

Course Specification

Course Summary Information		
1	Course Title	BSc (Hons) Psychology and Counselling
2	Course Code	US0960
3	Awarding Institution	Birmingham City University
4	Teaching Institution(s) (if different from point 3)	
5	Professional Statutory or Regulatory Body (PSRB) accreditation (if applicable)	British Psychological Society (BPS)

6	Course Description
	<p>The BSc (Hons) Psychology and Counselling will be of particular interest if you are thinking about a career as a Counselling Psychologist, Psychotherapist or a Counsellor. The course has been carefully developed to enable you to gain the required knowledge base, practical skill and emotional awareness and maturity required for these, normally postgraduate professions. This course provides you with an in-depth exploration of human development, mental health and distress along with practical listening and relationship building skills that will prepare you for range of people-focussed roles with adults, young people and children.</p> <p>This course integrates traditional psychology teaching with the theory and practice of counselling and psychotherapy into unified programme which enables an early focus on applied practice without any loss of the rigour of a pure psychology degree. The course team consists of chartered psychologists and accredited, practicing psychotherapists and counsellors, ensuring the theoretical and practical relevance of your student experience.</p> <p>What's covered in the course?</p> <p>While some modules focus more centrally on the discipline of psychology, and others on the associated field of counselling, the key focus throughout is on the integration of the two areas to offer a unique focus on both the theory and the practice of Psychology and Counselling. The optional work placement module in year 2 enables you to gain valuable practical experience, and this together with practice focussed modules in each year ensures a good balance between theory and practice throughout the course.</p> <p>Progression opportunities</p> <p>On this course (BSc Hons Psychology and Counselling, you will have the opportunity to apply for the integrated MSci Psychology and Counselling course, turning your three year degree into a four year combined master's degree. The MSci Psychology and Counselling is not available via direct application and is only available to those studying Psychology and Counselling at undergraduate level. The MSci qualification will enable you to apply for individual registration with the British Association for Counselling and Psychotherapy (BACP).</p> <p>This makes the BSc in Psychology and Counselling highly attractive as successful graduates of the MSci Psychology and Counselling (which is only open to application to those students studying the BSc Psychology and Counselling) are able to practice or obtain employment as BACP registered counsellors, and/or proceed to further BPS accredited training and qualifications.</p>

7	Course Awards		
7a	Name of Final Award	Level	Credits Awarded
	Bachelor of Science with Honours Psychology and Counselling	Level 6	360
	Bachelor of Science with Honours Psychology and Counselling with Professional Placement Year	Level 6	480
7b	Exit Awards and Credits Awarded		
	Certificate of Higher Education Psychology and Counselling	Level 4	120
	Diploma of Higher Education Psychology and Counselling	Level 5	240
	Bachelor of Science Psychology and Counselling	Level 6	300
	Bachelor of Science with Honours Psychology and Counselling with Professional Placement Year	Level 6	420

8	Derogation from the University Regulations
	None.

9	Delivery Patterns			
Mode(s) of Study		Location(s) of Study	Duration of Study	Code(s)
Full Time		City Centre	3 years	US0960
Full Time with Professional Placement Year		City Centre	4 years	

10	Entry Requirements
<p>The admission requirements for this course are stated on the course page of the BCU website at https://www.bcu.ac.uk/, or may be found by searching for the course entry profile located on the UCAS website.</p>	

11	Course Aims
	<p>The BSc (Hons) Psychology and Counselling will be of particular interest if you are thinking about a career as a Counselling Psychologist, Psychotherapist or a Counsellor. The course has been carefully developed to enable graduates to gain the required knowledge base, practical skill and emotional awareness and maturity required for these, normally postgraduate professions. Whether or not further study is for you, an in depth exploration of – among other things - human development, mental health and distress and practical listening and relationship building skills will prepare graduates for range of people-focussed roles with adults, young people and children. On the BSc (Hons) Psychology and Counselling degree, you have the opportunity to apply for the MSci Psychology and Counselling course, turning your three year degree into a four year combined master's degree. MSci Psychology and Counselling isn't available via direct application, and is only available to those studying Psychology and Counselling at undergraduate level.</p> <p>Applicants will need to demonstrate the core personal and professional competencies specified by professional accrediting bodies as part of the application process, including among other things self-awareness, maturity, stability, resilience, the ability to be reflective, to receive and work with feedback and to cope with the demands of the course and of the profession. This qualification enables students to apply for individual registration with the British Association of Counselling and Psychotherapy (BACP). Successful graduates of the MSci Psychology and Counselling are therefore able to practice or obtain employment as BACP registered counsellors, and / or to proceed to further BPS accredited training and qualifications.</p>

