

## Appendix 1: Programme Specification(s)

### ***BSc Psychology with Counselling Skills***



<b>1. Programme title</b>	BSc Psychology with Counselling Skills
<b>2. Awarding institution</b>	Middlesex University
<b>3. Teaching institution</b>	Middlesex University
<b>4. Programme accredited by</b>	British Psychological Psychology
<b>5. Final qualification</b>	Bachelor of Science
<b>6. Academic year</b>	2018-19
<b>7. Language of study</b>	English
<b>8. Mode of study</b>	FT, TKSU, PT

<b>9. Criteria for admission to the programme</b>
120 UCAS points or equivalent. Maths, English & Science GCSE at grade 4 or better. Overseas students should have IELTS = 6.0 (with 5.5 minimum in each component) or equivalent.

<b>10. Aims of the programme</b>
The programme aims to: <ul style="list-style-type: none"><li>• Provide a sound knowledge of Psychology and Counselling appropriate to future professional work;</li><li>• Introduce the broad range of theoretical and methodological approaches to Psychology and Counselling;</li><li>• Encourage students to develop a critical approach to their studies, evaluating theory and evidence accordingly;</li><li>• Equip students to communicate effectively in written &amp; numerical forms;</li><li>• Encourage independent and experiential learning, the development of oral communication skills, and the capacity for independent work;</li><li>• Maintain wide access to study for students with suitable qualifications or experience;</li><li>• Provide a grounding in all areas of Psychology and Counselling such that students may progress onto postgraduate training and education in Psychology, Counselling or Psychotherapy;</li><li>• Provide students with excellent graduate skills for employability.</li></ul>

<b>11. Programme outcomes</b>	
<p><b>A. Knowledge and understanding</b>  On completion of this programme the successful student will have detailed knowledge and understanding of:</p> <p><b>A1</b> The main theoretical approaches to psychology;</p> <p><b>A2</b> The fundamentals of psychological research design and analysis;</p> <p><b>A3</b> Findings and debates in biological psychology and social neuroscience; their application to counselling &amp; psychotherapy practice;</p> <p><b>A4</b> Findings and debates in developmental psychology;</p> <p><b>A5</b> Findings and debates in cognitive psychology, and their application to counselling &amp; psychotherapy practice;</p> <p><b>A6</b> Findings and debates in social psychology, and their application to counselling &amp; psychotherapy practice;</p> <p><b>A7</b> Findings and debates in individual differences in psychology;</p> <p><b>A8</b> Findings and debates in psychology of mental health and well-being;</p> <p><b>A9</b> The main theoretical approaches, conceptual issues and research evidence relating to the practice of counselling.</p>	<p><b>Teaching/learning methods</b>  Students gain knowledge and understanding through attendance &amp; participation in teaching sessions and independent research (with tutor support). Learning is supported with online self-study materials.</p> <p><b>Assessment Method</b>  Students' knowledge and understanding is assessed by examinations (Essay, short-answer), essays, article reviews, practical reports, workbooks, presentations and dissertation work.</p>
<p><b>B. Skills</b>  On completion of this programme the successful student will be able to:</p> <p><b>B1</b> Apply multiple perspectives to areas within psychology and counselling;</p> <p><b>B2</b> Integrate perspectives in psychology, counselling and mental health;</p> <p><b>B3</b> Identify &amp; evaluate patterns of behaviour &amp; psychological functioning;</p> <p><b>B4</b> Formulate &amp; explore research questions.</p> <p><b>B5</b> Perform quantitative &amp; qualitative data analyses</p> <p><b>B6</b> Use statistical software to analyse data</p> <p><b>B7</b> Design, implement, analyse and communicate independent and group project work;</p> <p><b>B8</b> Demonstrate effective written and oral communication enabling students to formulate and sustain a coherent argument</p> <p><b>B9</b> Use literature search software to gather and evaluate academic work;</p> <p><b>B10</b> Use experimental software to design and run experiments</p>	<p><b>Teaching/learning methods</b>  Students learn skills through class discussion, guided independent study, lecturer feedback presenting their ideas in written &amp; oral form &amp; participation in practical classes.</p> <p><b>Assessment methods</b>  Students' skills are assessed by: examinations (Essay, short-answer), essays, workbooks, critical reviews, practical reports, dissertation work and video assessments.</p>

<p><b>B11</b> Use psychophysiological equipment to gather and interpret data</p> <p><b>B12</b> Demonstrate interpersonal and counselling skills</p>	
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**12. Programme structure**

