

<b>BA (Hons) Counselling (Integrative)</b>	
<b>Department</b>	The Department of Health and Human Sciences
<b>Awarding Body</b>	University of East Anglia
<b>Additional Accreditations</b>	None
<b>Full-time Duration</b>	3 Years
<b>Part-time Duration</b>	This course is not available on a part-time basis
<b>Full-time Annual Fee</b>	£8,500
<b>Part-time Annual Fee</b>	N/A
<b>Entry Requirements</b>	<p>UCAS Tariff: 96 points            A Level: CCC            Pearson BTEC            L3 National Ext. Diploma: MMM</p> <p>English language requirements: IELTS (Academic) Grade 6 IELTS 6.0 overall (minimum 5.5 in all components) where English is not the student's first language.</p> <p>Evidence of study at Level 3, equivalent to 96 UCAS points</p> <p>Minimum age of 18 years but must be able to evidence a capacity for self-awareness, maturity and stability and be able to cope with the demands of the course. All applicants must undergo an extended interview process and participate in a group activity - these will be held on the same day.</p> <p>Criminal Records Declaration (DBS/Disclosure Scotland)</p> <p>It is desirable that applicants have previously completed an introductory to counselling course and have used these skills in a helping capacity.</p> <p>Please note, 120 credits must be achieved to progress to year two of your degree and a further 120 (totalling 240) credits must be achieved to progress to year three.</p>
<b>Study Location</b>	University and Professional Development Centre, 73 Western Way, Bury St Edmunds UK
<b>Subject to Validation</b>	No
<b>Additional Potential Costs</b>	<p>You are required to undertake personal therapy, which cost approximately £40/hour up to a total of 40 hours. This can be undertaken at any point during the three years of study. As well as this, please expect to pay around £40/hour for individual supervision once working in placement commences (minimum of 1.5 hours of supervision required for every 8 client hours in training). Your chosen therapist must be an accredited member of the BACP or a registered member of the UKCP.</p> <p>Annual BACP Membership costs £80. Independent travel to work placement can cost up to £450 per annum. Course books and materials may cost £120 per annum. Insurance £30 - £50 per annum.</p>

It is also a requirement that you obtain an enhanced DBS, which is £44. We recommend students obtain a quality SD/HD card to enable you to record presentations/group activities, these are £20 - £40 Approx.

**\*All costs are approximate and intended as a guideline only.**

## Narrative

Our integrative approach to counselling is a widely recognised counselling method. Developed over the past half-century, the model draws on a range of theories that explore how human beings develop as people, how personality and emotional challenges emerge, and how we each act in the light of universal experiences: freedom, death, guilt, anxiety.

The aim of integrative counselling is always to enable people to access their whole self and to move forward emotionally.

We prioritise three key things in training you as counsellors. Professionalism, in terms of the legal, practical, and ethical boundaries you will have to work within; the core practical skills of working with others through their issues and challenges; and the theoretical concepts that will underpin your work.

You will be engaged in practical counselling skills development, first with your peers and then in your placement settings with real clients as your competencies expand. Throughout the programme, you will be asked to engage in a process of self-awareness that will support your learning and development during the course.

## Key Course Features

The course is delivered on campus and requires students to attend two full days per week. Additional days are required for client work and supervision.

Delivery of the course is through a range of methods including lectures, seminars, case-study, discussions, and workshops.

Year one aims to give students the opportunity to develop their core skills. This is an integrative process: as theoretical perspectives are understood and personal development increases, so will counselling skills and process analysis develop.

By year two, most students usually begin working with clients supported with clinical supervision. An introduction to research in counselling during year two is an important feature as it gives students a solid grounding in the skills required to complete their dissertation in year three.

In year three, students improve and develop their skills to become reflective practitioners, whilst enhancing their professional practice, self-awareness and understanding of issues in the counselling room.

All students will be expected to embark on personal therapy at their own expense and complete a minimum of 40 hours throughout the duration of the course.

## Career Prospects

Starting salaries for counsellors can vary considerably but may be in the region of £20,000 to £26,000.

Experienced counsellors can earn between £30,000 and £40,000. Some lead or specialist counselling roles, such as those in addiction, can attract salaries higher than this.

