**Template C4**



**Programme Specification**

**Title of Course:** *BSc (Hons) Psychology with Counselling*

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| Date first produced | 21/12/2023 |
| Date last revised | 23/09/2025 |
| Date of implementation of current version | 01/09/2025 |
| Version number | 17 |
| Faculty | Faculty of Business and Social Sciences |
| Cross-disciplinary |  |
| School | School of Law, Social and Behavioural Sciences |
| Department | Department of Psychology |
| Delivery Institution |  |

This Programme Specification is designed for prospective students, current students, academic staff and employers. It provides a concise summary of the main features of the programme and the intended learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if they take full advantage of the learning opportunities that are provided. More detailed information on the learning outcomes and content of each modules can be found in the course VLE site and in individual Module Descriptors.

**SECTION 1:** **GENERAL INFORMATION**

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| Award(s) and Title(s): | BSc (Hons) Psychology with Counselling |
| Exit Award(s) and Title(s): | Certificate of Higher Education Psychology with Counselling  Diploma of Higher Education Psychology with Counselling |
| Course Code  *For each pathway and mode of delivery* | UPPSY3CSL20  UFPSY3CSL20 |
| UCAS code  *For each pathway* | C890 |

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| Award(s) and Title(s): | BSc (Hons) Psychology with Counselling with Professional Placement |
| Exit Award(s) and Title(s): | Certificate of Higher Education Psychology with Counselling with Professional Placement  Diploma of Higher Education Psychology with Counselling with Professional Placement |
| Course Code  *For each pathway and mode of delivery* | n/a  USPSY3CSL45 |
| UCAS code  *For each pathway* |  |

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| Awarding Institution: | Kingston University |
| Teaching Institution: |  |
| Location: | Penrhyn Road |
| Language of Delivery: | English |
| Delivery mode: |  |
| Learning mode(s): | Full-time  Part-time  With Professional Placement |
| Minimum period of registration: | Full-time - 3  Part-time - 6  With Professional Placement - 4 |
| Maximum period of registration: | Full-time - 6  Part-time - 12  With Professional Placement - 8 |
| Entry requirements | Kingston University typically uses a range of entry requirements to assess an applicant's suitability for our courses. Most course requirements are based on UCAS Tariff points, usually stipulated as a range, and are sometimes coupled with minimum grades in specific relevant subjects. We may also use interview, portfolio and performance pieces to assess an applicant's suitability for the course. We recognise that every person's journey to Higher Education is different and unique and in some cases we may take into account work experience and other non-standard pathways onto University level study.  Additionally, all non-UK applicants must meet our English language requirements.  Please see our course pages on the Kingston University website for the most up to date entry requirements |
| Regulated by | The University and its courses are regulated by the Office for Students. |
| Programme Accredited by: | n/a |
| Approved Variants: | In accordance with BPS Regulations, the project/dissertation module must be passed and cannot be compensated for any accredited award. An accredited award at UG Level is a 2:2 or above on any accredited route. Modules PS4001 and PS5001 cannot be trailed |
| Is this Higher or Degree Apprenticeship course? | No |

**SECTION 2: THE COURSE**

1. **Aims of the Course**

The aims of the programme are:

* To develop an understanding of the core areas of Psychology, as defined by the BPS, while also exposing students to a range of historical approaches, applications, and skills directly related psychology in general and Counselling/Psychotherapy specifically.
* To foster competence in the skills of psychological reasoning.
* To provide students with a sound knowledge base in the discipline of Counselling Psychology and Psychotherapy to enable students to critically evaluate theories and debates in this field.
* To enable students to design and execute empirical research and raise students’ awareness of ethical issues and their appropriate resolution in psychological research.
* To provide students with generic and transferable skills in written and oral communication, independent learning, teamwork, information technology, and numeracy.
* To provide students with counselling and interpersonal skills useful in therapeutic and counselling settings.
* To offer students the foundation to continue to study for accredited postgraduate studies in psychology.

