



# Msc Psychotherapy and Counselling: CCA

A concise introduction to the Programme

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# Programme structure

## FULL TIME ROUTE

### Year 1

HUG4024 Therapeutic and Psychological Theories

HUG4047 Developing Therapeutic Process Skills

HUG4027 Expressive Personal Development

HEA4444 Research Methods

**+40 hours  
personal therapy**  
+30 community  
group hours

### Year 2

HUG4026 Advancing Creative Therapeutic Process Skills

HUG4028 Expressive Personal Development

HUG4007 Dissertation

**+100 supervised  
client hours**

#### Year 1

Wednesday afternoon 3-7 (online)

Thursday whole day 9-5

Once a month:

Semester 1 and 2: whole days Friday and Saturday

#### Year 2

Wednesday afternoon 5-7 (online)

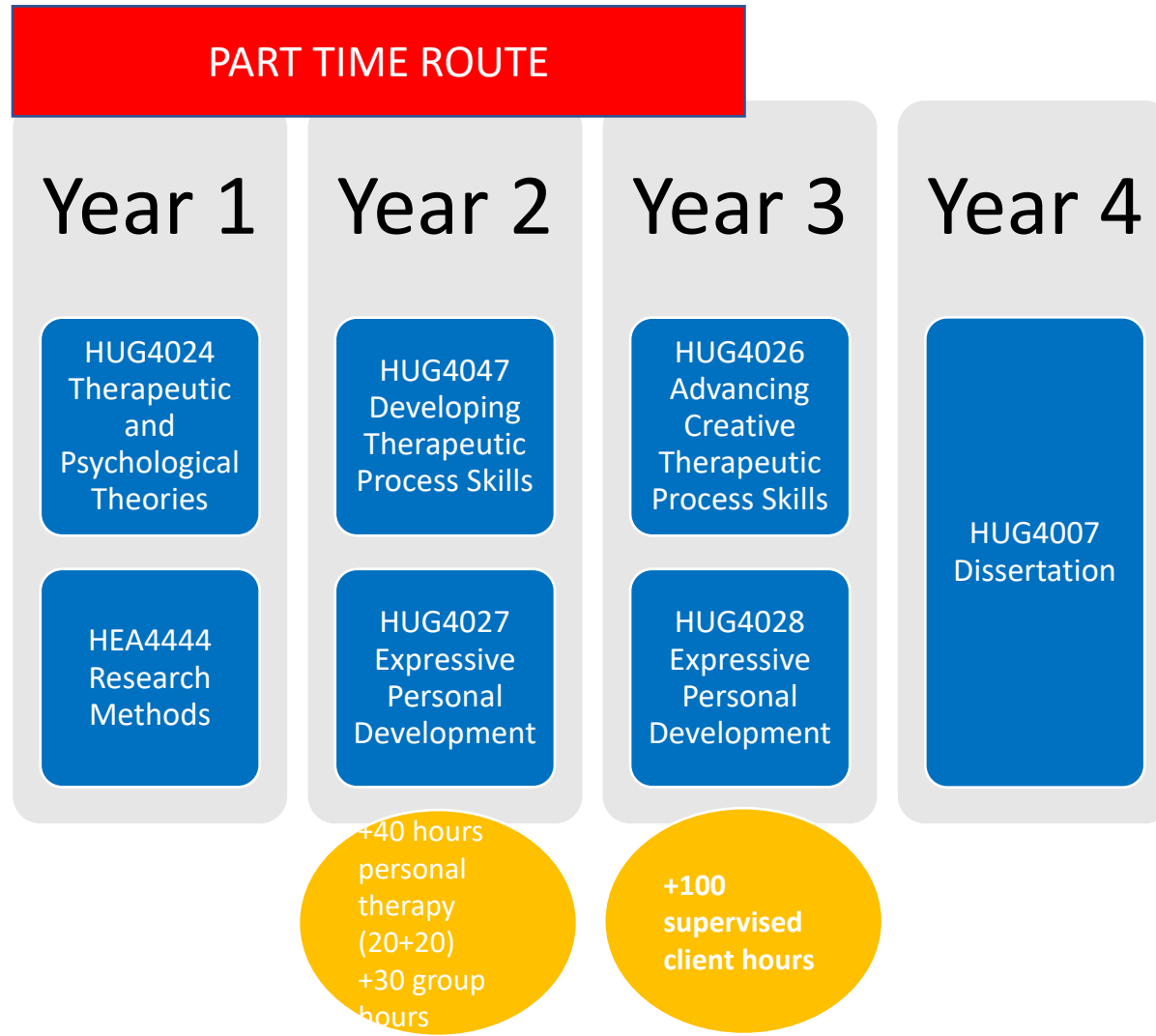
Friday whole day 9-5

Once a month:

Semester 1 and 2: whole day Saturday (online)

All sessions are compulsory. Pre-reading will be required for most sessions. The full-time route requires full-time learning commitment including outside reading.