Counselling vacancies within the NHS are often advertised at Band 5, 6 or 7, depending on your qualifications and experience.

There is no standard scale of fees for Counsellors working in private practice. Work and rates can vary considerably, and private practice counsellors typically charge between £40 and £80 per session, depending on a range of factors, including location and the client's circumstances.

Salaries vary depending on the type of employer you work for, your location, whether you're in private practice, your experience and specialist skills.

It is not unusual for some counsellors to work on a voluntary basis, e.g., helplines for which they do not receive a salary.

**\*Income figures are only intended for guidance.**

## Module Summary

Year One:

### Foundational Counselling Skills

This module aims to give students a dedicated opportunity to develop skills. This is an integrative process: as theoretical perspectives are understood and personal development increases, so will counselling skills and process analysis develop.

### Introduction to Counselling Theory

In this module students will be introduced to the main theoretical approaches which form the foundation for theoretical integration, and for understanding their clients. Each student will begin to consider their own personal approach to integration based on their theoretical understanding and unique constellation of values and beliefs; a development that will continue through all three years of the BA programme.

### Professional Development

This module introduces students to the BACP Ethical Framework, developing the personal and professional readiness of students, awareness of legal and ethical boundaries, safeguarding, the equal treatment of individuals, and personal and professional competencies including self-care and an effective support system.

### Self-Awareness

The module will explore the importance of equality, diversity, and inclusion within professional practice, underpinned by knowledge of equality and the law building upon the Level 4 Professional Development Module.

Year Two:

### **Integrative Counselling Practice**

This module aims to incorporate, contextualise, and extend level four foundational counselling skills. Students will join a facilitated learning group that enables them to observe and participate in dyadic counselling work that is process driven.

### **Philosophical Foundations of Counselling**

Students will be introduced to the underlying philosophical implications of contemporary thought and debate in the field: such as mental health and psychiatric drug treatment, neurobiology, and emotions. They will also assess the ontological assumptions which ground counselling in their historical context.

### **Post-Freudian Theories and Integration**

In this module students will start to deepen their knowledge and understanding of the theories that were introduced in the Introduction to Counselling Theory at Level 4. They will be introduced to new concepts to develop their integrative way of conceptualising emotional difficulties and personality styles. This will include concepts such as Existential Therapies, Mentalisation based treatment and physiological approaches.

### **Research Informed Practice**

The research module prepares students to assess literature, understand research ethics, bias, and validity of research outcomes. This module develops the student's ability and competency to gather and critique a range of information in preparation for their Dissertation and inform their continued professional development through the consideration of their own assumptions and biases in the evaluation of research.

### **Self-Awareness and Personal development**

This module builds upon the Level 4 Self-Awareness Module and draws upon the issues introduced in the Professional Development Module. As theoretical knowledge broadens and deepens and counselling skills develop, so the work described in the level 4 module progresses. The learning will take place mainly within the experiential enquiry group. As learners develop their counselling skills and assimilate a wider range of theoretical knowledge, they will also gain a broader and deeper understanding of their own inner processes and those of others.

Year Three:

### **Issues in the Counselling Room**

This module develops the student's understanding of a range of commonly presented issues in the counselling room, including depression, anxiety, relationship difficulties, eating disorders, personality disorders, addiction life-stage issues, and others. Students will take an in-depth look at emotions such as guilt, shame, jealousy, fear, pride and considers how these can inhibit and block healthy functioning. In addition to the common presenting issues, students will examine in more depth, traumas related issues, and how this informs practice.

### **Beyond Words**

This module focuses on developing the capacity in students to collaborate creatively with their clients to integrate alternative forms of counselling interventions to offer their clients a rich level of discourse. This will include an examination of the interface between creativity, embodiment and the current neurobiological and scientific literature around working with trauma.

### **Professional Practice**

This module brings together the practical, theoretical, and professional streams of the counselling training. Students will integrate their theoretical knowledge with the use of their skills in a professional setting. Students will draw upon their experiences of practice within a peer group supervision to explore issues that have arisen with clients providing a further opportunity to reflect upon personal professional practice. Students will align their practice with the BACP Ethical Framework and ensure that issues of difference and diversity are, and remain, an integral part of the counselling conversation.

