



## MSc Psychological Therapies & Interventions

### *Programme Specification*

<b>1. Programme title</b>	Psychological Therapies & Interventions
<b>2. Awarding institution</b>	Middlesex University
<b>3. Teaching institution</b>	Middlesex University
<b>4. Details of accreditation by professional/statutory/regulatory body</b>	N/A
<b>5. Final qualification</b>	MSc Psychological Therapies & Interventions
<b>6. Year of validation</b> <b>Year of amendment</b>	2018-19
<b>7. Language of study</b>	English
<b>8. Mode of study</b>	FT/PT

#### **9. Criteria for admission to the programme**

Students should normally possess an upper second honours degree (or better) in an appropriate subject area (such as psychology, health studies, counselling, mental health, social work etc.) which should include a research methods component. Students for whom English is not a first language need to have obtained a minimum overall IELTS score of 6.5.

Recognition of Prior (RPL): Applicants who have extensive learning from experience, learning achievement from a previously unaccredited course or prior certificated learning may apply for RPL. A claim for RPL may be made for up to 50% of the taught credits (i.e. 60 credits) on the MSc Psychological Therapies & Interventions. The responsibility rests with the applicant for making a claim to have acquired knowledge and skill accredited and for supporting the claim with appropriate evidence. The learning derived from experience must be able to be identified in order to be assessed. Prior learning is identified through systematic reflection on experience, the writing of clear statements about what was actually learned and the collection and collation of evidence to support those statements. The claim will be assessed by the programme team

and the admissions team. It will be assessed against individual module learning outcomes.

## 10. Aims of the programme

The programme aims to provide students with:

- in-depth knowledge, understanding, skills and experience for progressing to, or within, therapy related careers, including clinical psychology, counselling psychology, psychotherapy, clinical research, and health management.
- in-depth knowledge and understanding of approaches to, and practice in, psychological therapy and interventions approaches;
- a range of therapeutic communication, motivational interviewing and cognitive behavioural intervention skills and a reflective approach to the development of these skills;
- knowledge and skills required to critically assess research in therapeutic psychology and to undertake novel research in an area relating to psychological therapies or interventions.

It is important to note that the MSc itself does not lead to a clinical qualification in the UK.

## 11. Programme outcomes

### A. Knowledge and understanding

On completion of this programme the successful student will have in-depth, up-to-date knowledge and critical understanding of:

1. A range of approaches to psychological therapies and interventions and how they are applied in practice.
2. A range of applications of psychological therapies and interventions in practice and the differences between different contexts of application.

### Teaching/learning methods

Students gain knowledge and understanding through through interactive lectures and workshops (all outcomes) involving significant learner activity, which encourages discussion and debate and encourages critical thinking and a deep approach to learning.

### Assessment methods

Students' knowledge and understanding is assessed by a range of methods including formative assessments. Assessment includes,

<ol style="list-style-type: none"> <li>3. The effects of psychological trauma for different groups and at different stages of the lifespan.</li> <li>4. A range of intervention approaches to ameliorating the effects of psychological trauma.</li> <li>5. Ethical frameworks and diversity issues in the practice of psychological therapies and interventions.</li> </ol>	<p>critical essays, case study report, research reports and an applied research dissertation.</p>
<p><b>B. Skills</b></p> <p>On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> <li>1. Demonstrate effective therapeutic communication, motivational interviewing and cognitive behavioural intervention skills;</li> <li>2. Comprehensively and critically evaluate research and theories relating to psychological therapies and interventions;</li> <li>3. Evaluate research methodology;</li> <li>4. Plan, conduct and write-up research that addresses topics that are relevant psychological therapies and interventions;</li> <li>5. Make decisions about implementing research and interventions in complex and uncertain environments;</li> <li>6. Analyse quantitative and qualitative data;</li> <li>7. Take an ethical and reflective approach to their professional and personal development.</li> </ol>	<p><b>Teaching/learning methods</b></p> <p>Students learn skills through through interactive lectures and workshops (all outcomes) involving significant learner activity, which encourages discussion and debate and encourages critical thinking and a deep approach to learning. Skills are also developed through work experience and/or implementation of work-based projects.</p> <p><b>Assessment methods</b></p> <p>Students' skills are assessed by a range of methods including formative assessments. Assessment includes, case study report, research reports, reflective diary, reflective essay or work-based project report, and dissertation.</p>