1. **Programme Learning Outcomes**

The programme learning outcomes are the high-level learning outcomes that will have been achieved by all students receiving this award. They have been aligned to the levels set out in [‘Sector Recognised Standards in England’ (OFS 2022).](https://www.officeforstudents.org.uk/media/53821cbf-5779-4380-bf2a-aa8f5c53ecd4/sector-recognised-standards.pdf%22)

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| **Programme Learning Outcomes** | | | | | |
|  | **Knowledge and Understanding**  On completion of the course students will be able to: |  | **Intellectual Skills**  On completion of the course students will be able to |  | **Subject Practical Skills**  On completion of the course students will be able to |
| A1 | Demonstrate (a) knowledge and understanding of a range of psychological theories and approaches which cover key aspects/areas of psychology, and, (b) demonstrate knowledge and understanding of a range of specialist approaches relating to counselling psychology which go beyond the standard key areas. | B1 | Demonstrate (a) comprehensive knowledge of psychology with (b) areas of in-depth specialisation in counselling psychology. | C1 | Write an appropriate review of relevant literature, and present and evaluate research findings to a higher level of proficiency. |
| A2 | Appreciate the role of research in the development of psychological thought, applying psychology research competencies, and a wide range of research methodologies and statistics. | B2 | Integrate ideas and findings across the multiple perspectives of psychology and in particular counselling psychology and recognise distinct psychological approaches to relevant issues. | C2 | Carry out empirical studies involving a variety of methods of data collection (experiments, observation, psychometric tests, questionnaires, interviews) and analyse data using statistical methods. |
| A3 | Demonstrate more extensive knowledge of the way in which counselling psychology and psychology as a whole, has an impact upon individuals and society | B3 | Critically review evidence, including issues of reliability, validity and significance, and investigate contradictory information. | C3 | Use a variety of psychological tools, including specialist software, laboratory equipment and psychometric instruments. |
| A4 | Gain additional knowledge and understanding of the ethical considerations and their importance in research, psychological practice, counselling and psychotherapy. | B4 | Analyse and transform new and/or abstract data and concepts towards a given purpose independently, and to design novel solutions. | C4 | Demonstrate detailed knowledge on the use of a variety of general and specific library resources to source appropriate information. |
| A5 | Demonstrate in-depth knowledge of counselling psychology, psychotherapy and common mental health problems. | B5 | Develop and sustain an argument independently in written and oral formats. |  |  |

1. **Future Skills Graduate Attributes**

In addition to the programme learning outcomes, the programme of study defined in this programme specification will engage students in developing their Future Skills Graduate Attributes:

1. Creative Problem Solving
2. Digital Competency
3. Enterprise
4. Questioning Mindset
5. Adaptability
6. Empathy
7. Collaboration
8. Resilience
9. Self-Awareness
10. **Outline Programme Structure**

The BSc Psychology with Counselling is a three-year programme (4 years with professional placement year). Throughout the course, students benefit from a well-rounded education that encompasses both psychology and counselling, allowing them to develop essential skills and knowledge in research, counselling, and mental health. The program's carefully curated modules cater to various interests, aspirations and future skills, preparing students for versatile career opportunities in mental health services, counselling, and further postgraduate studies.

The first year is shared with BSc Psychology students, allowing seamless transitions between the two courses at the end of the first year. Modules cover core BPS areas.

In the **second year** (L5**)**, students build upon the foundational knowledge and hone more advanced theoretical and practical research skills. They explore BPS-required areas of psychology, such as cognitive, biological, developmental, and social psychology. In addition to these core modules, students in the BSc Psychology with Counselling course undertake a 30-credit module “Introduction to Counselling and Psychotherapy in Practice”; this module introduces major counselling and therapeutic approaches, professional ethics standards, and the impact of diversity and culture on counselling. This module offers students a chance to assess the impact of counselling and psychotherapy in promoting positive mental health.

In the **final year** (L6), students apply their well-honed research skills in a research project (30-credit) in psychology. Students are encouraged to research an area related to counselling, mental health or psychopathology where possible. Students will also engage in an intensive compulsory 30-credit module “Mental Health in Counselling and Psychotherapy”. This module delves into counselling theory, advanced techniques, and the assessment and treatment of CMHPs. Alongside this, students participate in a core 30-credit compulsory module centred on developing transferable counselling and future skills. This practical module “Personal Development and Therapeutic Process” provides practical experiences to enhance their proficiency. With a focus on future skills, the program also offers a core 15 credit module in Apply. Students also take a core 15 credit module in Personality and Individual Differences.

