



BSc (Hons) Psychology with Counselling

UNDERGRADUATE

BLENDED

ONLINE





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Arden University has three decades of experience providing higher education, and we've helped more than 50,000 students globally gain the qualifications they need to succeed. We have a 95% student satisfaction rating, and 9 out of 10 Arden students believe studying with us has helped them transform their careers.*

*Arden University 2021 graduate survey

BSc (Hons) Psychology with Counselling

UNDERGRADUATE**BLENDED****ONLINE**

The BSc (Hons) Psychology with Counselling degree has been designed for those who want to study a degree in psychology and wish to work in counselling after graduation. Studying this specialised counselling course will provide you with an entry point into diverse and sought-after counselling related qualifications, training, and study options, giving you many exciting career paths to choose from.

This course is accredited by the BPS, meaning students obtaining at least a second-class honours degree (2:2) will be eligible for further training as a professional psychologist after graduation.



Course at a glance

- Broaden your knowledge of the major disciplines in the field of psychology, with a primary focus on counselling
- Apply theoretical knowledge to applied settings in a variety of contexts
- Gain the qualitative and quantitative skills required to undertake an original piece of counselling psychology research
- Acquire a range of specialised skills that will develop your career in the counselling profession

You can visit the Arden University website page for this course [here](#).

Key facts

Location: Blended, online

Start dates: Every 3 months

Full time: 3 years

Part time: 3 years+

Contact us

If you'd like to get in touch to find out more about studying this course, please use the following:

UK enquiries:

Call 0800 268 7737

Email study@arden.ac.uk

International online learning:

Call +44 20 300 56070

Email online@arden.ac.uk

Entry requirements

Passes at grade C or above in three subjects including mathematics at GCSE level or academic equivalent. If you do not have a GCSE or equivalent in mathematics you are strongly encouraged to complete an assessment-free module before the start of your course to substitute this.

IELTS 6.0 (no less than 5.5 in any element); or TOEFL iBT 80; or equivalent. Alternatively, evidence you have previously studied in English, such as a letter to show that the Medium of Instruction was in English can be accepted.

We also offer an internal English test for applicants who are unable to provide the above evidence of English proficiency. More information can be found [here](#).

Career Progression

- Counsellor
- Support Worker
- Mental Health Professional
- Human Resource Manager
- Social Work
- Career Adviser

If you'd like to get your application started, please [click here](#).

Blended learning

Blended learning with Arden University brings you the best of both worlds: a flexible mix of face-to-face teaching at one of our study centres in the UK or Berlin, Germany, combined with independent online learning that you can take part in whenever and wherever works best with your existing commitments.

When you study via blended learning, you'll study two modules at a time over 10-week study periods. Each week of study will require a minimum of 33.5 hours of participation, which comprises:

- 8 hours of timetabled face-to-face teaching each week based in one of our study centres
- A minimum 25.5 hours of independent online learning

Your face-to-face classes will be scheduled on either two mornings (9.00am to 1.00pm), two afternoons (1.30pm to 5.30pm), or two evenings (two nights on campus 5:30-9:30pm) during teaching weeks. You'll be able to opt for your preferred time when you apply and, we'll do our best to accommodate your preferred schedule subject to student intake numbers for your course.

You can find out more about blended learning with Arden University [here](#).

Study centre locations

- Ealing, London, UK
- Holborn, London, UK
- Tower Hill, London, UK
- Birmingham, UK
- Manchester, UK
- Leeds, UK
- Berlin, Germany

Please note: course availability varies depending on study centre location.

Please visit our [course page](#) for the latest information on available locations.

Meet some of our blended learning students [here](#).

Online learning

Studying this course online gives you a lot of flexibility and convenience. You can enrol with us from anywhere in the world and study your degree from the comfort of home, without the requirement to attend classes in a physical location.

You'll study the course through ilearn, our university campus in the cloud. ilearn provides you with an integrated online learning experience, including your virtual classroom, lecture hall, and online library of more than half a million books and journals – yours for free while you study with us.

Studying online doesn't mean studying alone. As well as receiving regular feedback and guidance from your course tutor, you'll be studying with likeminded students and you'll have access to community message boards to discuss your course and the topics being raised within it.

We've even set up community boards embedded into each of the course modules so you can have discussions with your tutor and classmates on the topics you're currently learning.

You can find out more about online learning with Arden University [here](#).

Online learning key benefits

- Study anywhere worldwide
- Plan your own schedule
- Benefit from reduced costs
- Study around work and family life

Discover why so many students choose online learning with Arden [here](#).