## 12. Programme structure (levels, modules, credits and progression requirements)

### 12. 1 Overall structure of the programme

#### MSc Psychological Therapies & Interventions: 1 year full-time.

October – May	June – September
PSY4011 Advanced Research Methods in Psych (30 Credits) or PSY4012 Research Methods in Applied Psych (30 Credits)	
PSY4115 Counselling & Psychotherapy (30 Credits)	
PSY4223 Trauma Impacts & Interventions (30 Credits)	
PSY4220 Psychology Placement (30 Credits) or PSY4221 Work Based Project (30 Credits)	
PSY4035 Research: Practice & Reporting (60 Credits)	

#### MSc Psychological Therapies & Interventions: Two Years PT (example route).

Year 1	Year 2
PSY 4011 Advanced Research Methods in Psychology (30 Credits) or PSY4012 Research Methods in Applied Psychology (30 Credits)	PSY4220 Psychology Placement (30 Credits) or PSY4221 Work Based Project (30 Credits)
PSY4115 Counselling & Psychotherapy (30 Credits)	PSY4035 Research: Practice & Reporting (60 Credits)
PSY4223 Trauma Impacts & Interventions (30 Credits)	

## 12.2 Levels and modules

Level 7

COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take all of the following: PSY4115 Counselling & Psychotherapy PSY4223 Trauma Impacts & Interventions PSY4035 Research: Practice & Reporting	Students must also choose at least 1 from the following:  Either PSY4011 or PSY4012  Either PSY4220 or PSY4221	

## 12.3 Non-compensatable modules (note statement in 12.2 regarding FHEQ levels)

Module level	Module code
7	PSY4011
7	PSY4012
7	PSY4115
7	PSY4223
7	PSY4220
7	PSY4221
7	PSY4035

## 13. Curriculum map

See attached.

## 14. Information about assessment regulations

Assessment regulations can be found in the University Regulations. All assessment components must be passed in each module.

Students who pass 120 taught credits but who elect not to take the dissertation may exit the programme with a PG Diploma in Psychological Therapies & Interventions.

Students who pass any 60 taught credits may exit the programme with a PG Certificate in Psychological Interventions.

### **15. Placement opportunities, requirements and support (if applicable)**

Students will undertake a therapy or wellbeing related placement. Placements will be available for all students (e.g. children's adoption service, mental health charities, university wellbeing services, drug support services) but students may find their own placement if they wish (this must be approved by the module leader). Placements will normally take place 4-5 days a week for 8 consecutive weeks after the taught part of the course ends (i.e. during the summer). However, some placements may involve working 1-3 days a week both during the summer and during some of term-time. This will depend on both student availability and the nature of the placement.

Preparing for placement will involve a series of workshops and one-to-one meetings between module leader and students to discuss interests and availability. Students will then be allocated to placements and will meet key contacts in the placement organisation. Expectations, roles and responsibilities of students and organisations, and procedures for dealing with difficulties will be discussed with both parties. Health and safety and risk assessments will be conducted. The module leader will provide supervision and support throughout the process of preparing for, undertaking, evaluating and reflecting upon the placement through one-to-one tutorials and other correspondence. Support during the placement will also be provided by at least one key contact within the placement organisation. At the end of the placement the organisation will be asked to complete a brief report and students will produce a reflective log book and final report.

