

Programme Specification



1. Programme title	Clinical Health Psychology and Wellbeing
2. Awarding institution	Middlesex University
3. Teaching institution	Middlesex University, Hendon Campus
4. Details of accreditation by professional/statutory/regulatory body	N/A
5. Final qualification(s) available	MSc
6. Year of validation / last review	2016
7. Language of study	English
8. Mode of study	Full-time or part-time

9. Criteria for admission to the programme

Students should normally possess a good honours degree in an appropriate subject area (such as psychology, health studies, counselling, mental health, nursing, public health etc.) which should include a research methods component. We usually require a 2.1 honours degree or above but applicants with lower or other qualifications may be considered upon interview. Particular consideration will be given to performance in undergraduate research methods modules or the dissertation. In addition to this, international students need to have obtained a minimum IELTS score of 7.

Accreditation of Prior and Experiential Learning (APEL): Applicants who have extensive learning from experience, learning achievement from a previously unaccredited course or prior certificated learning may apply for APEL. A claim for APEL may be made for up to 50% of the taught credits (i.e. 60 credits) on the MSc Clinical Health Psychology and Wellbeing. 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:

Equip students with an advanced and mature understanding of current concepts, theories and controversies within health psychology, wellbeing and psychotherapy

- Facilitate students' ability to apply psychological skills, knowledge and values to clinical problems in complex and unpredictable situations using a range of psychological theories
- Familiarise students with applications of psychology, health and wellbeing in a comprehensive range of settings
- Equip students with advanced research skills covering research design, analysis and dissemination
- Facilitate students' development of a range of high level skills, such as practising clinical skills, designing and evaluating interventions and decision-making
- Facilitate students' development of high level communication skills enabling them to communicate effectively with patients from a variety of cultural and ethnic backgrounds
- Facilitate students' development of a range of transferable skills such as numeracy and team- working in order to aid employability
- Equip students with an ethical and reflective approach to their practice

11. Programme outcomes

A. Knowledge and understanding

On completion of this programme the successful student will have knowledge and understanding of :

1. Psychosocial foundations of health, illness and disease;
2. Psychological processes of acute, long-term conditions and psychological trauma;
3. Psychological processes of health care delivery
4. Applications of health psychology;
5. Counselling and Psychotherapy;
6. Research methods in applied psychology

Teaching/learning methods

Students gain knowledge and understanding through interactive lectures and workshops (all outcomes) involving significant learner activity, which allows students to engage with the material and encourages a deep approach to learning.

Teaching and learning will be delivered through a blend of online and face-to-face sessions. All sessions that are delivered on campus will be recorded and/or broadcast live for students who are unable to attend.

Learning is supported with online self-study materials.

Assessment methods

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

Assessment includes essay and logbook (outcome 5), case studies (outcome 2 & 3), visual output (outcome 2), designing and evaluating interventions or services (outcomes 1,2,3 & 4), portfolio (outcome 4) research reports and in-class tests (outcome 6), dissertation (outcome 6)

