

## Programme Specification

<b>1. Programme title</b>	Doctorate in Counselling Psychology & Psychotherapy by Professional Studies (DCPsych)
<b>2. Awarding institution</b>	Middlesex University
<b>3a. Teaching institution</b> <b>3b. Language of study</b>	<i>Metanoia Institute</i>
<b>4a. Valid intake dates</b> <b>4b. Mode of study</b> <b>4c. Delivery method</b>	September FT <input checked="" type="checkbox"/> On-campus/Blended <input type="checkbox"/> Distance Education
<b>5. Professional/Statutory/Regulatory body</b>	The British Psychological Society, Health and Care Professions Council and United Kingdom Council for Psychotherapy
<b>6. Apprenticeship Standard</b>	N/A
<b>7. Final qualification(s) available</b>	Doctorate in Counselling Psychology & Psychotherapy by Professional Studies <i>Exit awards:</i> Postgraduate Diploma in Psychological Studies MSc in Applied Psychological Studies MProf in Applied Psychological Studies
<b>8. Year effective from</b>	2022/23

### **9. Criteria for admission to the programme**

Statutory body regulatory requirement: Candidates are required to hold British Psychological Society (BPS) Graduate Basis for Membership. This is ordinarily conferred following graduation from BPS approved psychology or counselling psychology courses, or by means of a Master's level conversion qualification. In addition to this, candidates are required to have undertaken a basic training or qualification in the use of counselling skills. This additional requirement is now common to all similar programmes. Metanoia provides a foundation training in counselling which will easily meet this requirement.

OR

Have adequate relevant training and/or work-related experience to satisfy APL criteria.

Applicants who are not nationals of a majority English-speaking country and have not completed a degree in English, will need to provide evidence of their English language ability to study. Most commonly this will be via an International English Language Testing System (IELTS) score of 8.5 or [Common European Framework of Reference for Languages](#) (CEFR) level C2 as this is doctoral level (8) training.

## 10. Aims of the programme

The programme aims to:

- Enable candidates to become competent, reflexive counselling psychology and psychotherapy practitioners with the capacity to integrate theory, research and practice at a high level of personal and professional functioning
- Apply a broad range of insights and skills in different practice settings, and to contribute through their research and professional activities to developments in the field of the psychological therapies
- To achieve recognition of their level of training, qualification and expertise in the award of chartered counselling psychologist status with BPS, practitioner registration with HCPC, and registration as integrative & humanistic psychotherapists with the United Kingdom Council for Psychotherapy (UKCP)

## 11. Programme outcomes\*

### A. Knowledge and understanding

On completion of this programme the successful student will have knowledge and understanding of:

1. philosophy and theory in relationally based humanistic psychological therapy and cognitive behavioural therapy, with a particular focus on an integrative approach to this work supported by developmental and relational perspectives and the research evidence base supporting this.

### Teaching/learning methods

Students gain knowledge and understanding through reading, self-directed study, lectures, small group seminars and facilitated peer discussion.

### Assessment methods

Students' knowledge and understanding is assessed by written assignment, presentations and live examination.

<p><b>B. Skills</b></p> <p>On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> <li>2. Apply a broad range of insights and skills in different practice settings</li> <li>3. Utilise knowledge, assessment, empirical evidence and critical thinking to formulate an account of clients' psychological distress</li> <li>4. Formulate an approach to individual client work which is therefore appropriate and is based on non-discriminatory and culturally sensitive practice</li> <li>5. Utilise personal reflection, supervision and other forms of feedback via consultation, in the application and review of therapeutic strategy</li> <li>6. Work as a creative, resourceful and independent professional according to relevant principles, laws and codes of ethical practice, actively engaging with peers and interdisciplinary teams, modelling collegiate and co-operative endeavour</li> <li>7. Be an excellent communicator, capable of making a contribution to professional theory and practice through qualitative &amp; quantitative research, audit and continuous development, disseminated via engagement in publication, presentations, conferences or teaching/training activity</li> <li>8. Use a comprehensive range of interpersonal and digital skills to communicate effectively and advance professional practice in counselling psychology &amp; psychotherapy.</li> </ol>	<p><b>Teaching/learning methods</b></p> <p>Students learn cognitive and practical skills through classroom-based skills practice; practice-based learning, practice placement and tuition from practice facilitators, clinical supervision, peer and tutor review/feedback and personal reading/study and written reflection.</p> <p><b>Assessment methods</b></p> <p>Students' cognitive and practical skills are assessed by observation of skills practice, feedback from clinical and placement supervisors, peer review and assessment, and live examination.</p>
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**12. Programme structure (levels, modules, credits and progression requirements)**