### **16. Future careers (if applicable)**

The programme is designed for students aiming to progress onto Doctoral training programmes in Clinical Psychology, Counselling Psychology and Psychotherapy. The course will also increase your knowledge, practical skills, experience and confidence when applying for highly competitive posts such as Assistant Psychologist, Psychological Wellbeing Practitioner or Clinical Psychology Research Assistant. Please note, however, that the MSc itself does not lead to a therapy practitioner qualification.

### 17. Particular support for learning (if applicable)

The programme team comprises staff who are active researchers and/or experienced practitioners in psychological wellbeing, mental health, psychotherapy and clinical psychology which support effective learning and skills development at Masters level.

Specific tutorial hours are available with the Programme Leader and the various Module Leaders to support learning on each module and all members of staff can be reached by telephone and e-mail.

The Library and Student Support service provides a variety of supports and the Learning Enhancement Team provides support for academic writing and language and maths, stats and numeracy. The Library also provides computer rooms and loans out laptops. The Department of Psychology has three computer laboratories, 9 interview and testing rooms and a psychophysiology laboratory for Psychology students.

Additional support required by disabled students, mature students, overseas students etc. is readily available to ensure that all students enjoy equality of opportunity at Middlesex (e.g. lecture notes can be made available in hard copy as well as on My UniHub, assessment feedback can be provided by email or in hard copy and/or students can meet with module leaders for verbal feedback).

<b>18. JACS code (or other relevant coding system)</b>	N/A
<b>19. Relevant QAA subject benchmark group(s)</b>	Psychology

### 20. Reference points

- Quality Assurance Agency (QAA) Framework for Higher Education Qualifications
- QAA Code of Practice
- QAA Master's Degree Characteristics
- BPS National Occupational Standards for Psychology
- Health and Care Professions Council Standards of Proficiency: Practitioner Psychologists

- University Guide and Regulations
- University Learning and Quality Enhancement Handbook

## **21. Other information**

Please note programme specifications provide a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve if s/he takes full advantage of the learning opportunities that are provided. More detailed information about the programme can be found in the rest of your programme handbook and the university regulations.



## Appendix 2: Curriculum Map

### Curriculum map for MSc Psychological Therapies & Interventions

This section shows the highest level at which programme outcomes are to be achieved by all graduates, and maps programme learning outcomes against the modules in which they are assessed.

#### Programme learning outcomes

Knowledge and understanding	
A1	A range of approaches to psychological therapies and interventions and how they are applied in practice.
A2	A range of applications of psychological therapies and interventions in practice and the differences between different contexts of application.
A3	The effects of psychological trauma for different groups and at different stages of the lifespan.
A4	A range of intervention approaches to ameliorating the effects of psychological trauma.
A5	Ethical frameworks and diversity issues in the practice of psychological therapies and interventions.
Skills	
B1	Demonstrate effective therapeutic communication, motivational interviewing and cognitive behavioural intervention skills.
B2	Comprehensively and critically evaluate research and theories relating to psychological therapies and interventions;
B3	Evaluate research methodology;
B4	Plan, conduct and write-up research that addresses topics that are relevant psychological therapies and interventions;
B5	Make decisions about implementing research and interventions in complex and uncertain environments;
B6	Analyse quantitative and qualitative data;
B7	Take an ethical and reflective approach to their professional and personal development.

Programme outcomes													
A1	A2	A3	A4	A5	B1	B2	B3	B4	B5	B6	B7		
Highest level achieved by all graduates													
7	7	7	7	7	7	7	7	7	7	7	7		

Module Title	Module Code by Level	A1	A2	A3	A4	A5	B1	B2	B3	B4	B5	B6	B7
		Advanced Research Methods in Psychology	PSY4011								X		
Research Methods in Applied Psychology	PSY4012								X			X	
Counselling & Psychotherapy	PSY4115	X	X	X		X	X	X					
Trauma Impacts & Interventions	PSY4223		X	X	X			X					
Psychology Placement	PSY4220	X	X			X	X				X		X
Psychology Work Based Project	PSY4221	X	X			X	X		X		X		X
Research Practice & Reporting	PSY4035					X			X	X	X	X	