12	Course Learning Outcomes
	Upon completion of the course you will be able to:
	Knowledge and Understanding
1	Know and understand the British Psychological Society (BPS) GBC core syllabus topic areas in Psychology.
2	Understand the historical and scientific underpinnings of the discipline of Psychology and how these underpin changes across the core curriculum topic areas.
3	Apply knowledge of Cognitive psychology theory and research can explain factors that influence the mind, brain, behaviour and experience, and of the complex interactions between these.
4	Appraise key aspects of how Developmental psychology contributes to the understanding of contemporary issues and those issues that are at the forefront of the discipline.
5	Recognise and understand individual differences using psychological theory to answer real-world questions.
6	Discuss the key issues and debates that relate to social psychology recognising theoretical, methodological and key social psychological processes.
7	Understand the biological psychology approach and how the role of brain functioning across multiple psychological domains aids the understanding of psychological phenomena.
8	Appropriately use a range of qualitative methods and understand how to obtain and analyse evidence acquired and demonstrate understanding through practical work.
9	Appropriately use a range of quantitative methods and understand how to obtain and analyse evidence acquired and demonstrate understanding through practical work
10	Summarise and describe a range of models of human communication, self-expression and social and cultural identification based on the integration of reflexivity, observational data and current research.
11	Critically assess the role and impact of the key theoretical and philosophical underpinnings of a range of counselling approaches including application of the main perspectives in Psychology, Counselling and Psychotherapy to contemporary issues.

12	Engage in personal development activities evidencing a commitment to personal development including awareness of emotional responses to other people, grounding core theory and skills in self-experience and knowledge via self-exploration and non-defensive exploration of impact of self on others through self-expression and self-disclosure.
13	Critically appraise the contributions and limitations of Psychology and the related disciplines of Counselling and Psychotherapy to explain human development and behaviour and the alleviation of distress.
14	Adopt and integrate multiple perspectives in Counselling and Psychotherapy and systematically analyse the relationships between them.
15	Critically discuss the importance of context, difference and diversity, including anti-discriminatory practice and culturally informed approaches, to counselling practice.
	<i>Skills and other attributes</i>
16	Form and sustain an intimate, boundaried relationships using counselling skills in a controlled context.
17	Apply ethical principles and counselling codes of practice to decisions involving complexity and uncertainty.
18	Assess and formulate human distress including detection of patterns in behavior and experience, evaluate their significance in light of various psychological and psychotherapeutic perspectives and identify factors related to risk, safeguarding and other ethical or legal issues.
	<i>Subject-specific skills</i>
19	Apply multiple perspectives to psychological issues, recognising that psychology involves a range of research methods, theories, evidence and applications in a way that fosters critical evaluation and reflection.
20	Integrate ideas and findings across the multiple psychological perspectives, recognising the distinctive approaches to relevant issues, leading to an appreciation of theory, research findings, and relevant ethical and socio-cultural issues.
21	Identify and evaluate patterns in behaviour, psychological functioning and experience and evaluate their significance in light of various psychological perspectives.
22	Competently use research skills in conducting and disseminating findings of empirical studies that employ different methods of data collection.
23	Analyse, present and evaluate quantitative and qualitative data and evaluate research findings
24	Employ evidence-based reasoning and examine practical, theoretical and ethical issues associated with the range of methodologies
25	Use a variety of psychological tools, including specialist software, laboratory equipment and psychometric instruments
26	Apply psychological knowledge ethically and safely to real-world problems
27	Review and critically evaluate psychological theory and empirical research using a range of techniques.
28	Carry out an extensive piece of independent empirical research to demonstrate a range of research skills, including planning, considering and resolving ethical issues, analysis and dissemination of findings.
	<i>Transferable Skills / Key Skills</i>
29	Communicate effectively in writing and orally using cogent arguments supported by relevant evidence and being sensitive to the needs and expectations of an audience.
30	Use numerical reasoning skills and understanding to employ appropriate statistical methods.
31	Be computer literate, displaying skills in the use of software applications which are generic and discipline based.