<p>B. Skills</p> <p>On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> 1. Reason analytically; 2. Discuss in-depth issues in psychology, health and wellbeing by drawing on relevant evidence; 3. Comprehensively and critically evaluate research and theories in psychology, health and wellbeing; 4. Evaluate research methodology; 5. Make decisions about implementing research and interventions in complex and uncertain environments 6. Reflect in depth on learning and development 	<p>Teaching/learning methods</p> <p>Students learn cognitive skills 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.</p> <p>Teaching and learning will be delivered through a blend of online and face-to-face sessions. All sessions that are delivered on campus will be recorded and/or broadcast live for students who are unable to attend.</p> <p>Learning is supported with online self-study materials.</p> <p>Assessment methods</p> <p>Students' cognitive skills are assessed by a range of methods including formative assessments. Assessment includes designing and evaluating interventions (outcomes 2, 3 & 5), an essay and case studies (outcomes 1, 2, 3, 4 & 5), visual output (outcomes 1, 3, 5 & 6), portfolio (outcomes 5 & 6), log book (outcome 6), research reports and in-class tests (1, 3, 4 & 5), dissertation (all outcomes)</p>
<p>C. Practical skills</p> <p>On completion of the programme the successful student will be able to:</p> <ol style="list-style-type: none"> 1. Plan, conduct and write-up research that addresses important and relevant applied psychology, health and wellbeing issues; 2. Analyse quantitative and qualitative data; 3. Design health-related interventions; 4. Critically evaluate interventions or services; 5. Make decisions about patients' needs and welfare through evidence-based reasoning. 6. Identify and apply clinical skills 7. Take an ethical and reflective approach to their practice 	<p>Teaching/learning methods</p> <p>Students learn practical skills through interactive lectures (outcomes 1-5, & 7), research and statistics workshops (outcomes 1 & 2), and professional practice workshops including role play (outcomes 4-7). All of these methods will provide opportunities for experiential learning.</p> <p>Teaching and learning will be delivered through a blend of online and face-to-face sessions. All sessions that are delivered on campus will be recorded and/or broadcast live for students who are unable to attend.</p> <p>Learning is supported with online self-study materials.</p> <p>Assessment Method</p> <p>Students' practical skills are assessed by a range of methods including formative</p>

	<p>assessments. Assessment includes case studies (outcome 5 &7), designing and evaluating interventions (outcomes 3, 4 & 7), in-class test and research reports (outcomes 1&2), portfolio, essay and log book (outcomes 5, 6 & 7), visual output (outcomes 5 &7), dissertation (outcomes 1, 2 & 7)</p>
<p>D. Graduate Skills On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> 1. Chart, plan and reflect on their personal and career development; 2. Learn effectively in order to be able to demonstrate mastery of issues in the field of psychology, health and wellbeing; 3. Communicate effectively with peers, tutors and others; 4. Work effectively as part of a team; 5. Use information technology to produce reports, search literature and analyse data; 6. Demonstrate advanced quantitative reasoning skills that are required to research and practice in the field of psychology, health and wellbeing 7. Disseminate work through reports, articles, posters and presentations 	<p>Students acquire graduate skills through reflective logs and portfolio (outcome 1 & 2), workshops on communication and other professional and clinical skills (outcomes 1 & 3), statistical workshops (outcomes 5 & 6), and team work (outcomes 3, 4 and 7).</p> <p>Assessment Method</p> <p>Students' graduate skills are assessed by a range of methods including formative assessments. Assessment includes research reports (outcomes 5, 6 & 7), poster presentation (outcome 3 & 7), visual output (outcomes 2, 3, 4, 5, 7), reflective logs and portfolio (outcomes 1 & 2), dissertation (outcomes 2, 3, 5, 6 & 7)</p>

<p>12. Programme structure (levels, modules, credits and progression requirements)</p>
<p>12. 1 Overall structure of the programme</p> <p>The MSc is assessed at 180 credit points. The programme includes three 30 credit compulsory level 7 taught modules (Research Methods in Applied Psychology, Psychology of Wellness and Illness and Counselling and Psychotherapy), one 30 credit optional module (either Trauma Impacts and Interventions or Clinical Practice and Placement in Health Psychology, however, due to COVID-19 Clinical Practice and Placement in Health Psychology will not run in the 2020/21 academic year) and a compulsory 60 credit level 7 Dissertation (Research Practice and Reporting). In general, 30-credit modules run from September to May.</p> <p>The MSc programme can be studied over 12 months full-time or 24 months part-time. Part-time students take 60 taught credits in year 1 and 60 taught credits in year 2. In addition, they begin planning their 60-credit dissertation from the outset of their studies and thus this module runs long and thin over 24 months for part-time students and over 12 months for full-time students.</p> <p>All the modules focus specifically on helping students to develop professional, research and graduate skills. These modules help students to develop research skills and prepare them for their dissertation, help them to develop counselling and communication skills, and help them to develop skills in delivering interventions. The dissertation module</p>

encourages students to work independently and develop expertise in a particular area of clinical health psychology and wellbeing.

