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BECKETT  
UNIVERSITY

# Course Specification

## Postgraduate Certificate Interpersonal and Counselling Skills

Course Code: PCICS

2026/27

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

# Postgraduate Certificate Interpersonal and Counselling Skills (PCICS)

## Applicant Facing Course Specification for 2026/27 Entrants

Confirmed at November 2025

### General Information

<b>Award</b>	Postgraduate Certificate Interpersonal and Counselling Skills
<b>Contained awards</b>	None
<b>Awarding body</b>	Leeds Beckett University
<b>Level of qualification and credits</b>	Level 7 of the Framework for Higher Education Qualifications, with 60 credit points at Level 7 of the Higher Education Credit Framework for England.
<b>Course lengths and standard timescales</b>	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"><li>• 12 months (part time, campus based)</li></ul>
<b>Location(s) 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 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 <a href="mailto:Fees@leedsbeckett.ac.uk">Fees@leedsbeckett.ac.uk</a> .

## **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** Paul Nicholson

**Your course administrator** Simon Madley, [s.madley@leedsbeckett.ac.uk](mailto:s.madley@leedsbeckett.ac.uk)

## Course Overview

### Aims

This course forms the foundation of the postgraduate counselling and psychotherapy provision. The course has been designed for students returning to higher education and new to the field of counselling and interpersonal skills. The course introduces and familiarises the students with core knowledge of the counselling world, introducing them to counselling skills, personal and professional awareness, ethics, diversity and the implication of professional practice. The course aims to equip students with a critical understanding of the counselling theory, self-awareness and reflective skills involved in becoming a future trainee counsellor. The course aims to enable students to develop autonomy and responsibility in their professional and academic practice. Students are challenged to confront personal prejudices and to think about diversity and develop personal awareness in how they relate to others.

The specific course aims are for student to:

- Develop critical knowledge of counselling and interpersonal skills.
- Facilitate the practical application and professional competency of interpersonal and counselling skills.
- Develop ethical awareness and a commitment to diversity and anti-oppressive practice in groups and with individuals.
- Develop reflexivity and to facilitate exploration of own awareness of feelings, attitudes, personal and interpersonal relational issues.

### Course learning outcomes

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

1	Synthesise theory into practice in the competent and reflexive application of interpersonal and counselling skills.
2	Critically reflect on, analyse and evaluate their personal learning process to inform continuing personal and professional development.
3	Critically analyse and evaluate key theoretical concepts relevant to the practice of interpersonal and counselling skills.
4	Work effectively with ethical issues involved in using interpersonal and counselling skills with clients and identify support systems and required resources.
5	Work competently and anti-oppressively with an awareness of social and cultural difference and the different values, beliefs and attitudes of clients from different ethnicities and social groups.

## 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 lectures, group and individual activities, workshops and case study analysis and, where appropriate, students are given opportunities to relate the material covered to the workplace. Teaching and learning activities are used to build theoretical knowledge, self-awareness and a knowledge of ethics and professional practice.

A specific course identity is fostered through a group understanding and collaborative working culture developed through the learning experience. 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 agree a code of conduct that respects and values the individuals within it whilst 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.

A typical session would begin with a reflective session to connect students to the topics for study at their academic level. The theoretical slot follows with tutor input, discussion and reflective activities, which may involve creative materials and small group discussion or student presentation. This work is then consolidated with the practice of counselling skills in small groups. These sessions are recorded in the specialist skills suite to enable the students to self-evaluate their competence. Peer and tutor feedback is given regularly.

There is an emphasis on practical application of theory to a working environment and the opportunity for students to personalise their learning by via reflective practice on their own approach to the material, considering, discussing and where possible, relating theory to practice. The teaching and learning style of the course is student-centred and on a course of this nature, many students require careful guidance particularly during the early stages due to the challenging activities contained within the course.

### **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 7**

#### ***Compulsory modules***

<b>Module title</b>	<b>Credits</b>	<b>Semester/ teaching period</b>
Personal and Professional Awareness	20	Year-long
Understanding Theory in Counselling and Interpersonal Skills	20	Year-long
Developing the Practice of Counselling and Interpersonal Skills	20	Year-long
Number of credits of compulsory modules	60	

## 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 7*

This course is assessed by coursework and a practical assessment.

### Workload

Overall Workload	Level 7
Teaching, learning and assessment	90 hours
Independent study	510 hours
Placement	0 hours