

Undergraduate Programme 2012-13

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## BA (Hons) Humanistic Counselling Practice

The BA in Humanistic Counselling Practice is designed for those who wish to practice as professional counsellors.

The programme combines personal development, theory and practice at all stages.



## Welcome

Thank you for enquiring about our Undergraduate Humanistic Counselling programme.

This programme is designed for those who wish to practice as professional counsellors. The degree is offered both full-time and part-time. Full-time study lasts three academic years (October to June). Part-time study lasts four calendar years. Innovative timetabling means that you are required to attend one day per week (full-time) or one evening (part-time) with intensive weekend workshops (Fri- Sun) making up the remainder of the taught programme.

Year one of the programme provides a solid theoretical and practical foundation to enable you to undertake a counselling placement in the following year. Year two is grounded in the person centred approach and provides 150 hours of face to face tuition in a single core model which is one of the requirements for individual BACP accreditation. Year three enables you to consolidate your professional learning as well as specialise to a certain extent through the provision of elective modules. Overall the course provides more than the minimum number of training hours for individual BACP accreditation.

The School of Education welcomes applications from those setting out on counselling training as well as those who may have completed some already. We have a positive approach to accrediting prior learning. However, unfortunately we are unable to advise on the level of entry over the telephone. Please supply a CV and photocopies of certificates with your application – all applicants are invited to interview. At interview we will discuss with you your goals as well as previous qualifications and experience to determine the best level of entry for you. Please be assured that we aim to help you meet your personal and professional goals via the shortest route possible.

If you do have any further queries after reading the prospectus, please contact us (preferably by email) and we will be happy to help.

Course Leader and  
Director of Undergraduate Programmes

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# Course Information

## Session Times

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### YEAR ONE

**Full-time:**

- Monday daytime: 9.30 am - 4.30 pm
- Weekends: 9.30 am - 4.30 pm

**Part-time:**

- Monday evenings: 5.15 pm - 9.15 pm
  - Weekends: 9.30 am - 4.30 pm
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### YEAR TWO

**Full-time:**

- Thursday daytime: 9.30 am - 4.30 pm
- Weekends: 9.30 am - 4.30 pm

**Part-time:**

- Tuesday evenings: 5.15 pm - 9.15 pm
  - Weekends: 9.30 am - 4.30 pm
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### YEAR THREE

**Full-time:**

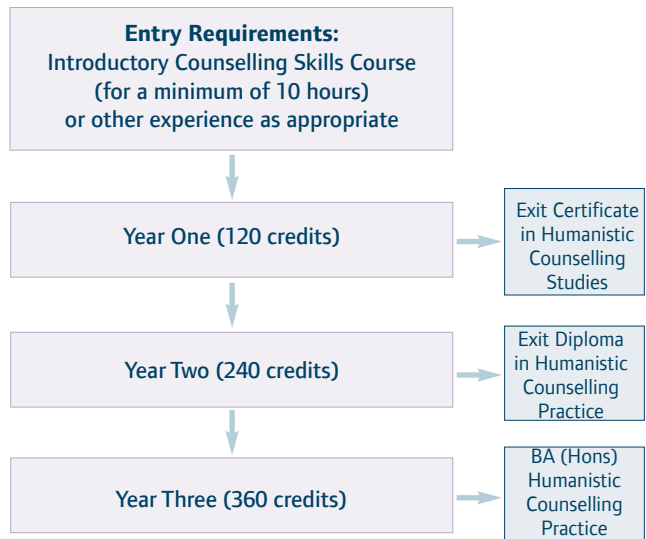
- Thursday daytime: 9.30 am - 4.30 pm
- Weekends: 9.30 am - 4.30 pm

**Part-time:**

- Thursday evenings: 5.15 pm - 9.15 pm
  - Weekends: 9.30 am - 4.30 pm
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All sessions take place at the School of Education's Dearing Building on Jubilee Campus.

## Course Structure



## Criminal Records Bureau Disclosure

It is a University of Nottingham requirement that you obtain an Enhanced Disclosure from the Criminal Records Bureau (CRB) prior to taking up your place on the course. It is not possible to use a previously obtained disclosure; this is in line with the CRBs recommendation on portability. The necessary forms will be mailed to you when you have accepted your place on the course. You are required to complete a separate University of Nottingham form at the same time that you make the application for a CRB disclosure.