Your subject modules have been carefully designed to help you gain career focused skills in professional counselling, and will culminate with the choice of a counselling practice on which to produce an original research project. This means that by the time you graduate, you'll have the confidence and ability to apply your knowledge of psychology to a range of exciting career paths and further learning opportunities.

Our academic team come from a range of professional and cultural backgrounds, meaning they'll help you learn through diverse real-world and applied settings. We also offer sessions with guest speakers from a wealth of areas, giving you the opportunity to start developing industry links and networks that will help you along on your future career path.

Please see the following pages for a detailed overview of each course module.

Level 4

Introduction to Studying Psychology (20 credits)

The aim of this module is to introduce you to the general area of psychology and the skills required for this level of study and beyond. You will become familiarised with the mainstream domains of the field, including cognitive, social, biological and developmental psychology, as well as individual differences. The module will provide you with a firm grounding in psychology, developing your skills in literature searching, critical thinking, and academic writing. At the end of the module you will be able to:

- **Demonstrate an understanding of scientific, historical, and contemporary approaches to studying psychology and be able to consider key ethical issues**
- **Demonstrate an understanding of the main perspectives in psychology, including the strengths and limitations of each**
- **Recognise and describe the different domains (biological, cognitive, developmental, individual differences, social, research methods) of psychology, and be familiar with an example of research from each domain**

Social Psychology (20 credits)

The social psychology module will introduce the concept of human behavior within a social context. The module provides a broad overview of dominant theories in social psychology, including self and identity, social influence, intergroup relations, group processes, attribution, and culture. You will be given the opportunity to explore the link between everyday social phenomena and their psychological underpinnings, applying theory to real-world issues and settings. The module will develop your ability to:

- **Demonstrate knowledge and critical thinking in social psychology**
- **Demonstrate an understanding of the scientific underpinnings of social psychology as a core domain within the discipline of Psychology, its historical and contemporary developments, and limitations, as well as socio-cultural differences**
- **Detect meaningful patterns in behaviour, recognise the subjective nature of individual experience, and critically evaluate their significance**

Introduction to Research Methods (20 credits)

In introduction to research methods, you will gain fundamental knowledge of research design and quantitative and qualitative data analysis techniques, as well as the basis of psychological research and its importance to the field. The module will give a clear outline of data collection and analysis methods alongside ethical considerations in conducting research.

Your takeaway from the module will include the ability to:

- **Demonstrate a systematic knowledge of different research paradigms, including both quantitative and qualitative data analysis**
- **Recognise ethical, theoretical, and methodological strengths and limitations in conducting psychological research**
- **Communicate psychological findings using numerical and textual data via an appropriately formatted research report**

Developmental Psychology (20 credits)

Developmental Psychology covers the study of human development throughout the lifespan. This module will explore the basis of developmental theory and research, including its scientific underpinnings, historical and contemporary developments, limitations, ethical dilemmas, and socio-cultural differences. The module aims to provide you with scientific reasoning and critical thinking skills within this domain. At the close of the module you will be able to:

- **Demonstrate an understanding of the scientific underpinnings of developmental psychology as a discipline, its historical and contemporary developments, limitations, and socio-cultural differences**
- **Reason scientifically, consider multiple perspectives and ethical issues within developmental psychology, and make critical judgments about arguments in the field**
- **Demonstrate knowledge and critical thinking in developmental psychology**

Biological Psychology (20 credits)

Here you will be introduced to the core domain of biopsychology as outlined by the British Psychology Society. The module explores the main issues, terminology, methodology, and contemporary applications of the field, serving as a solid foundation for future courses. In parallel, you will become familiarised with biopsychology from a historical, conceptual, and ethical perspective. Key learning outcomes of the module include the ability to:

- **Demonstrate an understanding of historical and contemporary theories and research in biological psychology**
- **Apply multiple perspectives to biopsychological issues – recognising that biopsychology involves a range of research methods, theories and applications**
- **Integrate ideas and findings across the multiple perspectives in biopsychology and recognise distinctive biopsychological approaches to relevant issues**
- **Identify and evaluate patterns among behaviour, cognition, their neural correlates and experience**

Cognitive Psychology (20 credits)

This module aims to give a broad overview of the fundamentals of cognitive psychology and human cognition, such as sensation and perception processing, mental representations of knowledge, memory, attention, and language. You will be encouraged to apply this theoretical knowledge to your own experiences as well as to the contemporary world. At the end of the module you will be able to:

- **Explain what cognitive psychology is and discuss its purpose in both a historical and contemporary context**
- **Demonstrate knowledge and understanding of fundamental concepts in the field**
- **Explain different approaches within cognitive psychology**
- **Demonstrate knowledge of ethics within the domain of cognitive psychology**

