

PSYCHOLOGICAL WELLBEING, COUNSELLING AND PSYCHOTHERAPY (MSc/PgDip)

Duration: 36 months part time study (MSc); 24 months part time study (PGDip)

Persona programmes are not simply about learning the core elements of the Person-Centred approach; they are about learning this within a Person-Centred learning environment. The central values of the Person-Centred approach are the major influence in the design, structure and the curriculum of the programmes we provide as well as how they are delivered and managed. Course facilitators, trainers and supervisors are committed to fulfilling their roles in ways that embody a Person-Centred philosophy, particularly a trust in each person's ability to find a way to direct his/her own development, based on our belief in the actualising tendency; the tendency of the individual to grow and develop to one's full potential.

Persona's mission is to:

- Offer professional training and development programmes which affirm students as learners and provide them with a sound theoretical and clinical framework on which to base a professional and ethical practice.
- Promote excellence in clinical competence through the provision of managed placement opportunities for students, interns and practitioners
- Support individuals and the local community through the provision of low cost counselling, psychotherapy and wellbeing support
- Support the ongoing development of the counselling profession by providing counselling, training, facilitation and research opportunities for students and practitioners.

Persona's educational aims are:

- To provide the opportunity, environment, resources and support for individuals to undertake advanced accredited training in professional counselling.
- To offer a programme which supports and respects the learning process of students by incorporating a variety of training approaches relevant to counselling.
- To provide a learning and assessment process which is informed by the Person Centred philosophy and encourages students to take major responsibility for their learning.
- To provide programmes with a primary focus on the central concepts/theories of the Person-Centred approach in counselling but which also consider other theories of human growth and development and related therapeutic approaches, models of psychopathology and mental health issues
- To provide a learning process within which students can consider their own reflective processes, reactions, thoughts and feelings in support of their development as reflective practitioners.
- To provide programmes which support the development of clinical competence and ethical practice through the integration of:
 - counselling skills
 - underpinning knowledge of therapeutic models and processes
 - personal reflectiveness and understanding of intra-psychic and interpersonal processes

| YEAR 1 | | | |
|---|-------------------------|--------------------------|---------------------------|
| MODULE | Module Start | Module Completion | Achievable Credits |
| MODULE 1 ED504H Theory and Practice of Therapeutic Change | October Year 1 | December Year 1 | 20 |
| MODULE 2 ED5502 Personality Theory, Psychological Wellbeing and Psychopathology | January Year 1 | June Year 1 | 20 |
| MODULE 5 (Year 1) ED504J Clinical competence, supervision and in-depth analysis of the counselling process | October Year 1 | June Year 2 | N/A* |
| MODULE 6 (Year 1) ED504K Development of the Reflective Practitioner | October Year 1 | June Year 2 | N/A* |
| MODULE 3 ED504L Reflective Practice, Developments in Counselling and Complex Clinical Issues | October Year 2 | December Year 2 | 20 |
| MODULE 4 ED5503 Research Issues and Research Methods | January Year 2 | June Year 2 | 20 |
| MODULE 5 (Year 2) ED504J Clinical competence, supervision and in-depth analysis of the counselling process | ED504J Year 1 | June Year 2 | 20* |
| MODULE 6 (Year 2) ED504K Development of the Reflective Practitioner | October Year 1 | June Year 2 | 20* |
| * Note: Modules 5 & 6 extend over 2 years and are completed at the end of year 2, hence no credits have been awarded at the end of year 1 to these modules. | | | |
| YEAR 3 | | | |
| MODULE 7** <ul style="list-style-type: none"> • Counselling in a Health-Care setting; working with anxiety and depression; or • Counselling Couples; working with relationships; or • Counselling Children and Young People; working in educational settings | September Year 3 | June Year 3 | 20 |
| MODULE 8 Developing competence as a Specialist Practitioner (elective clinical pathway) | September Year 3 | June Year 3 | 20 |
| MODULE 9 Reflective Specialist and the development of specialist practice | September Year 3 | June Year 3 | 20 |

****Note:** The programme offers three areas of specialist study which can be selected when registering for module 7:
Option 1 Counselling in a Health-Care setting; working with anxiety and depression
Option 2 Counselling Couples; working with relationships
Option 3 Counselling Children and Young People; working in educational settings

Participants who successfully complete modules 1-6 (120 credits) may exit with a Postgraduate Diploma in Psychological Wellbeing, Counselling and Psychotherapy. Participants who successfully complete modules 1-9 (180 credits) will achieve MSc Psychological Wellbeing, Counselling and Psychotherapy.