### **Self-Awareness & Reflective Practice**

This module provides an opportunity for students to build on existing self-awareness and related skills to enhance current performance professionally and academically through communication and observation in an experiential group setting. The overall aim is to provide a sound foundation for the development of their counselling practice, demonstrate ethical and professional behaviour in accordance with BACP codes of practice. In addition, students will reflect on themselves as integrative counsellors: the beliefs and values they hold and the factors that have influenced these.

### **Dissertation**

The dissertation is the culmination of three years of studying, drawing together the taught elements, the students' professional experience, and their personal development. Students are encouraged to explore their approach to integration at both a theoretical and a practical level, in order to be able to articulate this approach to integrative counselling in both an academic and a professional arena, and to begin independent clinical practice.

<p><b>Staff Team</b></p>	<p>Our lecturing staff are all fully qualified and accredited BACP/UKCP counsellors or psychotherapists with many years' experience in the field of counselling. All modules are taught by counsellors and therapists with extensive professional experience gained within their areas of continued private practice, some of whom hold master's degrees or PhDs.</p>																				
<p><b>Assessment Methods</b></p>	<p>A variety of assessment methods are used which include written reports, written assignments, literature reviews, group presentations, and the compilation of a learning journal.</p> <p>Modules are assessed by the module leader and internally verified by another member of staff.</p>																				
<p><b>Typical Module Diet</b> All modules are 20 credits unless stated</p>	<table border="1"> <thead> <tr> <th data-bbox="512 770 842 837">Year 1 (L4)</th> <th data-bbox="842 770 1161 837">Year 2 (L5)</th> <th data-bbox="1161 770 1490 837">Year 3 (L6)</th> </tr> </thead> <tbody> <tr> <td data-bbox="512 837 842 972">Introduction to Counselling Theory (40 credits)</td> <td data-bbox="842 837 1161 972">Post-Freudian Theories and Integration (40 credits)</td> <td data-bbox="1161 837 1490 972">Issues in the Counselling Room</td> </tr> <tr> <td data-bbox="512 972 842 1151">Foundational Counselling Skills (40 credits)</td> <td data-bbox="842 972 1161 1151">Research Skills</td> <td data-bbox="1161 972 1490 1151">Self-Awareness and Reflective Practice</td> </tr> <tr> <td data-bbox="512 1151 842 1285">Professional Development</td> <td data-bbox="842 1151 1161 1285">Self-Awareness and Personal Development</td> <td data-bbox="1161 1151 1490 1285">Professional Practice</td> </tr> <tr> <td data-bbox="512 1285 842 1420">Self-Awareness</td> <td data-bbox="842 1285 1161 1420">Integrative Counselling Practice</td> <td data-bbox="1161 1285 1490 1420">Beyond Words</td> </tr> <tr> <td data-bbox="512 1420 842 1554"></td> <td data-bbox="842 1420 1161 1554">Philosophical Foundations of Counselling</td> <td data-bbox="1161 1420 1490 1554">Dissertation (40 credits)</td> </tr> </tbody> </table>	Year 1 (L4)	Year 2 (L5)	Year 3 (L6)	Introduction to Counselling Theory (40 credits)	Post-Freudian Theories and Integration (40 credits)	Issues in the Counselling Room	Foundational Counselling Skills (40 credits)	Research Skills	Self-Awareness and Reflective Practice	Professional Development	Self-Awareness and Personal Development	Professional Practice	Self-Awareness	Integrative Counselling Practice	Beyond Words		Philosophical Foundations of Counselling	Dissertation (40 credits)		
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<p><b>Study Hours</b></p>	<p><b>Study Hours per 20 credit Module: 200 hours</b></p> <p>Lectures and Seminars: 36 – 48 hours</p> <p>Assessments: 30 hours</p> <p>Preparation and Independent study: 122 – 134 hours</p> <p>*Typically, three 20 credit modules will be studied per Semester. There are two Semesters a year.</p>																				

*This programme is regulated by the Office for Students under the Quality Assurance Agency framework for UK Higher Education. Where studying may incur additional incidental or optional costs these are listed on the relevant course page on our website. Our Terms and Conditions, Admissions Policy (including baseline English language requirements) can be accessed via the University Studies website at <https://www.universitystudies.wsc.ac.uk/policies>*