Level 5

Qualitative Research Methods (20 credits)

The qualitative and subsequent quantitative research methods modules together form an integral part of undergraduate research training in psychology, culminating in an independent research project and dissertation. Learning material from this module will cover qualitative research approaches, practices, and designs, giving you the transferable skills you need to conduct your own original research. Your final learning outcomes from the module include the ability to:

- **Demonstrate a systematic knowledge of a range of research paradigms, data collection techniques and research methods in qualitative research, and awareness of their strengths & limitations**
- **Display a working understanding of key ethical issues in psychological research, and apply those principles in developing research designs**
- **Detect meaningful patterns in talk and behaviour, recognise the subjective nature of individual experience and critically evaluate and communicate their significance**

Quantitative Research Methods (20 credits)

An extension to the work done in introduction to research methods, this module delves further into research design and data analysis in both theory and practice. You will be taught one-way ANOVAS and their nonparametric alternatives, two-factor design and analysis, and simple and multiple linear regression. Throughout the module, you will be given guidance on SPSS data entry, analysis, and interpretation, and the writing up of results into well-formulated reports. By the end of the module you will be able to:

- **Design and conduct relatively complex studies suitable for multi-factorial designs and multiple-regression analysis**
- **Interpret and write up the results of relatively advanced statistical techniques**
- **Demonstrate understanding and evaluate research papers involving the designs covered in the module**
- **Evaluate the strengths, weaknesses and limitations of the design and analysis of research designs covered in the module**

Professional Development (20 credits)

This module will present current recruitment and selection methods to prepare you for entering the career market with a psychology degree, including direct and indirect career paths. In terms of the former, further training to become a practicing psychologist will be outlined. The module will provide you with valuable opportunities to develop your CV and professional networks, as well as objectively evaluate the skills gained throughout your programme of study. The module will also help you to:

- **Demonstrate a reflective understanding of personal and professional skills developed through the course of study**
- **Demonstrate understanding of becoming a practitioner psychologist and alternative career paths on completion of a psychology degree**
- **Demonstrate knowledge and understanding of recruitment and selection processes for graduate employment**

Personality and Intelligence (20 credits)

In this module, you will gain a sound understanding of how psychologists define and measure personality, intelligence, and individual differences, including contemporary debates surrounding these aspects. The module will explore psychometrics, procedures for assessing the reliability and validity of psychometric tests, and factor analysis. Your target learning outcomes at the end of the module include the ability to:

- **Demonstrate an understanding and critical evaluation of theories of personality and the ways in which psychologists have attempted to measure personality**
- **Demonstrate an understanding and critical evaluation of theories of intelligence, their issues and debates, and how psychologists measure intelligence**
- **Demonstrate an understanding and evaluate the applications of the measurement of individual differences to professions in psychology such as occupational, clinical, health, educational, and forensic psychology**
- **Demonstrate a sound understanding of psychometrics and their importance**

Introduction to Counselling Psychology (20 credits)

The aim of this module is to introduce the principles, theoretical underpinnings, and applied practice of counselling psychology. It will cover a wide range of key theoretical approaches to psychotherapy and outline their counterpart intervention styles and practices in a practitioner setting. The curriculum will develop your understanding of these concepts and reflect upon ethical dilemmas, providing you with a conceptual foundation for future study and practitioner training in this specialism. At the end of the module you will be able to:

- **Demonstrate an introductory knowledge of the history of psychotherapeutic intervention, the development of contemporary therapeutic techniques and practices, and a capacity to communicate its key goals**
- **Display a critical understanding of how different theoretical models of psychotherapy, practitioner knowledge and intervention strategies seek to identify meaningful patterns of behaviour, inform and facilitate personal development and change**
- **Integrate and evaluate core psychotherapeutic theories, ethical principles, cultural issues**

Practical Counselling Skills (20 credits)

This module promotes the understanding and application of practical, core counselling skills from a humanistic perspective with Rogerian principles as a core approach in counselling psychology. It puts forth evidence-based practice and applied frameworks to demonstrate the development of a reflective practitioner to facilitate change and provide effective practice. It examines the therapeutic process as a whole, preparing you for the essential aspects of good therapeutic practice. The module will also prepare you to:

- **Identify and describe the nature and key principles of effective communication and skills required for psychotherapy**
- **Demonstrate understanding of the application of core listening skills, humanistic and Rogerian principles in a therapeutic context**
- **Analyse different types of ethical dilemmas and how these can be addressed by adhering to legal and ethical principles**
- **Appraise the use of various forms of reflection regarding therapeutic practice graduate attribute**