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# So you want to be a counsellor?



Before embarking upon an expensive and time-consuming professional counselling training course, it is really important that you have plenty of information about the profession, the different approaches to working, and the different professional settings in which counselling is offered.

A good investment, in time and money, might be to read one of the following:

Dryden, W. (Ed) (2007) *Dryden's Handbook of Individual Therapy* (5th edition). London: Sage

or

Feltham, C. and Horton, I. (Eds) (2006) *The Sage Handbook of Counselling and Psychotherapy* (2nd edition). London: Sage

Currently, there are no legal requirements for having had a particular length or type of training before you can work as a counsellor in the UK. However, this is likely to change in the future. The BACP (The British Association for Counselling and Psychotherapy) is the largest organisation that accredits qualified counsellors to work with individuals. Organisations that employ paid counsellors will be looking for qualified but not necessarily accredited counsellors. Generally speaking a Diploma in Counselling is regarded as the minimum qualification required to practice. However some organisations do advertise positions for accredited or creditable counsellors.

The requirements for individual BACP accreditation are published on their website: [www.bacp.co.uk](http://www.bacp.co.uk)

The BA (Hons) in Humanistic Counselling meets both the training requirements and personal development requirements for individual accreditation but you will need to build your counselling experience after the course to the required level. There is a rigorous application and assessment procedure, and accreditation is not automatic even if you have completed these requirements.

## How much does it cost?

As well as the course fees, books and other materials, you also need to be aware of the 'hidden' costs associated with undertaking professional training. These include:

- **Cost of your own therapy**, and the length of time you will need to be in therapy (you will be required to undertake a minimum of 40 hours of personal therapy in

years one and two). In year three you can choose how to meet your personal development goals – either through further personal therapy (20 hours) or the equivalent in professional development activities (eg short training courses often provided at placement agencies);

- **Cost of supervision** if not provided free by the placement agency – you are required to have 1 hour of supervision per 4 hours of counselling work;
- **Cost to you** in energy required for personal development and growth;
- **Cost to your personal relationships**: counselling training places stress not only on yourself but also on family and close relationships. You should be aware that interpersonal relationships can change during your course.
- **Cost of additional 'joining fees'** such as a requirement to be an individual member of the BACP while you are in training (some placement agencies require this as you are then subject to the Ethical Framework for Good Practice and the Complaints Procedure) and, individual professional indemnity insurance costs, if you are not covered by your placement agency.
- **Time** – at college, at the placement, at therapy, at supervision (and in travelling to and from these places), and in private study, reading, writing essays and case studies etc.

It is important to realise that there are very few paid counselling jobs, and only a very small number of these are full-time. Try looking in the Guardian newspaper on Wednesdays or online on [www.jobsunlimited.co.uk](http://www.jobsunlimited.co.uk), [www.jobs.ac.uk](http://www.jobs.ac.uk) or contact the BACP for their jobs supplement. This will give you an idea about the number and range of available jobs nationally for counsellors, and the background required.

Furthermore, private practice is difficult to establish, and is often an unreliable income source. It is almost always irresponsible for trainee counsellors, and those without substantive experience of clinical work under supervision and personal therapy, to work in private practice. Despite all of this, practising and trainee counsellors and psychotherapists would probably all agree that this is an extremely rewarding profession!

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# Module information

## BA Year One - All modules are core

XX1E77

### Counselling and Personal Growth

Credits 10

This module will introduce you to the programme and focuses on forming a community of learners. Topics to be covered include: basic counselling skills, rationale for interventions in a counselling interview, importance of monitoring self-awareness, introduction to Person-Centred Counselling.

XX1E80

### The Culture of Counselling

Credits 20

This module will focus on the culture of the client and the counsellor, examining how cultural and individual similarities/differences have an impact on the counselling relationship.

XX1E14

### Awareness and Communication 1

Credits 10

This module entails intensive work on self-awareness and communication skills. You will evaluate the development of your own self-awareness and communications skills within the framework of counselling professional development.