If students are obliged to terminate their studies early, they may apply for the award of Postgraduate Certificate in Applied Psychology, assessed at 60 credit points. If students are obliged to terminate their studies before completion of the dissertation, they may apply for the award of Postgraduate Diploma in Clinical Health Psychology and Wellbeing, assessed at no less than 120 credit points. There are no special module requirements for either of these two exit awards.

12.2 Levels and modules

Level 7

COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
<p>Students must take all of the following:</p> <p>PSY4052 Psychology of Wellness and Illness (30 credits)</p> <p>PSY4012 Research Methods in Applied Psychology (30 credits)</p> <p>Psy4115 Counselling and Psychotherapy (30 credits)</p> <p>PSY4035 Research: Practice and Reporting (60 credits)</p>	<p>Students must also choose one module from the following:</p> <p>PSY4037 Clinical Practice and Placement in Health Psychology</p> <p>PSY4223 Trauma Impacts and Interventions</p> <p>Note, due to COVID-19 Clinical Practice and Placement in Health Psychology will not run in the 2020/21 academic year</p>	<p>Completion of 180 credits for MSc award</p> <p>Completion of 120 credits for PGDip award</p> <p>Completion of 60 credits for Cert award</p>

12.3 Non-compensatable modules

Module level	Module code
Level 7	PSY4052; PSY4012; PSY4223; PSY4037; PSY4115; PSY4035
	<i>Note, due to COVID-19 PSY4037 will not run in the 2020/21 academic year</i>

13. Information about assessment regulations

Assessment regulations can be found at <http://www.mdx.ac.uk/regulations>. Students must pass all assessments on a module in order to pass that module.

14. Placement opportunities, requirements and support

Due to COVID-19 Clinical Practice and Placement in Health Psychology will not run in the 2020/21 academic year, so the information below will not apply for this year.

If students opt to take the Clinical Practice and Placement in Health Psychology module, they will undertake an 8 week full-time equivalent placement in a health psychology setting. Placements will be available for all students (e.g. smoking cessation, drugs service, chronic illness management, health promotion, stroke prevention) 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 programme 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 the 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. Also, as part of Clinical practice and placement in health psychology, students will gain some insight into the world of work in health settings, and are prepared and supported for this through workshops on clinical skills and practice, ethical and reflective practice and professional behaviour in employment settings and they will produce a CV and cover letter and have a mock job interview. 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.

15. Future careers / progression

The programme supports career development in a variety of ways. The programme itself emphasises the development of graduate skills such as communication, numeracy and team working, as well as subject specific professional skills such as practising clinical skills, designing and evaluating interventions or services and writing research proposals. These skills are all assessed and students are required to reflect on their learning and development.

Visiting external speakers working in the NHS, academia, public health and industry contribute to the programme in order to help students consider their future careers. Career opportunities in the field of clinical health psychology and wellbeing include health promotion in the workplace, the community or public health; interventions e.g. for smoking cessation or to improve screening uptake; the management of chronic illness including pain, cardiovascular disease or HIV; research and teaching. Thus students may work in a variety of settings including the NHS, IAPT services, public health, charities, industry and academia. In addition, post-graduation, students may also pursue further postgraduate training and/or study such as a PhD or gain a certificate in counselling skills and students who have GBC may pursue, for example, training as clinical or counselling psychologist.

16. Particular support for learning (if applicable)

Significantly research active staff and visiting external speakers working in the NHS, academia, public health and industry contribute to the programme and support effective learning and skills development.

Specific tutorial hours are available with the Programme Leaders 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 Learning Resources service provides a variety of supports and the Learning Enhancement Team provides support for academic writing and language and maths, stats and numeracy. The Learning Resources Centre also provides computer rooms and loans out laptops. The psychology department has three computer laboratories 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.

