



University of  
**Salford**  
MANCHESTER

# ONLINE APPLICANT EVENT

Studying BSc Counselling & Psychotherapy: Professional Practice at Salford



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# Counselling & Psychotherapy: In General

“The curious paradox is that when I accept myself just as I am, then I can change.”

*Carl Rogers\**

- Seek to enable greater wellbeing primarily through talking therapies
- Area of increasing importance as the need for adequate mental health provision has a higher political profile
- A diverse and evolving group of different approaches each with a distinct philosophy / ethos, and practice context.



# Counselling and Psychotherapy @ Salford

- Our UG & PG programmes primarily focus on Person Centred Counselling & Cognitive Behavioural Therapy
  - Person Centred Counselling (PCC): fosters a strong therapeutic relationship based on non-directive principles, to enable clients to develop their own insight, resources and capacity for change.
  - Cognitive Behavioural Therapy (CBT): uses models of how thoughts, emotions and behaviours interact to offer structured approaches to helping clients cope with specific problems in living.



# BSc (Hons) Counselling and Psychotherapy: Professional Practice

- A programme which, on successful completion, qualifies students to work as Professional Counsellors
  - Eligible to apply for individual registration with the British Association for Counselling and Psychotherapy (BACP)
  - Able to apply for higher level BACP accreditation (after gaining post qualifying experience)
  - A professional training in Person Centred Counselling, includes a foundation module in CBT



# A Degree of Curiosity...



- *Who* am I?
- *How* have I become the person I am?
- How do I *relate* to other people?
- Who do I want to *become*?
- How can I make positive *changes* in my life?
- *What* do I want out of life?
- How can I help ***other people*** find out all of the above?



# Entry Requirements

- GCSE English & Maths at C – (or equivalent including Level 2 Functional Skills)
- Level 3 = 112 UCAS Tariff Points
  - A level BBC (General Studies and AS levels usually not accepted)
  - BTEC DMM
  - Access to HE
  - Salford Alternative Entry Scheme – for those with above GCSEs or equivalent and relevant life experience but no other qualifications.
- Experience of helping others: ideally through voluntary or paid work (rather than only in social contexts e.g. helping friends & family)
- Ability to reflect on your own experience and personal development (emotional literacy)



# Teaching Context

- All modules delivered by experienced Counsellors and Psychotherapists currently in practice
- Real world research – at the leading edge of the profession



# Teaching and Assessment in Practice

- **Teaching:**

- Lectures / seminars
- Skills practice groups
- Personal development groups
- Workshops

- **Assessment:**

- Written assignments / presentations
- Live assessments / recordings
- No written exams
- Final year practice portfolio

*You **DO** work hard but it's not all books and theory*

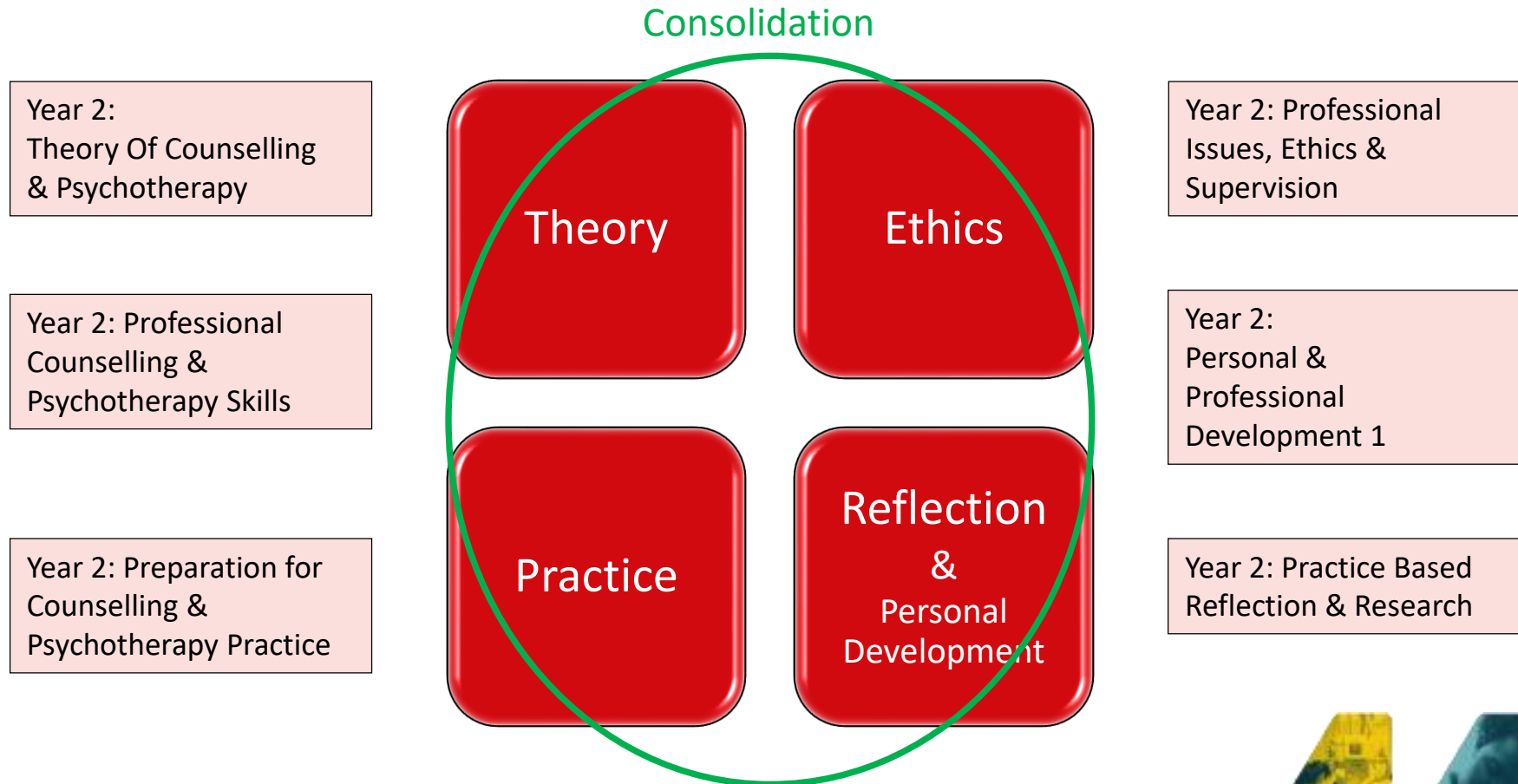




# Themes & Modules Year 1



# Themes & Modules Year 2



# Themes & Modules Year 3

## Reflective Practice and Development



# Employability

- **Counsellors** work in:
  - The NHS (Well-Being practitioners within IAPT / other primary care settings)
  - Charitable / Third Sector
  - Occupational Health Counselling
  - Employer Assistance programmes
  - Schools and Colleges
  - Private practice
- **Many types of employment** value skills in:
  - understanding behaviour
  - communicating effectively
  - motivating or supporting others



# Employability

- ***DLHE* data 2016-17:**  
(most recent available)

6 months after graduation:

**92%** in employment or further study

**68%** in highly skilled employment



# Progression

- **Post graduate training, e.g:**
  - MSc Advanced Counselling and Psychotherapy Studies
  - MSc Cognitive Behavioural Psychotherapy
  - MSc Social Work
  - Other specialisations



# We aim to...

- Treat students with respect
- Support them to pursue their personal goals
- Relate to them as individuals
- Provide quality teaching
- Provide clinical supervision from qualified and experienced supervisors
- Welcome students' views, and their contributions to the counselling community.





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