# Programme structure



## Projected Attendance

Year 1:

**Wednesday online 3-7**

Once a month:

**Semester 1: morning Friday and Saturday**

**Semester 2: Friday and Saturday**

Year 2:

**Wednesday online 5-7**

Thursday afternoon 9-5

Once a month:

Semester 1: afternoon Friday and Saturday

Semester 2: Saturday

Year 3:

Once a month:

Semester 1 and 2: whole day Friday and Saturday

Year 4:

Tutorials: Friday

# Msc Part-Time Route

PT year of study	Sem 1 Module	Sem 2 Module	Additional requirements	Uni Attendance
Year 1	Theory	Research Methods	20 therapy hours	Wed pm and intensive weekends (plus personal therapy)
Year 2	Skills #1	PD #1	20 therapy hours and 48 MHF hours	1 day in, plus intensive weekends (plus personal therapy)
	Skills #2			
Year 3	Skills #2	PD #2	100 client hours	1 day in (plus placement attendance and independent supervision)
	PD #2			
Year 4	Dissertation			Wed pm and meetings with dissertation supervisor

Validation requirements
* Both Years' Skills and PD modules must be taken together
* Year 2 Skills and PD modules must be passed to move onto Year 3
* Group supervision (part of skills #2) and PD must be attended whilst on placement, as they are linked to assessments in HUG4026 (Skills#2) and HUG4028 (PD#2)
* 100 client hours need to be completed within Year 3 (due to the above)

Placement information
* You will begin your Practice Placement 2 during the first week in October of Year 3.
* <b>Max 5</b> clients per week - starting with 2-3
* <b>Number of weeks</b> between 4th October and 31st July = 39 (taking out 2 weeks at Christmas and 2 weeks at Easter)
* <b>Regular 3 clients per week</b> = 117 hours between the above dates (if more clients, will complete sooner than 31st July)
* <b>Independent supervision</b> = 1.5 hours per month every month (if seeing more than 3 clients a week, you will need to have supervision more often)
* £600 <b>contribution to supervision</b> costs from University

(Alternative possibility to consider *could be* to do dissertation in Year 3 and placement/skills#2/PD#2 in Year 4 with a different cohort

This would give students more time to make arrangements around work/childcare etc)

# Modules, Learning Outcomes & Check-in Stages

Sem I

## Creative Connections 1: Therapeutic and Psychological Theories HUG4024 (MR, LAW)

- A.** 3000 words essay to meet LO 1&2- weightage 75% by **01.2023**
- B.** 15min presentation LO3- weightage 25% by **01.2023**

## Creative Connections 2 : Developing Creative & Therapeutic Skills HUG4047 (GG)

**Formative task** (informal constructive feedforward) plan an hour-long session & facilitate a skilful piece of groupwork (for 15 minutes) with your peers  
**12.2022**

**PR1** 20 min video segment, LO1  
**05.23**

**PR2** readiness to practice panel – viva 40 min, LO2, 3, 4  
**05.23**

**CW1** mental health familiarisation placement hours log (minimum of 48)  
**06.23**

## Creative Connections 3 : Expressive Personal Development HUG4027 (GG)

**PR1** An expressive output accompanied by a patchwork text 4000 words LO 1, 2 and 3 by **05.2023**

**CW1 a)** Portfolio of expressive materials created during the module 30 expressions LO1, 2 and 3 by **05.2023**

**CW2 b)** A log of all therapy hours (minimum of 40), signed by the student's therapist 40 hours log LO 1, 2 and 3  
**06.2023**

Sem II

**Research Methods  
HEA4444 (SA)**  
Develop a 4500 words research proposal by **05.2023**

Health and  
Social Care  
Continuing  
Professional  
Development  
Portfolio and  
SAPRA

The cycle of  
CPD:  
Appraise/review  
; action plan;  
partake in  
development;  
reflect; record

Meet with  
your personal  
tutor to agree  
the goals

SWOT  
analysis  
& maintain  
evidence log

# Practice Placement 1



- Year 1, Semester 2, FT route  
or Year2, Semester 2, PT route
- Students are expected to organise a (non-therapeutic) group activity for **up to 30 hours**.
- Students would have prepared for this placement through:
  - HUG 4024 (Creative Connections 1: Therapeutic & Psychological Theories),
  - HUG 4025 (Developing Therapeutic Process Skills) and
  - HUG 4027 (Expressive Personal Development 1)
- The format and nature of this will be agreed between the tutors, practice education co-ordinator, and placement service users.