XX1E79

### Coping with Change

Credits 20

Work in this module will focus on the process of identity development as it relates to counselling theory and practice. Theory associated with life stages, transitions, identity development models and the impact of loss and bereavement will be examined.

XX1E76

### Awareness and Communication 2

Credits 10

This module entails intensive work on self-awareness and communication skills. You will evaluate the development of your own self-awareness and communications skills within the framework of counselling professional development.

XX1E81

### Issues of Power and Oppression

Credits 20

This module will examine power within relationships and the impact of suppression and oppression on the individual. You will explore your personal experiences of power and oppression.

XX1E78

### The Challenge of Individual Growth

Credits 30

This module will focus on the cross-cultural dimensions of verbal and non-verbal communication in counselling relationships. There will be an exploration of the sources and development of blocks and defences in self, counsellor and client and how these affect communication.

Students who exit at the end of year one will be eligible for the award of Certificate in Humanistic Counselling Studies.

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# Module information

## BA Year Two - All modules are core

**XX2E11**

### Person-Centred Theory and Practice

Credits 20

This module will focus on a review and critical analysis of the Person-centred approach to counselling and therapy.

**XX2E08**

### Human Development and Psychopathology

Credits 20

In this module, Rogers' work on personality theory and theory of development (19 propositions) will be studied in depth.

**XX2E012**

### Ethical Foundation and Professional Practice

Credits 20

This module will examine the elements of good professional practice by focusing on professional practice issues and case study material.

**XX2E09**

### Personal Therapy and Personal Development

Credits 20

This module will examine the elements of good professional practice as experienced by yourself through attendance of 20 hours of personal therapy. There will be an exploration of the personal development experienced throughout the counselling process.

**XX2E10**

### Supervised Counselling Practice and Case Study

Credits 40

During this module, you will study in depth elements of case study preparation and case analysis methods for professional use in counselling and psychotherapy.

Students who exit at the end of year two will be eligible for the award of Diploma in Humanistic Counselling Practice

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# Module information

## BA Year Three

The following modules are core:

### XX3E03

#### Comparative Humanistic Counselling

Credits 20

This module will examine the theoretical foundations of Humanistic Counselling. Topics to be covered include Gestalt Counselling, Existential Counselling, Transactional Analysis, Transpersonal therapy, Person-Centred counselling in context, and a critical examination of the work and methodology of counselling practitioners using approaches other than Person-Centred.

### XX3E08

#### Integration of Personal Development

Credits 30

This module will examine the elements of good professional practice as experienced by yourself through attendance of 20 hours of personal therapy. There will be an exploration of the personal development experienced throughout the counselling process and in the learning group.

### XX3E04

#### Consolidation of Professional Development

Credits 40

During this module, you will study in depth, elements of case study preparation and case analysis methods for professional use in counselling and psychotherapy. You will produce your own case study drawing from your placement experience.

#### Electives:

Students must also choose 3 electives (10 credits) from a list available from the Taught Courses Undergraduate Office.

#### Going Further:

Progression to MA

If you achieve a first class or upper second class degree you will be offered APL towards one module of the MA in Counselling.

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## Course Tutors

### Lindsay Cooper

Lindsay Cooper is a member of the Centre for Research in Schools and Communities. He is a practising counsellor and supervisor in private practice. He has been actively involved in the training of counsellors for several years. In the counselling and psychotherapy field he is particularly interested in sexuality, shame, narcissism, solution-focused therapy and narrative. His teaching in the Centre covers the whole range of undergraduate and postgraduate counselling programmes. Lindsay was involved in the development of the Postgraduate Certificate in Trauma Studies in collaboration with the University's School of Sociology and Social Policy and currently contributes to the Business School's MBA programme where he teaches Interpersonal Skills for Managers. Lindsay is a qualified teacher and has 14 years experience of working in the further education sector. He is still actively involved in education for post-16 through his involvement in Open College Networks. He is chair of the Board of Trustees at OCN East Midlands Region and a member of the Board of the National Open College Network. His research interests are in looking at the way counsellors can best intervene in the coming out process and the use of both eCounselling and eLearning.