For information on Foundation year modules, please refer to the Foundation Year in Social and Behavioural Sciences programme specification.

**Note**: As per [GR5](https://www.kingston.ac.uk/aboutkingstonuniversity/howtheuniversityworks/policiesandregulations/#blockid21000) within the general regulations, the University aims to ensure that any option modules are delivered where programmes allow for optionality. However, for various reasons, such as demand or staff availability, option modules offered may vary from year to year or between teaching blocks. Where programmes allow optionality students are informed of options through the online module selection process.

## BSc (Hons) Psychology with Counselling

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| **Level 4** | | | | | | | |
| **BSc (Hons) Psychology with Counselling** | | | | | | | |
| **Core modules** | **Module code** | **Credit**  **Value** | **Level** | **Teaching Block** | **Pre-requisites** | **Full Time** | **Part Time** |
| Applying Psychology in the Real World | PS4010 | 30 | 4 | Year Long |  | 1 | 2 |
| Approaches and Professional Skills in Psychology | PS4008 | 30 | 4 | Year long |  | 1 | 1 |
| Introduction to Psychology | PS4009 | 30 | 4 | Year long |  | 1 | 2 |
| Psychology Research Methods 1 | PS4001 | 30 | 4 | Year long |  | 1 | 1 |

Exit Awards at Level 4

This course permits progression from Level 4 to Level 5 with 90 credits at Level 4 or above. The BPS allows the trailing of modules except for PS4001.

Students exiting the programme at this point who have successfully completed 120 credits are eligible for the award of Certificate of Higher Education.

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| **Level 5** | | | | | | | |
| **BSc (Hons) Psychology with Counselling** | | | | | | | |
| **Core modules** | **Module code** | **Credit**  **Value** | **Level** | **Teaching Block** | **Pre-requisites** | **Full Time** | **Part Time** |
| Brain, Behaviour and Cognition | PS5003 | 30 | 5 | Year long |  | 2 | 4 |
| Introduction to Counselling and Psychotherapy in Practice | PS5011 | 30 | 5 | Year long |  | 2 | 4 |
| Psychology Research Methods 2 | PS5001 | 30 | 5 | Year long | PS4001 | 2 | 3 |
| Social and Developmental Psychology | PS5012 | 30 | 5 | Year long |  | 2 | 3 |

Exit Awards at Level 5

This course permits progression from Level 5 to Level 6 with 90 credits at Level 5 or above. The BPS allows the trailing of modules except for PS5001.

Students exiting the programme at this point who have successfully completed 120 credits are eligible for the award of Diploma of Higher Education.

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| **Level 6** | | | | | | | |
| **BSc (Hons) Psychology with Counselling** | | | | | | | |
| **Core modules** | **Module code** | **Credit**  **Value** | **Level** | **Teaching Block** | **Pre-requisites** | **Full Time** | **Part Time** |
| Future Skills Apply | AX6001 | 15 | 6 | TB2 |  | 3 | 5 |
| Mental Health in Counselling and Psychotherapy | PS6019 | 30 | 6 | Year long |  | 3 | 5 |
| Personal Development and Therapeutic process | PS6018 | 30 | 6 | Year long |  | 3 | 6 |
| Personality and Individual Differences | PS6021 | 15 | 6 | TB1 |  | 3 | 5 |
| Psychology Research Project | PS6000 | 30 | 6 | Year long | PS5001 | 3 | 6 |

Exit Awards at Level 6

Students exiting the programme without completing the full 120 credits but have successfully completed 60 credits at level 6 or above are eligible for the award of an Ordinary Degree.