32	Effectively retrieve, organise and evaluate primary and secondary sources of information found in library books and journal collections, and online.
33	Recognise and understand the complexity of social interaction and behaviours required for effective teamwork and competent in evaluating your own strengths and weaknesses.
34	Show the capability to learn independently and pragmatically. Show responsibility for own learning and skill development; this will include effective personal planning, self-reflection and project management skills.

13	Level Learning Outcomes
	<i>Upon completion of Level 4 / the Certificate of Higher Education, you will be able to:</i>
10	Summarise and discuss a range of models of human communication, self-expression and social and cultural identification based on the integration of reflexivity, observational data and current research.
12	Engage in personal development activities evidencing a commitment to personal development including awareness of emotional responses to other people, grounding core theory and skills in self-experience and knowledge via self-exploration and non-defensive exploration of impact of self on others through self-expression and self-disclosure.
2	Knowledge and understanding of the historical and scientific underpinnings of the discipline of Psychology and how these underpinnings change across the core curriculum topic areas.
5	Recognise and understand individual differences using psychological theory to answer real-world questions.
17	Apply psychological knowledge ethically and safely to real-world problems
21	Display numerical reasoning skills, understanding and employing appropriate statistical methods.
22	Be computer literate, displaying skills in the using software applications which are generic, and discipline based.
23	Effectively retrieve, organise and evaluate primary and secondary sources of information found in library books and journal collections, and online.
	<i>Upon completion of Level 5 / the Diploma of Higher Education, students will be able to:</i>
14	Adopt and integrate multiple perspectives in Counselling and Psychotherapy and systematically analyse the relationships between them.
16	Form and sustain an intimate, boundaried relationship using counselling skills in a controlled context.
13	Critically appraise the contributions and limitations of Psychology and the related disciplines of Counselling and Psychotherapy to explain human development and behaviour and the alleviation of distress.
11	Critically assess the role and impact of the key theoretical and philosophical underpinnings of a range of counselling approaches including application of the main perspectives in Psychology, Counselling and Psychotherapy to contemporary issues.
3	Apply knowledge of cognitive psychology theory and how research can explain factors that influence the mind, brain, behaviour and experience, and of the complex interactions between these.
7	Understand the biological psychology approach and how the role of brain functioning across multiple psychological domains aids the understanding of psychological phenomena.
8	Appropriately use a range of qualitative methods and understand how to obtain and analyse evidence acquired and demonstrate understanding through practical work.
9	Appropriately use a range of quantitative methods and understand how to obtain and analyse evidence acquired and demonstrate understanding through practical work.
14	Analyse, present and evaluate quantitative and qualitative data and research findings

24	Recognise and understand the complexity of social interaction and behaviours required for effective teamwork and competent in evaluating your own strengths and weaknesses.
	<i>Upon completion of 60 credits at Level 6 / the Bachelors Degree, students will be able to:</i>
17	Apply ethical principles and counselling codes of practice to decisions involving complexity and uncertainty.
18	Assess and formulate human distress including detection of patterns in behavior and experience, evaluate their significance in light of various psychological and psychotherapeutic perspectives and identify factors related to risk, safeguarding and other ethical or legal issues.
15	Critically discuss the importance of context, difference and diversity, including anti-discriminatory practice and culturally informed approaches, to counselling practice.
24	Employ evidence-based reasoning and examine practical, theoretical and ethical issues associated with the range of methodologies.
10	Apply multiple perspectives to psychological issues, recognising that psychology involves a range of research methods, theories, evidence and applications in a way that fosters critical evaluation and reflection.
11	Integrate ideas and findings across the multiple psychological perspectives, recognising the distinctive approaches to relevant issues, leading to an appreciation of theory, research findings, and relevant ethical and socio-cultural issues.
12	Identify and evaluate patterns in behaviour, psychological functioning and experience and evaluate their significance in light of various psychological perspectives.
18	Review and critically evaluate psychological theory and empirical research using a range of techniques.
20	Communicate effectively in writing and orally using cogent arguments supported by relevant evidence and being sensitive to the needs and expectations of an audience.
25	Show the capability to learn independently and pragmatically. Show responsibility for own learning and skill development; this will include effective personal planning, self-reflection and project management skills.

