



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 24/08/2026

General information

Programme code

DTher

Target award

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

DTher

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.

Professional accreditation or recognition

Professional body

British Association for Counselling and Psychotherapy (BACP)

Summary of the accreditation or recognition

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.

Awarding body

Leeds Beckett University

Regulator

Office for Students

Level of qualification

Level 5 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:

2 years part-time

Work placement

This course does not include a placement year.

Students are required to complete 100 hours of client contact under supervision with an approved supervisor. Placements are to be sourced from the University's approved placement list. Students also require external placement supervision and personal therapy.

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:

Provide an education and training in therapeutic counselling and psychotherapy, which meets the standards for professional accreditation.

Offer a systematic and thorough education and training in the Relational approach to therapeutic counselling and psychotherapy.

Students gain a 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.

Teaching and learning activities

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

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, 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.

Students are taught alongside students on the Postgraduate Diploma Counselling and Psychotherapy and the MA Integrative Counselling course. Learning and teaching activities will sometimes be differentiated from the level 7 students to support the development of level 5 academic skills and provide guidance on 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 the practical application of theory to a working environment and on 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.

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 5

Compulsory modules

Module title	Credits	Semester/teaching period
Year 1		
Personal and Professional Development 1	20	Year-long
Relational Framework	20	Year-long
Therapeutic Skills	20	Year-long
Year 2		
Becoming a Therapist	20	Year-long
Personal and Professional Development 2	20	Year-long
Therapeutic Process and Supervision	20	Year-long
Total number of credits of compulsory modules:	120	

Assessment and feedback

The balance of assessment may change depending on which option modules you choose.

Level 5

Level 5 is assessed by a broadly even mix of coursework and 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 5
Teaching, learning and assessment	420 hours
Independent study	642 hours
Placement study	138 hours