# Practice Placement 2

- During Year 2 (FT) or Year 3 (PT)
- Students are expected to undertake **100hrs of supervised clinical work.**
- The Clinical Placement hours will be facilitated within negotiated boundaries and will uphold humanistic principles in psychotherapy.
- The clinical work will involve experiential and contemporary creative approach to psychotherapy.
- To support this, learning and teaching will model genuine empathic acceptance towards self and other and best practice therapeutic use of self in relationship.
- Students are expected to engage as active members of the placement team.
- In addition to group supervision provided by the University, students are required to attend counselling supervision with an independent supervisor for a minimum of 1½ hours per month. The UKAHPP stipulates that therapists must receive 1 hour of supervision for every 6 hours of client work, including sessions where clients have not attended the planned sessions.
- Students are also required to take out / maintain Professional Indemnity Insurance (if not covered under the Placement's insurance).

# Personal Therapy Requirements

In order to meet professional requirements through UKAHPP and UKCP, the following are expected standards:

- **You are required to complete 40 hours therapy in your first year of study (FT).**
- Work with a therapist registered with UKCP, BACP or one of the professional associations of arts therapies.
- Work with a therapist trained in an approach akin to the ethos of your studies, including:
  - Any form of humanistic psychotherapy, e.g. person-centred, Gestalt, transactional analysis, process-oriented psychotherapy, body psychotherapy, psychodrama
  - Psychodynamic psychotherapy, group analysis
  - Art psychotherapy, music therapy, dramatherapy, dance movement psychotherapy
  - Integrative/pluralistic psychotherapy



# University Financial Contribution

Edge Hill provides **£600** (£300 per annum for part time students) as a contribution towards the therapy required to pass the first year of the course.

Students can use their allowance for therapy sessions taking place between the start of their course and the 31<sup>st</sup> July 2023. (The end of the financial year.)

The University can only pay those therapists and supervisors who have already been approved and set up as authorised suppliers.

If you use a therapists who has not been set up on the system you will be expected to cover the cost of any sessions until the therapist has been fully set up with purchase ledger. (This can be a lengthy process, taking at least 12 weeks.)

# University Financial Contribution

Each student is responsible for managing their therapist allowance and **the University cannot pay for:**

- Any missed sessions
- Sessions cancelled at short notice
- Any sessions which exceed the yearly allowance.
- Any sessions held with an unauthorized therapist.

- If you wish to use a therapist ask them to submit a Schedule of Sessions document to [ASKAHSW@edgehill.ac.uk](mailto:ASKAHSW@edgehill.ac.uk) (therapist should already have this, but students can also download the form from blackboard.)
- Students should also email the [ASKAHSW@edgehill.ac.uk](mailto:ASKAHSW@edgehill.ac.uk) box to inform us who you intend to use as your therapist.
- Please note therapists cannot take more than three students from your cohort, we will inform you if the therapist has already fulfilled her quota of students.
- Therapy sessions with authorised therapists can commence immediately, given that the student has completed enrolment, but your therapist will be unable to issue the University with their invoices until their Purchase Order number comes through. (This usually takes a couple of weeks to arrive.)

## The Therapist Handbook

- If you wish you can secure your own therapist, they must meet the following criteria:
  - Have 5 years of experience as a therapist
  - Registered with professional body e.g. UKAHPP, BACP or one of the professional associations of art therapists
  - Have an approach akin to your ethos of study
- If your therapist meets the above criteria please complete a therapist registration form.