17. JACS code (or other relevant coding system)	PGC851
--------------------------------------------------------	--------

18. Relevant QAA subject benchmark group(s)	
----------------------------------------------------	--

19. Reference points

- Quality Assurance Agency (QAA) Framework for Higher Education Qualifications
- QAA Code of Practice
- QAA Master's Degree Characteristics
- QAA H-level Psychology subject benchmark statement
- BPS National Occupational Standards for Psychology
- BPS Division of Health Psychology Training Committee core curriculum
- Health and Care Professions Council Standards of Proficiency: Practitioner Psychologists
- University Guide and Regulations
- University Learning and Quality Enhancement Handbook

20. Other information

Flexible teaching and learning methods in response to COVID-19 pandemic:

- Teaching will be a blend of online and face-to-face sessions.

- Lectures, seminars and lab classes will be offered as live online sessions via platforms including NewRow and Zoom when necessary to ensure safety of staff and students.
- Students who are not able to come onto campus will be able to study online.
- Tutorials can be provided via zoom, skype or telephone when in person meetings are not possible.

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.

Curriculum map for *MSc Clinical Health Psychology and Wellbeing*

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		Practical skills	
A1	Psychosocial foundations of health, illness and disease;	C1	Plan, conduct and write-up research that addresses important and relevant applied psychology health and wellbeing;
A2	Psychological processes of acute, long-term conditions and psychological trauma;	C2	Analyse quantitative and qualitative data;
A3	Psychological processes of health care delivery;	C3	Design health-related interventions;
A4	Applications of health psychology;	C4	Critically evaluate interventions or services;
A5	Counselling and Psychotherapy	C5	Make decisions about patients' needs and welfare through evidence-based reasoning.
A6	Research methods in applied psychology;	C6	Identify and apply clinical skills
		C7	Take an ethical and reflective approach to their practice
Cognitive skills		Graduate Skills	
B1	Reason analytically;	D1	Chart, plan and reflect on their personal and career development;
B2	Discuss in-depth issues in psychology health and wellbeing by drawing on relevant evidence;	D2	Learn effectively in order to be able to demonstrate mastery of psychology health and wellbeing;
B3	Comprehensively and critically evaluate research and theories in psychology, health and wellbeing;	D3	Communicate effectively with peers, tutors and others;
B4	Evaluate research methodology;	D4	Work effectively as part of a team;
B5	Make decisions about implementing research and interventions in complex and uncertain environments	D5	Use information technology to produce reports, search literature and analyse data;
B6	Reflect in depth on learning and development	D6	Demonstrate advanced quantitative reasoning skills that are required to research and practice in the field of psychology health and wellbeing
		D7	Disseminate work through reports, articles, posters and presentations

Programme outcomes																												
A1	A2	A3	A4	A5	A6	B1	B2	B3	B4	B5	B6	C1	C2	C3	C4	C5	C6	C7	D1	D2	D3	D4	D5	D6	D7	D8	D9	D10
Highest level achieved by all graduates																												
L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7	L7

Module Title	Module Code by Level	Programme outcomes																												
		A1	A2	A3	A4	A5	A6	B1	B2	B3	B4	B5	B6	C1	C2	C3	C4	C5	C6	C7	D1	D2	D3	D4	D5	D6	D7	D8	D9	D10
Psychology of wellness and illness	PSY4052	X	X	X	X	X		X	X	X		X					X	X	X	X					X			X		X
Trauma Impacts and Interventions	PSY4223		X	X	X	X	X	X	X	X	X	X	X					X	X	X	X		X			X	X	X		
Clinical Practice and Placement in Health Psychology*	PSY4037			X	X	X		X	X	X		X	X				X	X	X	X	X	X	X	X	X			X		
Research methods in applied psychology	PSY4012						X	X			X	X		X	X												X	X		
Counselling and psychotherapy in applied psychology	PSY4115				X	X		X	X	X		X	X				X	X		X	X	X	X	X	X					
Research: Practice and Reporting	PSY4035				X		X	X	X	X	X		X	X						X		X	X		X	X	X	X	X	

*Note, due to COVID-19 Clinical Practice and Placement in Health Psychology will not run in the 2020/21 academic year