

## **Foundation Degree in Integrative Counselling – Further information**

### **Course aim**

The central aim of the Foundation Degree in Integrative Counselling is to provide a theoretical foundation and practitioner training in Integrative Counselling, which will enable students to practice as individual counsellors with adult clients (Over 18). Graduates should have sufficient grounding in ethics, practice, theory, difference and diversity, research and skills to begin a career within the counselling profession, in such fields as primary health care, voluntary (or third) sector organisations, work-based counselling and university and college counselling, and private practice. They should also be able to apply counselling skills, knowledge and perspectives within a range of counselling-related settings.

### **Course structure**

This is a part-time programme which lasts for three academic years. In some circumstances, students may require some additional time to complete their supervised counselling placement. A minimum of 120 supervised counselling hours on placement is required. The programme consists of 240 credits at levels 4 and 5. All modules are mandatory. Over the three years, the programme includes over 450 hours of direct teaching time. Clinical placement hours are in addition to the direct teaching time. The following modules are currently covered on the course.

- Professional Counselling Skills
- Theoretical Perspectives for Counselling (1)
- Theoretical perspective for Counselling (2)
- The Counselling Process
- Ethical, Professional and Contextual Issues
- Developing Integrative Counselling Practice
- The Counselling Relationship
- Human Development
- The Novice Counselling Practitioner
- Time Conscious Approach
- Mental Health, Wellbeing and Distress
- Research Methods in Counselling
- Emergent Counselling Practitioner
- The Counselling Placement

### **Staffing**

Teaching (lectures, seminars, tutorials) will be delivered by Senior Lecturers, Lecturers, Visiting Lecturers and Skills Support Tutors. They have extensive experience in a range of subject areas offered within this course. Staff teaching on the Counselling Foundation Degree work within the subject area of Counselling & Psychotherapy. The Foundation Degree programme is coordinated by the programme leaders (FD Years 1 & 2: Dr Tara Morrey, FD Year 3: James Sedgwick) who are responsible for the overall professional programme. Teaching staff who take responsibility for individual modules are referred to as Module Leaders. In addition, every student is allocated a personal tutor. Here in Counselling & Psychotherapy we have a team of lecturing staff, most of whom are dedicated full-time to working at Newman and all of whom bring a wealth of clinical experience to lecturing. All

staff are registered members of UKCP/BACP/ BPS or nationally recognised accreditation body.

### **Time commitment**

Students are required to attend university for taught sessions one day a week. You may also need to come to university at other times, for example, for tutorials, other meetings and to use the library. The FD programme provides over 450 hours of timetabled guided learning time over 3 years (part-time). Students are also entitled to at least one personal tutorial per semester. 120 hours of face to face client work in clinical placement are needed to complete the placement component of the programme.

A minimum of 80% attendance per module is required. Failure to meet this requirement for any reason will result in the student being awarded a 'fail' mark. The module will then need to be retaken. Only in exceptional circumstances, will a student with lower than 80% attendance be allowed to progress without retaking a module.

In addition to the university attendance and placements, students are required to undertake 40 hours of personal therapy during the course and fortnightly clinical supervision sessions (2 hours per month) once they start their clinical placements – in the second semester of year 2. These aspects of the training are self-funded.

It is expected that students will undertake a considerable amount of reflecting, reading and note-taking between sessions in order to:

- prepare for/consolidate lectures
- write assignments
- reflect upon client work

### **Current teaching days and times**

- Year One - Thursdays (10 am – 5.15pm)
- Year Two – Wednesdays (11 am – 5.15pm)
- Year Three – Wednesdays (11 am – 5.15pm)

(Please note that these are reviewed annually and are be subject to change)

In addition, students may be asked to attend up to two Saturdays per year (10am till 5pm)

### **Assessment**

Students will be required to undertake a range of assessment on the course such as;

- Coursework (including essays, reports, case studies, portfolios)
- Oral exams (Viva)
- Practical exams (Counselling skills assessment)
- Presentations
- Digital recordings