

Staffordshire University

COUNSELLING COURSES

All counselling courses are based in the new Science Centre building on the Leek Road campus of the University. Counselling has a dedicated base room, three small purpose designed counselling rooms, a state-of-the-art video and observation suite and access to fully equipped teaching and study facilities.

Introduction to Basic Counselling Skills

This course provides experience in basic counselling skills and personal development. We have up to four intakes a year (October, January and March). Attendance is one evening a week for ten weeks.

The course is aimed at people with little or no counselling experience who are interested in developing skills either to enhance their work or as the starting point for further training in counselling.

Certificate in Counselling

The University Certificate in Counselling is designed to provide a firm grounding in counselling skills, introduction to counselling theory and personal development. It will develop the ability to use counselling skills effectively within existing professional or voluntary roles, for example as a youth worker, health and care worker or social worker.

The course is part-time for four hours per week over 27 weeks. Four key areas are taught throughout the year and there is assessment in each.

- Counselling Theory
- Counselling Skills
- Professional and Ethical Issues
- Personal Development

This course does not in itself complete professional development in counselling and therefore does not permit you to practise as a counsellor. It does however provide an excellent basis for further education such as our Professional Diploma and Masters programmes in Psychotherapeutic Counselling.

MSc Psychotherapeutic Counselling

Professional Diploma Psychotherapeutic Counselling

Psychotherapeutic Counselling courses at Staffordshire University offer two routes to achieving a professional qualification in counselling. Both routes meet the standards of the British Association for Counselling and Psychotherapy (BACP) for counsellor training and education. Completion of one of these routes enables you to become a Psychotherapeutic Counsellor. The training hours on the course and your practice hours can contribute towards your application to become an Accredited Counsellor.

The two routes that we offer are:

- ***MSc Psychotherapeutic Counselling***

This is a postgraduate course designed for students who have an undergraduate degree. It may be studied on a part-time basis (one day a week over three years).

The full Masters programme incorporates a Postgraduate Certificate (PgC) and a Postgraduate Diploma (PgD). The successful completion of both parts allows you to become a Psychotherapeutic Counsellor. Completion of the final Masters stage is recommended for those interested in research and may also provide greater job prospects.

- ***Professional Diploma Psychotherapeutic Counselling***

The Professional Diploma is an alternative route to becoming a Psychotherapeutic Counsellor and is open to both graduates and non-graduates. It may be studied on a part-time basis (one day per week over two years).

For entry onto either course students will have completed a Certificate in Counselling, or equivalent. They will need to demonstrate, at interview, that they have the necessary personal skills to become a counsellor. Students must also have the capacity to undertake a minimum of 150 hours practice during the course.

The innovative approach we adopt for our course design means that students on both routes learn together. This builds a strong learning group in which students can share their thoughts and experiences.

Whilst the content of the two routes is similar, the demands and expectations they place upon students differ. Whichever is chosen, students will receive a high level of support and guidance from one of our experienced and respected academic staff.

BSc Psychology and Counselling

This three year full time course allows students to study a recognised psychology undergraduate degree along with a specialised study of counselling theory and practice. This course is accredited by the British Psychological Society and confers Graduate Basis for Chartered Membership – the first step to becoming a chartered psychologist. On the course, students will develop the expertise to collect and assess evidence about human behaviour, and will be encouraged to develop problem solving, analytical, reflective, communication and interpersonal skills. There will be the opportunity to consider theoretical and professional issues in counselling along with the development of counselling and reflective skills.

In the first two years students study the areas that are essential for professional recognition in Psychology, including social psychology, individual differences, biological psychology, research methods and cognitive psychology. They also study modules orientated towards counselling, including modules in Growing and Changing and Introduction to Counselling, Psychopathology and Health, Understanding Relationships and Self in Context.

In the third year, students continue the study of core areas of psychology in developmental psychology and individual differences. Counselling modules include Theoretical and Professional Perspectives in Counselling, as well as Personal Development and Skills in Counselling. They can also choose to undertake an empirical project in some aspect of psychology relevant to your degree.