## BSc (Hons) Psychology with Counselling with Professional Placement

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| **Level 4** | | | | | | | |
| **BSc (Hons) Psychology with Counselling with Professional Placement** | | | | | | | |
| **Core modules** | **Module code** | **Credit**  **Value** | **Level** | **Teaching Block** | **Pre-requisites** | **Full Time** | **Part Time** |
| Approaches and Professional Skills in Psychology | PS4008 | 30 | 4 | 1 |  | 1 | 1 |
| Introduction to Psychology | PS4009 | 30 | 4 | 1 |  | 1 | 1 |
| Psychology Research Methods 1 | PS4001 | 30 | 4 | 1 |  | 1 | 1 |
| Social Selves | SO4003 | 30 | 4 | 1 |  | 1 | 1 |

Exit Awards at Level 4

This course permits progression from Level 4 to Level 5 with 90 credits at Level 4 or above. The BPS allows the trailing of modules except for PS4001.

Students exiting the programme at this point who have successfully completed 120 credits are eligible for the award of Certificate of Higher Education.

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| **Level 5** | | | | | | | |
| **BSc (Hons) Psychology with Counselling with Professional Placement** | | | | | | | |
| **Core modules** | **Module code** | **Credit**  **Value** | **Level** | **Teaching Block** | **Pre-requisites** | **Full Time** | **Part Time** |
| Brain, Behaviour and Cognition | PS5003 | 30 | 5 | 1 |  | 1 | 1 |
| Introduction to Counselling and Psychotherapy in Practice | PS5011 | 30 | 5 | 1 |  | 1 | 1 |
| Psychology Research Methods 2 | PS5001 | 30 | 5 | 1 |  | 1 | 1 |
| Social, Individual and Developmental Psychology | PS5002 | 30 | 5 | 1 |  | 1 | 1 |

Exit Awards at Level 5

This course permits progression from Level 5 to Level 6 with 90 credits at Level 5 or above. The BPS allows the trailing of modules except for PS5001.

Students exiting the programme at this point who have successfully completed 120 credits are eligible for the award of Diploma of Higher Education.

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| **Level 6** | | | | | | | |
| **BSc (Hons) Psychology with Counselling with Professional Placement** | | | | | | | |
| **Core modules** | **Module code** | **Credit**  **Value** | **Level** | **Teaching Block** | **Pre-requisites** | **Full Time** | **Part Time** |
| Personal Development and Therapeutic process | PS6018 | 30 | 6 | TY13 |  | 3 | 3 |
| Psychology Research Project | PS6000 | 30 | 6 | TY13 |  | 3 | 3 |
| **Optional Modules** |  |  |  |  |  |  |  |
| Advanced Developmental Psychology | PS6002 | 30 | 6 | TY13 |  | 3 | 3 |
| Critical Social Psychology: Memory, Narrative and Representation | PS6004 | 30 | 6 | TY13 |  | 3 | 3 |
| Introduction to Forensic Psychology | PS6011 | 30 | 6 | TY13 |  | 3 | 3 |
| Neuropsychology and Neuro-rehabilitation | PS6003 | 30 | 6 | TY13 |  | 3 | 3 |
| The Psychology of Health and Well Being | PS6005 | 30 | 6 | TY13 |  | 3 | 3 |

Exit Awards at Level 6

1. **Teaching, Learning and Assessment**

This course uses a range of teaching and assessment methods which have been designed to support students’ learning and achievement of the learning outcomes. The course has been developed with reference to the Kingston University Academic Framework which sets-out core principles relating to Course and Credit Structure (including Module delivery Structure and Pattern, and Learning Hours and Learning Formats); Curriculum Design (inclusion Learning Design Principles and Inclusive Curriculum); and Future Skills. In addition the course is designed to meet the British Psychological Society (BPS) standards.

Teaching and Learning on the course consist of Scheduled Learning and Teaching and Guided Independent Study (self-managed time). Scheduled Learning and Teaching includes the following, and the format for each module is set out in the module specification:

* Laboratory Sessions
* Lectures
* Seminars
* Tutorials
* Workshops
* Placements

Guidance for students on the use of independent study time is communicated through the ‘Succeed in your module’ section on the Virtual Learning Environment (VLE) and through other communications during the course.

In addition to the core Scheduled Learning and Teaching activities for the course, the University may offer students additional optional opportunities for learning. Examples of these include Study abroad and Work-based learning.

The course will provide students with the opportunity to develop their knowledge and skills relating to at least two United Nations Sustainable Development Goals (UN SDGs). We are committed to empowering students with the knowledge, skills and opportunities to understand and address the UN SDGs: each course is thus also required to prepare students for at least two of the SDGs (not including Quality Education, which all courses must deliver).