**Year 1 – 120 Credits level 7**

Research 1 (20)  
Humanistic Approaches in Counselling Psychology (20)  
Prof Issues, Law, Ethics, Standards & practice development (30)  
Understanding psychological distress, knowledge integration & application (20)  
Psychodynamic Approaches in Counselling Psychology (20)  
Professional practice & placement (50 hours + logs + evaluations) (10)

**Exit Award: Pg Certificate in Psychological Studies**

**Year 2 – 60 credits level 7 & 60 credits level 8**

Research 2 (20)  
Psych knowledge, application, professional issues & practice (20)  
CBT, Brief and Solution Focused models (20)  
Expressive & Creative Therapies (20)  
Professional practice & placement (100 hrs + logs + evaluations) (20)  
Advanced Practice 1 (20)

**Exit Award: MSc Applied Psychological Studies (must have 150 hrs supervised practice & min. 40 hrs personal therapy)**

**Year 3 – 120 credits level 8**

Research 3 (20)  
Practitioner Research Project 1 (20)  
Advanced Practice 2 (30)  
Advanced Professional Development and Challenges In Contemporary Integrative Practice (30)  
Professional practice & placement 150 hours, logs etc (20)

**Exit Award: MProf Applied Psychological Studies**

**Year 4 – 180 credits level 8**

Clinical Dissertation & Clinical Viva examination (80)  
Research 4 (20)  
Professional practice & placement 150 hours, logs etc (20)  
Practitioner Research Project 2 (60)

**Award: DCPsych**

or

**12.2 Levels and modules**

*Level 7*

COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
<p>Students must take all the following in <i>Year 1</i>:</p> <ul style="list-style-type: none"> <li>Research 1 (Semesters 1 &amp; 2)</li> <li>Understanding psychological distress, knowledge integration and application (Semesters 1 &amp; 2)</li> <li>Professional Issues, Law, Ethics, Standards and practice development (S1 &amp; 2)</li> <li>Humanistic approaches in Counselling Psychology (inc. skills) (S1)</li> <li>Psychodynamic Approaches in Counselling Psychology (including skills) (S2)</li> <li>Personal &amp; Professional Development (S1) / Group Case Consultation (S2)</li> <li>Professional practice – placement (S2)</li> </ul>	<p>Students must also choose at least XX from the following:</p> <p>N/A</p>	<p>Must complete all modules and assignments for each, to progress.</p> <p>Undertake a minimum of 40 hours of personal therapy each year (max 40 hours per year can count towards overall of 160 hours required total)</p> <p>Required to commence practice placement during S2 of academic year and receive supervision in a <i>minimum</i> ratio of one hour of supervision to 4 hours of practice for the first 50 hours and then one hour of supervision to 6 hours of practice for the remainder of the course.</p>
<p>Students must take all of the following in <i>Year 2</i>:</p> <ul style="list-style-type: none"> <li>Research 2 (S1 &amp; 2)</li> <li>CBT, Brief and Solution Focused Models (S1)</li> <li>Expressive &amp; Creative Therapies (S2)</li> </ul>	<p>Students may consider a change of placement setting and/or a change of clinical supervisor (in order to broaden their clinical experience).</p>	<p>Must complete all modules and assignments for each year, to progress.</p> <p>Undertake a minimum of 40 hours of personal therapy each year (+ caveat above re 40 hours/160) so, 80 hours by year end)</p> <p>Required to continue in practice placement during academic year and receive supervision in a <i>minimum</i> ratio of one hour of supervision to 6 hours of practice.</p>

COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
<p>Students must take all the following in Year 2:</p> <p>Psychological knowledge, application, professional issues &amp; practice (S1 &amp; 2)</p> <p>Advanced Practice 1 (including skills practice) (S1 &amp; 2)</p> <p>Professional practice - placement (S1 &amp; 2)</p>	<p>Students may consider a change of placement setting and/or a change of clinical supervisor (in order to broaden their clinical experience).</p>	<p>Must complete all modules and assignments for each, to progress.</p> <p>Undertake a minimum of 40 hours of personal therapy each year (+ caveat above re 40 hours/160) so, 80 hours by year end)</p> <p>Required to continue in practice placement for a minimum of 100 hours during academic year and receive supervision in a <i>minimum</i> ratio of one hour of supervision to 6 hours of practice.</p>
<p>Students must take all the following in Year 3:</p> <p>Advanced Professional Development and Challenges in Contemporary Integrative Practice (S1 &amp; 2)</p> <p>Practitioner Research 3 &amp; Practitioner Research Project (Part 1) (S1 &amp; 2)</p> <p>Advanced Practice 2 (including skills practice) (S1 &amp; 2)</p> <p>Professional practice – placement (S1 &amp; 2)</p>	<p>Students may consider a change of placement setting and/or a change of clinical supervisor (to broaden their clinical experience).</p>	<p>Must complete all modules and assignments for each, in order to progress.</p> <p>Undertake a minimum of 40 hours of personal therapy each year (+ caveat above re 40 hours/160 so, 120 hours by year end)</p> <p>Required to continue in practice placement for a minimum of 150 hours during academic year and receive supervision in a <i>minimum</i> ratio of one hour of supervision to 6 hours of practice.</p>
<p>Students must take the following in Year 4:</p> <p>Dissertation &amp; Clinical Viva (S1 &amp; 2)</p> <p>Research 4 &amp; Practitioner research project 2 (research project &amp; <i>Viva Voce</i>) (S1 &amp; 2)</p> <p>Professional practice – placement (S1 &amp; 2)</p>	<p>Students may consider a change of placement setting and/or a change of clinical supervisor (in order to broaden their clinical experience).</p>	<p>Required to continue in practice placement for a minimum of 150 hours and receive supervision as above until have passed clinical viva. Beyond this, supervision in line with UKCP requirements.</p> <p>A minimum of three placement settings are required by the end of the course.</p>

<b>12.3 Non-compensatable modules</b> (note statement in 12.2 regarding FHEQ levels)	
<b>Module level</b>	<b>Module code</b>
7	Personal & Professional Development 1 & Group Case consultation (year 1)
8	Group Case Consultation (in Advanced Practice 1)
8	Group Case Consultation (in Advanced Practice 2)

### **13. Information about assessment regulations**

*This programme will run in line with general University Regulations (see <https://www.mdx.ac.uk/about-us/policies>):*

All assessments throughout the years of the programme contribute to whether the student is deemed to have met or not met the learning outcomes for the year. All summative assessments are assessed via a module-specific rubric, with a Pass, Refer, Fail marking scheme. A first attempt below the requirement for a Pass will be awarded a 'Refer' mark and the candidate will receive a second opportunity to submit the work within the academic year. If a second submission does not meet the requirements for a 'Pass', the work will be awarded a 'Fail'. Candidates may in some circumstances progress to the following year, trailing credit from one module (only) until they have satisfied all assignments in the previous year.

At the clinical dissertation a 'Distinction' may be awarded. For a Distinction to be awarded the candidate must have achieved a level of excellence indicated in the appropriate rubric. Candidates who are Referred on the clinical dissertation will receive a second attempt which must pass for the candidate to progress. The clinical practice oral examination cannot be attempted until the written dissertation has been passed. Again, the possible outcomes here are 'Distinction', 'Pass' and 'Refer'. A second attempt is offered where the result of the first oral examination is 'Refer'.

All written assessments are assessed in line with the Metanoia Institute Assessment, Marking & Moderation Policy. The first assessor will normally be the relevant module leader (except in the case of the clinical dissertation where suitably qualified assessors who are not known to the candidate are used). All work deemed to be a Refer (or Fail, if a second attempt), plus a sample (according to an agreed matrix) of all work deemed as a Pass, is internally moderated, as well as being reviewed by the external examiner. All assignment outcomes are provisional until ratified by the appropriate Institute Assessment and Progression Board, chaired by a Middlesex University link tutor.

The final Practitioner Research Project is assessed by two people; an Internal Examiner and an External Examiner. All examiners are formally approved by Middlesex University. Examiners undertake a 'preliminary assessment' and report. This first part of the assessment is regarded as 'preliminary' in that the candidate has the subsequent opportunity to defend and discuss their work in the final Research Viva Examination. Assessment and possible outcomes are as described in the Middlesex University Regulations for Research Degrees document.

### **14. Placement opportunities, requirements and support**



As indicated under 12.2 above, practice-based learning in a supervised placement is an integral part of learning on the programme. As part of their professional learning experience, candidates are expected to identify a suitable placement from those on an approved list of placement providers. The DCPsych has dedicated Placement Co-ordinators to assist candidates in identifying a suitable placement from the list of several hundred on our database, across the UK. The Programme Director and Personal Tutors support students by provision of references.

A new placement provider may be suggested by the candidate, subject to assessment by the DCPsych Placement Coordinator. Placement providers are required to meet stringent standards regarding training, supervision, monitoring and reporting. A collaborative and co-operative approach to the management and development of candidates is expected and must be assured. Details of placement requirements are available in the Placement Handbook.