**12. 1 Overall structure of the programme**

<b>Year 1</b>	<b>Year 2</b>	<b>Final Year</b>
<p>PSY1020 (30 Credits) <b>Mind &amp; Behaviour in Context</b></p>	<p>PSY2005 (30 Credits) <b>Applied Psychology Research Methods &amp; Ethics</b></p>	<p>PSY3024 (30 credits) <b>Professional Practice option</b></p>
<p>PSY1016 (30 Credits) <b>Research Methods &amp; Design in Psychology</b></p>	<p>PSY2007 (30 Credits) <b>Social, Personality and Developmental Psychology</b></p>	<p>PSY3056 (15 credits) <b>Social, Cultural &amp; Community Mental Health</b></p>
<p>PSY1018 (15 Credits) <b>Psychological Statistics</b></p>	<p>PSY2017 (30 Credits) <b>Therapeutic Applications of Cognitive Psychology, Neuroscience &amp; Individual Differences</b></p>	<p>PSY3xxx (15 Credits) <b>Options</b></p>
<p>PSY1021 (30 Credits) <b>The Counselling Relationship</b></p>	<p>PSY2019 (30 Credits) <b>Approaches to Psychological Therapies</b></p>	<p>PSY3330 (30 Credits) <b>Psychology Dissertation</b> OR PSY3331 (45 Credits) <b>Extended psychology dissertation</b></p>
<p>PSY1022 (15 credits) <b>Preparing for Academic Success</b></p>		<p><i>N.B.</i> TKSW students take PSY3004 Psychology Placement (120 Credits) in Year 3.</p>

## **Final year Optional Modules**

**Students must complete a total of 120 credits in the final year.**

***Students must take either:***

PSY3330 Psychology Dissertation (30 Credits)

or

PSY3331 Extended Psychology Dissertation (45 Credits)

(NB registration on PSY3331 is by application – see module narrative)

***Student must take:***

PSY3056 Social, Cultural & Community Mental Health

***Students can choose to take:***

PSY3024 Professional Practice (30 credits)

***The remaining credits must be filled with the following options, a maximum of one module can be taken from each block:***

### **Autumn term Modules**

Block 1:

PSY3034 Advanced Qualitative Research Methods (15 credits)

PSY3041 Atypical Child Development (15 credits)

PSY3052 Neuropsychology: The healthy brain and what can go wrong with it (15 credits)

PSY3051 Applying health Psychology to behaviour change (15 credits)

PSY3054 Critical Forensic Psychology (15 credits)

Block 2:

PSY3058 Visual Psychology: Arts, Film and Photography in Psychology (15 credits)

PSY3033 Infancy and childhood: psychoanalytic perspectives (15 credits)

PSY3047 New Directions in Cognitive Science (15 credits)

PSY3046 Social, Cultural & Community Mental Health (15 credits)

Block 3:

PSY3035 Creativity & Imagination (15 credits)

PSY3042 Psychology in Education (15 credits)

PSY3046 How to DO cognitive neuroscience (15 credits)

PSY3032 Contemporary Psychoanalytic Practice: Psychoanalysis for Therapists (15 credits)

### **Spring term Modules:**

Block 4:

PSY3038 Psychology of Music (15 credits)

PSY3057 Primatology (15 credits)

PSY3053 Neuropsychology of language & communication (15 credits)

PSY3030 Death, Separation and Loss (15 credits)

PSY3048 Key Issues and Controversies in the Psychology of Elite Sport Performance (15 credits)

Block 5:

PSY3043 Coaching Psychology (15 credits)

PSY3045 Lifespan Stages: Adult stages of development (15 credits)

PSY3036 Fundamentals of cognition: Human memory (15 credits)

PSY3031 The Science Of Intimate Relationships (15 credits)

Block 6:

PSY3039 Therapeutic Psychology (15 credits)

PSY3044 Lifespan Issues: Impact of Life Experience (15 credits)

PSY3055 Evolutionary Approaches to Behaviour (15 credits)

PSY3049 The Psychology of Stress, Motivation and Work-Life Balance (15 credits)

<b>12.2 Levels and modules</b>		
Level 4		
COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take all of the following: PSY1020 PSY1021 PSY1016 PSY1018 PSY1022	N/A	All modules at HE4 are required to be passed (or compensated) for progression to HE5.
Level 5		
COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take all of the following: PSY2005 PSY2007 PSY2017 PSY2019	N/A	All modules at HE5 are required to be passed (or compensated) for progression to HE6.
Level 6		
COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take one of the following: PSY3330 PSY3331  Students must take PSY3056	PSY3024  Students must fill 120 credits from the possible final year options  Students may take PSY3004 as part of a 4-year TKS programme.	PSY3004>PSY3330/PSY3331 (TKSW)

<b>12.3 Non-compensatable modules</b>	
<b>Module level</b>	<b>Module code</b>
HE4	PSY1016 - Research Methods & Design in Psychology
HE4	PSY1018 – Psychological Statistics
HE5	PSY2005 - Applied Psychology Research Methods & Ethics
HE6	PSY3330 – Dissertation
HE6	PSY3331 – Extended Dissertation

<b>13. Curriculum map</b>
See attached.

#### 14. Information about assessment regulations

Students are required to pass all PSY (and combined modules where appropriate) in order to complete the programme.

#### 15. Placement opportunities, requirements and support.

Placement opportunities are available to study psychology in the work place. These can be achieved either through full-time year-long study in year three of a four year degree or on a part-time basis alongside other study units in the final year of study. Please visit the Placement Office for more details.

#### 16. Future careers

Graduates achieving a Lower Second Classification (or better) and having passed their Psychology Dissertation (PSY3330) will be eligible to apply for BPS accredited Masters & Doctoral programmes leading to careers as a Psychologist. Graduates will also be able to progress to postgraduate training leading to accredited status as a Psychotherapist or Counsellor.