## Registering a New Therapist

- Registering a new therapist is not a quick process and will take a number of weeks to complete.
- The first stage is completed once the therapist completes a proforma and is approved by the programme leader, **once this stage is completed you can commence your therapy, but you will be responsible for covering the costs of sessions until the therapist is fully registered with the finance team.**
- The second stage is lengthier, as the financial team will need to conduct HMRC checks and register her on our systems as a supplier. The therapist will need to submit a Schedule of Sessions, raising a purchase order number for the sessions. After this they will be able to invoice the University for their sessions. **(This can take 12 weeks to complete.)**
- It is essential that both you and your therapist complete session log at the end of each session as it used for both financial and academic purposes

## Registering a New Therapist

# Your first summative assessment: HUG4024: Therapeutic & Psychological Theories

## **Learning Outcomes:**

On successful completion of the module students will be able to:

1. Engage in current debates and critiques around analysis of the origins of psychology and history of psychotherapies
2. Problematised boundaries between traditional and non-traditional forms of discourse on mental health
3. Critically evaluate a number of different approaches to psychological therapies

## **Summative Assessment:**

The summative assessment for this module will be in two parts:

CW1 a 3000-word paper that will engage in current debates and critiques around the origins of psychology and psychotherapies, and problematise the traditional and non-traditional forms of discourse around mental health.

This must meet Learning Outcomes 1 and 2; 75% of the overall module mark.

PR1 A 15-minute presentation that will be a reflective analysis of the different approaches to psychological therapies.

This must meet Learning Outcome 3; 25% of the overall module mark.

# Essential Reading List for Msc Psychotherapy and Counselling: CCA

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## Theoretical approaches:

COOPER, M. and MCLEOD, J., 2010. Pluralistic counselling and psychotherapy. Sage.

JOSEPH, S., 2010. Theories of counselling and psychotherapy: An introduction to the different approaches. Red Globe Press.

MCLEOD, J., 2013. An introduction to counselling. McGraw-hill education.

RUBIN, J.A., 2012. Approaches to art therapy: Theory and technique. Routledge.

SANDERS, P., 2012. The Tribes of the Person-Centred Nation. Ross on Wye. PCCS.

## Seminal texts:

ROGERS, C.R., 1951. Client-Centred Therapy: Its Current Practice, Implications and Theory. London: Constable.

ROGERS, C.R., 1961. On Becoming a Person: A Therapist's View of Psychotherapy. London: Constable.

ROGERS, C.R., 1980. A Way of Being. Boston: Houghton Mifflin.

ROGERS, N., 1993. The creative connection: Expressive arts as healing. Science and Behavior Books.

YALOM, I.D., 1983. Inpatient group psychotherapy. Basic Books.

WINNICOTT, D.W., 1991. Playing and reality. Psychology Press.

# Essential Reading List for Msc Psychotherapy and Counselling: CCA

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## Practical skills:

COOPER, M., O'HARA, M., SCHMID, P.F. and BOHART, A., 2013. *The handbook of person-centred psychotherapy and counselling*, Second edn, London: Palgrave Macmillan.

EDWARDS, D., 2014. *Art therapy*. London: Sage Publications.

LAMBERS, E. and THORNE, B., 1998. *Person-centred therapy: a European perspective*, SAGE, London: Thousand Oaks.

LIEBMANN, M., 1990. *Art therapy in practice*. London: Jessica Kingsley Publishers.

MALCHIODI, C. A. (Ed.), 2011. *Handbook of art therapy*. Guilford Press

MCLEOD, J., 2011. *Counselling Skills: A practical guide for counselors and helping professionals*, (2nd Ed.). Berkshire: McGraw Hill.

MEARNS, D. and COOPER, M., 2005. *Working at relational depth in counselling and psychotherapy*. Sage.

NATIELLO, P. 2001, *The Person-Centred Approach: A Passionate Presence*, PCCS, Ross-on-Wye.

RENNIE, D.L., 1998. *Person-centred counselling*. *Person-Centred Counselling*, pp.1-160.

SCHAVERIEN, J., 1999. *The revealing image: Analytical art psychotherapy in theory and practice*. Jessica Kingsley Publishers.

TOLAN, J., 2012. *Skills in Person-Centred Counselling and Psychotherapy* (2nd Ed.). London: Sage.

WILKINS, P. ed., 2015. *Person-centred and Experiential Therapies: Contemporary Approaches and Issues in Practice*. SAGE.

## Popular reads:

YALOM, I.D., 2002. *The gift of therapy: An open letter to a new generation of therapists and their patients*.

GROSZ, S., 2013. *The examined life: How we lose and find ourselves*. Random House.

MILNER, M., 2010. *On not being able to paint*. Routledge.





Thank you!