

# Course Specification

## Postgraduate Diploma Counselling and Psychotherapy

**Course Code: PDPCT**

**2024/25**

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# Postgraduate Diploma Counselling and Psychotherapy (PDPCT)

## Applicant Course Specification for 2024/25 Postgraduate Entrants

Confirmed at November 2023

### General Information

<b>Award</b>	Postgraduate Diploma Counselling and Psychotherapy
<b>Contained Award</b>	Postgraduate Certificate Counselling and Psychotherapy
<b>Awarding Body</b>	Leeds Beckett University
<b>Level of Qualification and Credits</b>	Level 7 of the Framework for Higher Education Qualifications, with 120 credit points at Level 7 of the Higher Education Credit Framework for England
<b>Course Lengths and Standard Timescales</b>	<p>Start dates are notified to students via their offer letter. The length and mode of delivery of the course are:</p> <ul style="list-style-type: none"><li>• 2 years, part-time, campus based</li></ul>
<b>Location of Delivery</b>	The majority of teaching will be at City campus but on occasion main be at Headingley campus, plus location of placements.
<b>Entry Requirements</b>	<p>Admissions criteria are confirmed in your offer letter. Details of how the University recognises prior learning is located here:</p> <p><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:</p> <p><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 for semester one are 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/>

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 assessments to be passed and pass/fail assessments

- All components of assessments must be passed at the threshold pass or a pass for pass/fail marking to pass a module.
- All components of assessment and all modules must be passed to achieve the award.

### Placements

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

### Attendance

Under the University's Academic Engagement 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%, which equates to 28.5 days' attendance across the 30 study days of the academic year. A study day requires attendance on all modules and attendance is recorded separately for each module. This attendance ensures students meet the minimum contact hours required by the BACP, in order to achieve a BACP-accredited qualification. Details are provided in the Course Handbook.

### 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	Chris Sidebottom, <a href="mailto:c.sidebottom@leedsbeckett.ac.uk">c.sidebottom@leedsbeckett.ac.uk</a>

## **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/](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**

The teaching and learning on the course are delivered on campus in person.

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) and MA Integrative Counselling courses. 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.

Formally integrated into the professional training is the BACP's 2021 Online and phone therapy (OPT) training curriculum. This is constituted out of eleven subject areas which are covered across the six core clinical modules associated with this course. The various items in the curriculum have been interwoven into existing teaching and learning scheduling and activities, and represent a triangulation of existing theory and skills with the differences presented to practice when working in online and phone therapy media. This expansion is driven by a dual commitment: enhancing the accessibility of therapeutic services for clients and responding to the changing landscape of psychotherapy practice in the 21st century.

### **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.

<b>Semester 1</b>	<b>Semester 2</b>
<b>Year 1</b>	
Personal & Professional Development 1 20 credits	Personal & Professional Development 1 continues
Relational Framework 20 credits	Relational Framework continues
Therapeutic Skills 20 credits	Therapeutic Skills continues
<b>Year 2</b>	
Personal & Professional Development 2 20 credits	Personal & Professional Development 2 continues
Becoming a Therapist 20 credits	Becoming a Therapist continues
Therapeutic Process and Supervision 20 credits	Therapeutic Process and Supervision continues

### **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.

## 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.