14	Course Learning, Teaching and Assessment Strategy
	<p>The course Learning, Teaching and Assessment Strategy is fully aligned with the BLSS Teaching and Learning Strategy, and meets the stated requirements for both accreditation with the British Psychological Society and professional accreditation with the British Association for Counselling and Psychotherapy in the event of students electing to progress to the integrated MSci in Psychology and Counselling through a final (fourth) year of study.</p> <p>Competence in counselling practice is dependent on personal skills, qualities and self-awareness. The teaching, learning and assessment strategy of the courses therefore focuses on the development of these competencies, on the development of the applied thinking skills and on the academic competencies expected of a master's level qualification.</p> <p>Teaching is therefore individually focussed, and learning occurs through active engagement with the learning material and experiential processes facilitated throughout the year. The BSc may be converted to the integrated MSci in Psychology and Counselling via a fourth year of study. Therefore course design and module content for some modules on the BSc are mapped against professional requirements as set out by BACP.</p> <p>We recognise that as BCU students, you come from a wide variety of backgrounds and bring a wealth of different experiences to your higher education experience with us. Our strategy aims to inspire, develop, support and empower you within our diverse community of students in your chosen field of study.</p>

Our learning, teaching and assessment approach is informed by relevant subject research, pedagogic research, sector knowledge and awareness of potential graduate destinations, best practice, reflection and innovation. Through our strategy, we endeavour to develop curiosity, confidence, courage, ambition and aspiration in line with our widening participation values, and to prepare you for employment, enterprise or further study as follows:

- a) We use a variety of assessments to build your analytical, written and oral communication skills.
- b) The flexible nature of some of our assessment topics will allow you to tailor your learning experience towards your current interests and areas relevant to future employment.
- c) We encourage learning outside of the classroom, you will be supported with further reading and online based resources which will promote independent learning.

Formative learning activities will play a central role to building confidence and preparing you for your summative assessments.

The Covid Pandemic has highlighted the importance of ensuring competence with digital media and means of communication. These elements will be incorporated into the course, with the emphasis remaining on in person skills where possible, as required by professional standards requirements.

15 Course Requirements

15a Level 4:

In order to complete this course you must successfully complete all the following CORE modules (totalling 100 credits):

Module Code	Module Name	Credit Value
PSY4043	Self and Relationship	20
PSY4030	Introduction to Psychology	20
PSY4045	Psychology of Individual Difference and Personality	20
PSY4032	Introduction to Research Methods and Statistics	20
PSY4044	Non-verbal Communication	20

In order to complete this course you must successfully complete at least 20 credits from the following indicative list of OPTIONAL modules:

Module Code	Module Name	Credit Value
PSY4034	Introduction to Psychopathology	20
PSY4035	Parapsychology	20
PSY4041	Popular Images and Psychological Understanding	20
PSY4042	Positive Psychology and Counselling	20

Level 5:

In order to complete this course you must successfully complete all the following CORE modules (totalling 100 credits):

Module Code	Module Name	Credit Value
PSY5067	Counselling Skills	20
PSY5046	Qualitative Research methods and Analyses	20
PSY5068	Counselling Theories and Concepts	20
PSY5048	Quantitative Research Methods	20
PSY5047	Neuropsychology	20

In order to complete this course you must successfully complete at least 20 credits from the following indicative list of OPTIONAL modules.