All candidates on placement are formally reviewed twice yearly, in the Mid Year and End of Year Tutorials. A satisfactory report on their performance is required from their supervisor/manager on placement for them to progress. Procedures are in place to assist candidates who are at risk of failing a clinical placement so that they may be supported in developing their skills to an acceptable level, bearing in mind the protection of the public at all times.

#### **15. Future careers (if applicable)**

Graduates from the programme are able to achieve the status of Chartered Counselling Psychologist. The British Psychological Society regards both clinical and counselling psychologists as 'Applied Psychologists' and suitable positions within the NHS, third sector or employed private provision are required by the BPS to be open to applications from any suitably qualified and experienced Applied Psychologist. After gaining suitable experience, some graduates are drawn to the flexible working arrangements available to those who engage with clients as private practitioners.

#### **16. Particular support for learning (if applicable)**

- Dedicated Senior Academic Coordinator;
- Highly experienced teaching team, the majority of whom are Chartered Counselling Psychologists and all of whom are active in clinical practice, research and publication
- Dedicated qualified and experienced Personal Tutor assigned to each candidate for duration of programme plus informal pastoral support from the Programme Director
- PCs with Internet access in all teaching rooms and Wi-Fi access in all Metanoia buildings and at Middlesex University
- On-site Metanoia library with access to appropriate online resources including 'Psych Info', 'Psych Articles' and 'Sage Research' as well as a range of online journals and study aids.
- Access to Middlesex University's extensive library of psychological topics and online subscriptions. These are available for use within training groups and also for home study
- Presentation & projection facilities in all teaching rooms
- Full subscription to all Microsoft Office suite of products via Office 365
- Licence for on and off-site access to research analysis software (nVivo and SPSS)
- Bursary Support
- Student & Disability support staff on site
- Student consultation and representation at Board of Studies.

#### **17. HECos code(s)**

100254

**18. Relevant QAA subject benchmark group(s)**

Level 7/8: Counselling and Psychotherapy

**19. Reference points**

Framework for Higher Education Qualifications QAA Quality Code

QAA subject benchmarking statements for counselling and Psychotherapy

Training standards for BPS, Standards of proficiency for HCPC and UKCP training standards of the Humanistic and Integrative Psychotherapy college (HIPC)

Feedback and input from Metanoia 'Experts by Experience' panel members

**20. Other information**

Three different awards are available at different levels for candidates who exit the programme before completion:

At the end of year 1 if a candidate completes modules with an academic credit level totalling 120 credits, candidates can exit at the end of year 1 and be awarded the Postgraduate Diploma in Psychological Studies (120 Credits at Level 7). This is not a qualification to engage in clinical practice in counselling or psychotherapy, although they may use these credits towards a programme of training which is.

At the end of year 2 (and any year beyond this), a candidate who has successfully completed modules with an academic credit level totalling 120 credits or more, and who has undertaken at least 150 hours of supervised practice, receiving satisfactory reports and reviews, can exit at the end of year 2/2+ by completing a Practice Research Project of 15,000 words (60 credits at Level 7) and be awarded the MSc in Applied Psychological Studies. This will enable the candidate to register as a counsellor with the British Association for Counselling & Psychotherapy (BACP). After a further 450 hours of supervised practice they are eligible for BACP Accredited Counsellor status, following satisfactory completion of the BACP application and review process.

Similarly, a candidate who undertakes the full DCPsych practitioner research project and research viva but who fails to meet the required standard may be granted the degree of MProf subject to the presentation of a thesis, amended to the satisfaction of the Examiners.

Please note: programme specifications provide only a summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve if they take full advantage of the learning opportunities that are provided. More detailed information about the programme can be found in the DCPsych Programme Handbook, on our VLE (Moodle) and in Metanoia Institute/Middlesex University regulations.

### Curriculum map for *Doctorate in Counselling Psychology & Psychotherapy*

This section shows the highest level at which programme outcomes are to be achieved by all graduates, and maps programme learning outcomes against the modules in which they are assessed.