1. **Support for Students and their Learning**

Students are supported through a range of services that provide academic and wider support. These include:

* A Module Leader for each module
* A Course Leader to help students understand the course structure
* Personal Tutors to provide academic and personal support
* Technical support to advise students on IT and the use of software
* Student Voice Committee – to ensure the views of students are heard
* Canvas – Kingston University’s Virtual Learning Environment
* Student support facilities that can provide advice on issues such as finance, regulations, legal matters, accommodation, international student support
* Disabled student support
* The Kingston Students’ Union
* Student Development and Graduate Success
* Psychology facilities (including a range of laboratories, equipment and software supported by a Psychology technician)

1. **Ensuring and Enhancing the Quality of the Course**

The University has several methods for evaluating and improving the quality and standards of its provision. These include:

* External examiners
* Annual Monitoring and Enhancement
* Continuous Monitoring of courses through the Kingston Course Enhancement Programme (KCEP)
* Student evaluation including Module Evaluation Questionnaires (MEQs), and the National Student Survey (NSS)
* Moderation policies
* Feedback from employers

1. **External Reference Points**

External reference points which have informed the design of the course. These could include:

* PSRB standards
* QAA Subject benchmarks
* Other subject or industry standards

1. **Development of Course Learning Outcomes in Modules**

This table maps where programme learning outcomes are **summatively** assessed across the **core** modules for this course. It provides an aid to academic staff in understanding how individual modules contribute to the course aims, a means to help students monitor their own learning, personal and professional development as the course progresses and a checklist for quality assurance purposes.

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| **Module Code** | | **Level 4** | | | | | | | | | | **Level 5** | | | | | | | | | | **Level 6** | | | | | | | | | |
| **PS4001** | | **PS4009** | | **PS4008** | | **PS4010** | | **SO4003** | | **PS5001** | | **PS5011** | | **PS5002** | | **PS5003** | | **PS5012** | | **PS6018** | | **PS6019** | | **PS6000** | | **AX6001** | | **PS6021** | |
| **Knowledge & Understanding** | A1 | S | | S | | S | |  | |  | |  | | S | | S | | S | | S | | S | | S | | S | |  | | S | |
| A2 | S | | S | | S | | S | | S | | S | | S | | S | | S | | S | | S | | S | | S | |  | | S | |
| A3 |  | | S | | S | |  | | S | |  | |  | |  | |  | |  | | S | | S | |  | |  | |  | |
| A4 | S | | S | | S | | S | |  | |  | |  | | S | |  | |  | | S | |  | | S | | S | | S | |
| A5 |  | | S | | S | |  | | S | | S | |  | |  | | S | |  | |  | |  | |  | |  | |  | |
| **Intellectual Skills** | B1 | S | | S | | S | | S | |  | |  | | S | | S | | S | |  | | S | | S | | S | |  | |  | |
| B2 |  | | S | | S | | S | | S | | S | | S | |  | | S | |  | | S | | S | | S | |  | |  | |
| B3 |  | | S | | S | |  | | S | | S | | S | |  | | S | | S | | S | | S | | S | |  | | S | |
| B4 | S | |  | |  | |  | |  | |  | |  | |  | |  | | S | |  | |  | |  | | S | | S | |
| B5 | S | | S | | S | | S | | S | | S | | S | | S | |  | | S | | S | | S | | S | |  | | S | |
| **Practical Skills** | C1 | S | | S | | S | |  | |  | |  | |  | |  | |  | | S | |  | |  | | S | |  | | S | |
| C2 | S | |  | |  | | S | |  | |  | |  | | S | |  | |  | |  | |  | |  | |  | |  | |
| C3 | S | |  | |  | | S | |  | |  | |  | | S | |  | |  | |  | |  | | S | |  | | S | |
| C4 | S | | S | | S | |  | | S | | S | | S | | S | | S | | S | | S | | S | | S | |  | | S | |

**Students will be provided with formative assessment opportunities throughout the course to practise and develop their proficiency in the range of assessment methods utilised.**

**Additional Information**