychological therapies within contrasting local and global contexts and including analysis of ethical and legal concerns and analysis of historical, organisational and commercial influences.
- 4 A critical understanding of group work and process within diverse cultural, organisational and commercial contexts, including a critical understanding of the significance of identities and of the practical application to the workplace.
- 5 A critical understanding of the principal models, research evidence, ethical considerations and power dynamics in contemporary supervision practice, making use of digital literacy skills and academic scholarship.
- 6 Competence as an autonomous and reflective learner with the increased confidence to access and critically use a range of digital technologies, in order to research, communicate ideas, present findings and critically reflect on one's own capacity to influence future career and lifelong learning.

## Teaching and Learning Activities

A range of distance teaching and learning methods are used which are mostly asynchronous, but some more reflective and experiential parts of the curriculum will require some synchronous delivery. Teaching and learning activities are embedded into the Virtual Learning Environment, MyBeckett. Teaching and learning activities include recorded lectures, online tutorials (asynchronous and some synchronous), online group and individual experiential learning activities, case studies, online research supervision sessions both group and one to one. Interaction between students is seen as very important for cohort cohesion and for students to learn by sharing their own experience and understanding their peers' diverse experience, values, identities, and opinions. The teaching and learning style is student-centred with students participating in a variety of activities, both formal and informal, in a climate that supports difference in learning styles and needs, and that encourages the active inclusion and engagement of all students.

Modules are characterised by the integration of theory, research evidence, transfer of knowledge and skills into practice and personal reflection. Activities are challenging and authentic and relate to diverse workplaces and real-world contexts, thereby enhancing the students' practice and their potential for employment.

## 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.

Full time Semester 1	Semester 2
Theories of Therapy 20 credits	Issues and Debates in Psychological Therapies 20 credits
Supervision in Practice 20 credits	Group Therapies and Group Work 20 credits
Theory and Practice of Research 40 credits	Theory and Practice of Research <i>continues</i>

Part time indicative Year 1 Semester 1	Semester 2
Theories of Therapy 20 credits	Issues and Debates in Psychological Therapies 20 credits
Supervision in Practice 20 credits	
Year 2	
	Group Therapies and Group Work 20 credits
Theory and Practice of Research 40 credits	Theory and Practice of Research <i>continues</i>

## 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 and guided independent study. Modules may have more than one component of assessment.

### Assessment

The modules are assessed by coursework mainly with some practical assessments.

### Workload

Overall workload	Hours
Teaching and Learning	153
Independent Study and Assessment	1047
Placement	0
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 transcript. You may also like to contact your Course Representative or the Students' Union Advice team for additional support with course-related questions.

## **Student Services**

If you have any questions about life at University, 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 can 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 and International Student Services. 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, take part in an international project, or join societies closer to home.