### Dr Belinda Harris

Dr Belinda Harris is a UKCP registered gestalt psychotherapist and experienced counselling supervisor with a long history of involvement in the British Association for Counselling and Psychotherapy, through the Counselling in Education and RACE Divisions as well as through her funded research. Before joining the Centre for Research in Schools and Communities, she held a range of posts in the education sector, both at local and national levels, where she developed a keen interest and involvement in managing the emotional effects of working with diversity. Her other interests include promoting emotional development in education, working with groups and the emotional aspects of organisational development. She is the author of two books Harris B. with Pattison, S.(2004) *Counselling Children and Young People: A systematic scoping search of the research evidence and Rugby* BACP and Harris, B (2007) *Supporting the Emotional Work of School Leaders* London: Paul Chapman Press. She has also published widely in both education and counselling journals. In addition to teaching on counselling courses in the School, Belinda contributes to Masters programmes in Educational Leadership and Management, Education and Special Needs, as well as the Postgraduate Certificate in Trauma Studies. She holds a Lord Dearing Award for excellence in teaching.

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# Applying

*Please note that the application procedures for full-time students differ from those for part-time students. Please refer to the appropriate section for your chosen route.*

## Entry Requirements

### Required subjects

Introduction to Counselling or Basic Counselling Skills  
Certificate or equivalent experience and training.

All applicants must attend an interview and provide a written piece and two references. You must also provide a full CV.

### English Language Requirements

If English is not your first language, you must fulfill as a minimum **one** of the following conditions:

- IELTS 6.5 (no less than 6.0 in any element).
- TOEFL iBT 87 (no less than 21 in listening, 22 in reading, 23 in speaking and 21 in writing).

### Accreditation of Prior (Experiential) Learning (APL and APEL)

If you have higher education credits from other institutions you may be eligible to transfer them into your programme of study at Nottingham. If you have no formal qualifications but have suitable employment experience (experiential learning), you may also be eligible for some credit exemption.

If you wish to claim credits towards a University of please contact the course administrative team for further details.

## Full-time applications

If you are applying for admission to a full-time first degree course, even if you already hold a first degree or are wishing to transfer from another university, you must apply online through the Universities and Colleges Admissions Service (UCAS) [www.ucas.ac.uk/students/apply/](http://www.ucas.ac.uk/students/apply/)

The **UCAS** code for this course is **B940**.

Your application should reach UCAS between 1st September and 15th January for entry in the following September to ensure equal consideration. Applications received after this date will be considered if places are still available. Although you will be asked to provide a reference on your UCAS application, we require two separate references specific to the counselling course and you should use the form which can be downloaded on our website.

## Part-time applications

Applications for part-time study are made directly to the School of Education. You can download the application form

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# Fees

## Full-time:

Please visit the University of Nottingham Student Finance website for up to date information on fees:

[www.nottingham.ac.uk/fees/tuitionfees/undergraduatecourses.aspx](http://www.nottingham.ac.uk/fees/tuitionfees/undergraduatecourses.aspx)

## Part-time:

Part-time fees are based on a pro-rata of the full-time fees in accordance with the number of credits studied. Most part-time students study 60 credits per academic year and the fee you pay is also determined by:

- The total number of credits studied (maximum 90 per academic year)
- If you are a new or continuing student with us
- If you are a home/EU or international student

Details of part-time fees can be obtained from the School of Education.

Students may be eligible for Student Finance England (SFE) assistance with fees and also bursaries from the University, which together can cover a substantial portion of the fees.

If you already have a first degree you will not be charged an ELQ fees supplement for the BA (Hons) Humanistic Counselling Practice. However, you will not be able to apply for a core bursary, unless you are in receipt of Disabled Students' Allowance (DSA).

### Who to contact:

If after reading the information, you would like any professional advice, please contact:

#### **Lindsay Cooper**

Course Leader

Email: [lindsay.cooper@nottingham.ac.uk](mailto:lindsay.cooper@nottingham.ac.uk)

Tel: 0115 951 4461

If you have administrative queries, please contact:

#### **Sian Coles**

Taught Courses Administrative Assistant

Email: [sian.coles@nottingham.ac.uk](mailto:sian.coles@nottingham.ac.uk)

Tel: 0115 951 13705

Please note that all our BA programmes are subject to a minimum recruitment. We reserve the right to cancel a course if our minimum numbers are not met.