Module Code	Module Name	Credit Value
PSY5063	Work Experience	20
PSY5064	Stress and Disease	20
PSY5065	Cultural Psychology	20
PSY5069	Interpersonal Neurobiology	20

In order to qualify for the award of BSc (Hons) Psychology and Counselling with Professional Placement Year a student must successfully complete the following module:

Module Code	Module Name	Credit Value
PLA5XXX	Professional Placement Year	120

Level 6:

In order to complete this course you must successfully complete all the following CORE modules (totalling 100 credits):

Module Code	Module Name	Credit Value
PSY6112	Counselling Ethics	20
PSY6096	Life Span Psychology	20
PSY6097	Integrative Psychology Project Based Module	40
PSY6095	Applied Social Psychology	20

In order to complete this course you must successfully complete at least 20 credits from the following indicative list of OPTIONAL modules.

Module Code	Module Name	Credit Value
PSY6113	Integrative Counselling: Advanced Skills and Practice	20
PSY6106	Intellectual Disabilities Developmental Disorders and Mental Health	20
PSY6108	Gender and Sexualities	20

15b Structure Diagram

Level 4

SEMESTER ONE	SEMESTER TWO
Core PSY4043 – Self and Relationship (20 credits) PSY4030 – Introduction to psychology (20 credits) PSY4045 – Psychology of individual difference and personality (20 credits)	Core PSY4044 – Non-verbal communication (20 credits) PSY4032 – Introduction to research methods and statistics (20 credits)
	Optional PSY4034 – Introduction to psychopathology (20 credits) PSY4035 – Parapsychology (20 credits) PSY4041 – Popular images (20 credits) PSY4042 – Positive psychology and counselling (20 credits)

Level 5

Core PSY5067 – Counselling skills (20 credits) PSY5068 – Counselling theories and concepts (20 credits) PSY5046 - Qualitative Research methods and Analyses (20 credits)	Core PSY5048 - Quantitative Research Methods (20 credits) PSY5047 – Neuropsychology (20 credits)
	Optional PSY5063 - Work Experience (20 credits) PSY5064 - Stress and Disease (20 credits) PSY6065 - Cultural Psychology (20 credits) PSY5069 - Interpersonal Neurobiology (20 credits)
Optional Professional Placement Year (120 credits)	

Level 6

Core PSY6112 – Counselling ethics (20 credits) PSY6096 – Life Span Psychology (20 credits)	Core PSY6095 - Applied Social Psychology (20 credits)
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PSY6097 - Integrative Psychology Project Based Module (40 credits) (Semester 1 – 2)
Optional

PSY6113 - Integrative Counselling: Advanced Skills and Practice (20 credits)

PSY6106 - Intellectual Disabilities (20 credits)

PSY6108 - Gender and Sexualities (20 credits)

16 Overall Student Workload and Balance of Assessment

Your overall student *workload* consists of class contact hours, independent learning, and assessment activity, with each credit taken equating to a total study time of around 10 hours. While actual contact hours may depend on the optional modules selected, the following information gives an indication of how much time students will need to allocate to different activities at each level of the course.

- *Scheduled Learning* includes lectures, practical classes, and workshops, contact time specified in timetable
- *Directed Learning* includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning
- *Private Study* includes preparation for exams

The *balance of assessment* by mode of assessment (e.g., coursework, exam and in-person) depends to some extent on the optional modules chosen by students. The approximate percentage of the course assessed by coursework, exam and in-person is shown below.

Level 4
Workload
21% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	253
Directed Learning	267
Private Study	670
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	78
Exam	16
In-Person	6

Please note – balance of assessments relates to core modules only

Level 5
Workload
21% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	250
Directed Learning	230
Private Study	720
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	94
Exam	6
In-Person	0

Please note – balance of assessments relates to core modules only

Level 6

Workload

14% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	156
Directed Learning	294
Private Study	750
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	70
Exam	25
In-Person	5

Please note – balance of assessments relates to core modules only