



LEEDS
BECKETT
UNIVERSITY

Course Specification

**BSc (Hons) Therapeutic
Counselling (top-up)
(Distance Learning)**

Course Code: BSTHC

2026/27

leedsbeckett.ac.uk

BSc (Hons) Therapeutic Counselling (BSTHC)

Applicant Facing Course Specification for 2026/27 Entrants

Confirmed at November 2025

General Information

Award	Bachelor of Science with Honours Therapeutic Counselling
Contained awards	Bachelor of Science Therapeutic Counselling (Level 6)
Awarding body	Leeds Beckett University
Level of qualification and credits	Level 6 of the Framework for Higher Education Qualifications, with 120 credit points at Level 6 of the UK Credit Framework for Higher Education. This is a 'top-up' award.
Course lengths and standard timescales	Start dates will be notified to students via their offer letter. The length and mode of delivery of the course is: <ul style="list-style-type: none">• 1 year (full time, distance learning)• 2 years (part time, distance learning)
Part time study	PT delivery is usually at half the intensity of the FT equivalent course, although there may be flexibility to increase your pace of study to shorten the overall course duration. Some modules may be delivered in a different sequence from that defined within this information set but the modules offered within each level are consistent. Please note that a work placement option is not generally available to PT students.
Location(s) of delivery	Distance Learning. NB: Students need to attend live online for the Group Therapies and Group module, the Theory & Practice of Research, and the Supervision in Practice module sessions.
Entry requirements	Admissions criteria are confirmed in your offer letter. Details of how the University recognises prior learning and supports credit transfer are located here: https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning/ Admissions enquiries may be directed to: AdmissionsEnquiries@leedsbeckett.ac.uk .
Course fees	Course fees are confirmed in your offer letter. A breakdown of any additional costs is included on the online prospectus entry for this course. Fees enquiries may be directed to Fees@leedsbeckett.ac.uk .

Policies, Standards and Regulations

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

Standard regulations apply to this course.

Professional Accreditation or Recognition Associated with the Course

This course does not have professional body accreditation or recognition.

Timetable

Timetables for Semester 1 will be made available to students during induction week via:

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

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

Key Contacts

Your course director Bryony Walker

Your course administrator Simon Madley, s.madley@leedsbeckett.ac.uk

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 will be 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

Summary

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 programme 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.

Level 6, Full-time

Compulsory modules

Module title	Credits	Semester/ teaching period
Theories of Therapy	20	1
Supervision in Practice	20	1
Issues and Debates in Psychological Therapies	20	2
Group Therapies and Group Work	20	2
Theory and Practice of Research	40	Year-long
Number of credits of compulsory modules	120	

Level 6, Part-time

Module title	Credits	Semester/ teaching period
Year 1		
Theories of Therapy	20	1
Supervision in Practice	20	1
Issues and Debates in Psychological Therapies	20	2
Year 2		
Group Therapies and Group Work	20	2
Theory and Practice of Research	40	Year-long
Number of credits of option modules a student should choose	120	

Assessment 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 may be comprised of teaching, learning and assessment, any embedded placement activities and independent study. Modules may have more than one component of assessment.

Assessment

Level 6

Level 6 is assessed by coursework predominately, with some practical assessments.

Workload

Overall Workload	Level 6
Teaching, learning and assessment	153 hours
Independent study	1047 hours
Placement	0 hours