



**LEEDS
BECKETT
UNIVERSITY**

Course information for applicants

This information applies to the course as it will be delivered to students starting the course in 2027/28.

Information provided here was confirmed on 22/09/2026

General information

Programme code

BCMNH

Target award

If you complete this course successfully you will be eligible for the award of:

BSc (Hons) Counselling and Mental Health

Delivery mode

- ☒ On campus
☐ Distance learning

Where you will study

The majority of teaching will be at City campus but on occasion may be at Headingley campus.

Awarding body

Leeds Beckett University

Regulator

Office for Students

Level of qualification

Level 6 of the Framework for Higher Education Qualifications

Course duration

If you are made an offer of a place on the course, your offer letter will include the start date.

This course can be studied:

3 years full-time

6 years part-time

Part-time study

This course can be studied part-time.

If you study the course part-time, it will usually take twice as long to complete compared with the equivalent full-time course. The modules may be delivered in a different sequence than on the full-time course, but you will study the same modules at each academic level. With the agreement of the course team, you may be able to increase your pace of study to shorten the overall course duration.

Work placement

This course does not include a placement year.

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 put these into practice. Students can undertake volunteer work or in engage in work-related learning within their own workplaces, a self-sourced organisation or in one publicised in our internal website page showing relevant volunteer opportunities.

Students are expected to complete up to 100 hours of work-related learning.

Entry requirements

Admissions criteria are available on the online prospectus entry for this course.

If you have previous relevant qualifications or experience, you could be exempt from certain parts of your course. Recognition of prior learning (RPL) allows you to start your course at a point appropriate to the learning and skills that you may have developed in a professional, vocational or community setting.

Find out more here: <https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning>

If you have questions about entry requirements and admissions, contact AdmissionsEnquiries@leedsbeckett.ac.uk

Course fees

Course fees and a breakdown of any additional costs is included on the online prospectus entry for this course.

If you have questions about fees for this course, contact Fees@leedsbeckett.ac.uk

Timetable

You will receive your full timetable for the year during induction week.

What you will study

Course 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.

Teaching and learning activities

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 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

Course structure

This information is correct for students progressing through the course within standard timescales. If you have to repeat study or take time out during your course, you may be taught alternative modules which meet the overall course learning outcomes.

Level 4

Compulsory modules

Module title	Credits	Semester/teaching period
Resilience	20	1
Psychological Foundations for Practice	20	1
Professional and Academic Skills	20	1
Engaging and Communicating	20	2
Introduction to Mental Health	20	2
Human Growth and Development across the Lifespan	20	2
Total number of credits of compulsory modules:	120	

Level 5

Compulsory modules

Module title	Credits	Semester/teaching period
Development of Counselling Skills	20	1
Mental Health and Practice	20	1
Research Methods	20	1
Coaching	20	2
Therapeutic Practice	20	2
Transcultural Perspectives and Practice	20	2
Total number of credits of compulsory modules:	120	

Level 6

Compulsory modules

Module title	Credits	Semester/teaching period
Application of Counselling Skills	20	1
Contemporary Mental Health Perspectives	20	1
Reflective Professional Practice	20	2
Cognitive Behaviour Therapy	20	2
Theory and Practice of Research	40	Year-long
Total number of credits of compulsory modules:	120	

Level 4, Part time

Compulsory modules

Module title	Credits	Semester/teaching period
Year 1		
Resilience	20	1
Professional and Academic Skills	20	1
Engaging and Communicating	20	2
Year 2		
Psychological Foundations for Practice	20	1
Introduction to Mental Health	20	2
Human Growth and Development across the Lifespan	20	2
Total number of credits of compulsory modules:	120	

Level 5, Part time

Compulsory modules

Module title	Credits	Semester/teaching period
Year 3		
Development of Counselling Skills	20	1
Mental Health and Practice	20	1
Coaching	20	2
Year 4		
Research Methods	20	1
Therapeutic Practice	20	2
Transcultural Perspectives and Practice	20	2
Total number of credits of compulsory modules:	120	

Level 6, Part time

Compulsory modules

Module title	Credits	Semester/teaching period
Year 5		
Application of Counselling Skills	20	1
Cognitive Behaviour Therapy	20	2
Reflective Professional Practice	20	2
Year 6		
Contemporary Mental Health Perspectives	20	1
Theory and Practice of Research	40	Year-long
Total number of credits of compulsory modules:	120	

Assessment and feedback

Level 4

Level 4 is assessed mostly by coursework, with some practical assessments.

Level 5

Level 5 is assessed mostly by coursework, with some practical assessments.

Level 6

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

Workload

You can expect to spend a total of 100 hours learning per 10 credits.

Typically, a student on this course can expect to divide their time like this:

Overall workload	Level 4	Level 5	Level 6
Teaching, learning and assessment	202 hours	210 hours	156 hours
Independent study	998 hours	990 hours	944 hours
Placement study	0 hours	0 hours	100 hours