#### 17. Particular support for learning

The Department of Psychology has extensive laboratory and workshop facilities.

- Two computer laboratories
- Group work laboratory
- Psychophysiology laboratory
- Suite of observation laboratories
- Virtual reality lab
- Nine testing cubicles/Counselling practice rooms

These facilities are maintained by two Psychology technicians.

<b>18. JACS code (or other relevant coding system)</b>	C800
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<b>19. Relevant QAA subject benchmark group(s)</b>	Psychology
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#### 20. Reference points

The following reference points were used in designing the Programme:

- QAA Subject Benchmark Statement for Psychology (October, 2010)
- British Psychological Society (2010). *Accreditation through partnership: Guidance for undergraduate & conversion psychology programmes*. Leicester: BPS.
- BPS, HEA Psychology Network & AHPD (2011). *The Future of Undergraduate Psychology in the United Kingdom*. York: HEA Psychology Network .
- BACP Ethical Framework
- Middlesex University Learning and Teaching Policies and Strategy
- Student Feedback
- External Examiner Feedback

## **21. Other information**

BPS accreditation requirements:

- broad coverage of the qualifying syllabus
- staff-student ratio lower than 20:1

## Appendix 2: Curriculum Map

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	The main theoretical approaches to psychology and counselling.
A2	An understanding of the fundamentals of psychological research design & analysis.
A3	Detailed knowledge & understanding of findings & debates in biological psychology and social neuroscience; their application to counselling and psychotherapy practice.
A4	Detailed knowledge & understanding of findings & debates in developmental psychology.
A5	Detailed knowledge of findings & debates in cognitive psychology and their application to counselling and psychotherapy practice.
A6	Detailed knowledge & understanding of findings & debates in social psychology.
A7	Detailed knowledge and understanding of findings and debates in individual differences in psychology.
A8	Detailed knowledge & understanding of findings & debates in the psychology of mental health & well-being
A9	Detailed knowledge of the main theoretical approaches, conceptual issues & research evidence relating to the practice of counselling
Skills	
B1	Apply multiple perspectives to areas within psychology & counselling;
B2	Integrate perspectives in psychology, counselling & mental health
B3	Identify & evaluate patterns of behaviour & psychological functioning
B4	Formulate & explore research questions.
B5	Perform quantitative & qualitative data analyses.
B6	Use statistical software to analyse data.
B7	Design, implement, analyse and communicate independent and group project work.
B8	Demonstrate effective written and oral communication enabling students to formulate and sustain a coherent argument.
B9	Use literature search software to gather and evaluate academic work.
B10	Use experimental software to design and run experiments.
B11	Use psychophysiological equipment to gather and interpret data.
B12	Demonstrate interpersonal and counselling skills.



Programme outcomes																					
A1	A2	A3	A4	A5	A6	A7	A8	A9	B1	B2	B3	B4	B5	B6	B7	B8	B9	B10	B11	B12	
Highest level achieved by all graduates																					
6	6	5	6	5	6	6	6	6	6	6	6	6	6	6	6	6	5	5	6	6	

Module Title	Module Code by Level	Programme outcomes																				
		A1	A2	A3	A4	A5	A6	A7	A8	A9	B1	B2	B3	B4	B5	B6	B7	B8	B9	B10	B11	B12
Mind & Behaviour in Context	PSY1020	X		X	X	X	X	X	X				X									
The Counseling relationship	PSY1021	X								X	X	X	X								X	X
Research Methods & Ethics in Psychology	PSY1016		X								X		X	X	X	X	X	X	X			X
Psychological Statistics	PSY1018		X								X		X	X	X	X	X	X	X	X		X
Preparing for Academic Success	PSY1022							X	X		X	X						X				
Research Methods & Ethics in Applied Psychology	PSY2005		X								X	X	X	X	X	X	X	X	X	X		X
Social, Personality and Developmental Psychology	PSY2007	X	X		X						X	X	X		X		X	X				X
Therapeutic Applications of Cognitive Psychology, Neuroscience & ID	PSY2017	X	X	X		X		X	X		X	X	X					X			X	
Approaches to Psychological therapies	PSY2019		X	X		X				X	X		X		X	X	X		X	X		X
Death, Separation and Loss	PSY3030	X		X	X		X	X			X	X	X					X	X			
The Science Of Intimate Relationships	PSY3031	X		X	X	X	X	X			X	X	X					X	X			
Contemporary Psychoanalytic Practice: Psychoanalysis for Therapists	PSY3032	X			X		X	X	X		X	X	X	X				X	X			
Infancy and childhood: psychoanalytic perspectives	PSY3033	X			X		X	X	X		X	X	X	X				X	X			



Evolutionary Approaches to Behaviour	PSY3055																					
Social, Cultural & Community Mental Health	PSY3056																					
Primateology	PSY3057			X		X					X	X	X		X			X	X			
Dissertation	PSY3330	X	X										x	X	X		x				X	
Extended Dissertation	PSY3331	X	X										x	x	X	x	X				x	