#### Programme learning outcomes

<b>Knowledge and understanding</b>	
A1	Philosophies and theories of different models of psychotherapy, including contemporary humanistic / relational approaches, and cognitive behavioural therapies, with a critical awareness of their contribution to the field
A2	Theories of psychopathology, diagnosis, the change process and treatment planning and a comprehensive awareness of how these can contribute to the practice of effective psychotherapy
A3	Quantitative, Qualitative and Mixed Method research methodologies, and the principles and practice of reflective inquiry principles and practice in their importance to practice development and monitoring of practice
A4	The ethical and professional issues of working safely and efficaciously with therapeutic issues and a systematic understanding and commitment to honouring professional and ethical frameworks of BPS, UKCP and the HCPC
A5	Anti-discriminatory and culturally sensitive practice and a critical awareness and commitment to working with, accounting for and making creative use of difference in the therapeutic endeavour.
<b>Skills</b>	
B1	Critically reflect upon, critique and develop a personal style of therapy and use this to enrich clinical work with a range of client presentations and processes
B2	Ethical and professional practice with reference to clinical and organisational context
B3	Utilise quantitative & qualitative assessment practices, contracts, clinical formulation, co-created therapeutic plans and the therapeutic relationship, in a reflective and informed way, such that it supports effective and ethical practice
B4	Reflect critically upon their practice and demonstrate a sophisticated and comprehensive understanding of how to use it effectively to enhance clinical endeavour
B5	Be aware of the complexity of human communication, including interpersonal and intrapersonal processes, and make informed choices for therapeutic interventions in response to these
B6	Make effective use of reflective inquiry and supervision to support and maintain a monitoring stance on clinical practice
B7	Offer effective psychotherapy to clients with differing needs and from differing cultural backgrounds and make creative use within the therapy of these differences
B8	Run an ethical and professional practice with reference to clinical and organisational context

A1	A2	A3	A4	A5	B1	B2	B3	B4	B5	B6	B7
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Module Title	Lv	Module Code by Level														
			A1	A2	A3	A4	A5	B1	B2	B3	B4	B5	B6	B7		
Research 1	7	tbc			✓						✓					
Understanding Psychological Distress	7		✓	✓			✓									✓
Humanistic Approaches (including skills practice)	7		✓	✓					✓							✓
Psychodynamic Approaches (including skills practice)	7		✓	✓												✓
Professional Issues, Law, Ethics & Standards	7					✓	✓			✓	✓				✓	✓
Professional Practice & Placement	7					✓	✓	✓	✓							✓
Personal & Professional Development / Group case consults	7								✓			✓			✓	
Psychological Knowledge, Application, Professional Issues & Practice	8			✓				✓	✓		✓					✓
Professional Practice & Placement	8					✓	✓	✓	✓							✓
Research 2	7				✓						✓				✓	
CBT, Brief and Solution Focused Models (including skills practice)	7		✓	✓							✓					
Expressive & Creative Therapies	7		✓								✓					✓
Advanced Practice 1	8			✓				✓	✓					✓	✓	
Research 3 (including Practitioner Research Project 1 ( <i>non-taught</i> ) PAP, Research Supervision & Progress report	8				✓							✓			✓	
Advanced Professional Development	8		✓			✓		✓	✓							✓
Challenges & Developments in Contemporary Integrative Practice	8							✓		✓	✓				✓	
Advanced Practice 2 (including skills practice)	8		✓	✓					✓	✓		✓		✓		

Clinical Dissertation & Clinical Viva	8		✓	✓						✓	✓		✓	✓
Research 4 (including Counselling Psychology Research Project 1 ( <i>non-taught</i> ) Presentation, Research Supervision & Progress report	8				✓					✓				
Practitioner Research Project 2 & <i>Viva Voce</i>	8				✓			✓			✓		✓	

\*180 credits at Level 7; 360 credits at Level 8 (**Total credits, 540**)

## Teaching and Learning Plans for 2022 to 2023

At the time of writing (September 2022), all teaching weekends are planned to be in person, in Metanoia Institute's Ealing buildings, or at the University of West London (Year 1s only). Attendance is required as normal, unless there are particular mitigating circumstances, such as a legal requirement for you to isolate. If you are unable to attend, please discuss this with your Director of Studies in advance. The requirement for minimum 80% remains, other than in the event of pre-arranged mitigating circumstances.

### *Additional Online Opportunities*

We shall continue to offer some online workshops, induction, CPD and additional learning and teaching experiences during the course of year. This responds to feedback from our students and builds upon the continuous refinement and efficacy of online learning. Metanoia Institute will use all appropriate pedagogical means to support our students to engage with their studies and achieve their learning outcomes. The use of Zoom will allow greater participation in community meetings and Boards of Study, provide opportunity for extra-curricular activities that foster student belonging, and encourage a greater number of students to join and engage with Metanoia Institute committees.

Metanoia Institute will also continue to ensure that library resources are available electronically wherever possible. This will support independent study and research.

Should there be a change to the status of the country in relation to the pandemic, Metanoia Institute would act accordingly and in line with regulations and advice.