Level 6

Health and Psychological Well-being (20 credits)

Introducing you to the discipline of health psychology and psychological well-being, this module will develop your ability to apply psychological theories and research to health-related issues and health care and promotion. It will cover key theories and methods to give you insight into the varied applications of psychology to health, public health initiatives, and the improvement of psychological well-being as a whole. Through this, you will develop the foundation for a career within health psychology, health, or social care. The module will develop your ability to:

- **Describe, discuss, and evaluate theories and models of health psychology and psychological well-being**
- **Demonstrate an understanding of a bio-psycho-social approach to health and well-being**
- **Use evidence-based reasoning to propose strategies for health behaviour change, and health and well-being promotion**

Psychological Assessment for Counselling (20 credits)

The core focus of this module is the underpinnings of assessment in counselling psychology. The module will consider multiple perspectives and ethical issues related to assessment and explore its associated debates, approaches, and current trends in evidence-based practice. Learning on the module will include the use of assessments, including assessment of mental health, risk assessment, and psychometric testing in a range of contexts to help monitor and evaluate treatment outcomes. By the end of the module you will be able to:

- **Critically evaluate scientific underpinnings of assessment in counselling psychology, its historical and contemporary developments, and limitations as well as socio-cultural considerations**
- **Understand the use of assessments, including assessment of mental health needs, risk assessment and psychometric testing in a range of client issues and contexts and formulate a psychological explanation of the client's issues**

Counselling Psychology: Mental Health and Illness (20 credits)

The counselling psychology module is divided into two parts. The first examines the nature, causes, and treatment of mental health issues, including contributions of relative biological, psychological, interpersonal, and socio-cultural factors to mental health. It will explore historical and contemporary mental health perspectives, including current policy and practice. In the second part, you will examine counselling psychology and its role in diagnosing and treating mental health issues. Your target learning outcomes of the module include the ability to:

- **Demonstrate a critical understanding of scientific and theoretical underpinnings of counselling psychology as a discipline, its historical and contemporary developments and limitations as well as socio-cultural differences**
- **Demonstrate knowledge of the historical underpinnings and contemporary developments of mental health and illness**
- **Have a critical understanding of the relative contributions of a variety of factors in the development of mental health issues, as well as evaluate different types of interventions and their efficacy**

Managing the Counselling Process (20 credits)

In this module you will explore the techniques used by therapists to oversee the entirety of the therapeutic process and deliver effective interventions. The module will introduce a range of key concepts and techniques, as well as analyse therapist functions and their fit with client goals. Learning material will be explored using evidence-based models and applied to clinical practice, including topics like transference and countertransference and issues of boundaries and ethics. Your target learning outcomes include the ability to:

- **Demonstrate an understanding of the ethical and legal frameworks around therapy practice, confidentiality and safeguarding including professional body ethical frameworks**
- **Demonstrate a critical understanding of the various functions or approaches a counselling psychologist may take to address presenting difficulties**
- **Demonstrate knowledge and evaluation of key frameworks and strategies for managing therapist feelings and reactions, including boundaries and managing transference/countertransference**

Counselling Research Project (40 credits)

In the research project module, you will be given the opportunity to apply the psychological knowledge and practical training gained from your degree programme to a specific topic of original research. This will involve a proposal and ethics submission, qualitative or quantitative data collection, followed by data analysis and the writing up of a dissertation. The learning outcome of this module will include the ability to:

- **Design and conduct an extensive empirical piece of psychological research, analyse and interpret findings**
- **Demonstrate a clear understanding of the ethical considerations involved in empirical research design in psychology**
- **Acquire comprehensive knowledge and understanding within a psychological discipline; review and critically evaluate published research in the discipline area**
- **Present and evaluate research findings, including theoretical, methodological and ethical issues and critically discuss in relation to psychological theory and research; drawing conclusions and making recommendations**



Dr. Gail Steptoe-Warren

Head of School - Psychology

Dr. Gail Steptoe-Warren is the Head of School for Psychology and is a Chartered Member of the British Psychological Society, a Full Member of the Division of Occupational Psychology, and a registered occupational psychologist with the Health Care Professions Council.

Gail has worked within the HEI sector for over 16 years, having achieved Senior Fellow status of the HEA, as well as worked in a consultancy capacity within the public, private, voluntary, and charitable sectors.

Why study with Arden University?

At Arden University we believe everyone, everywhere has the right to gain the life and career benefits that higher education can bring. We are dedicated to making the university experience convenient and accessible to ambitious and motivated individuals worldwide.

Our mission is to connect adult learners like you with higher education study opportunities that give you the tools you need to fulfil your career and life goals. We challenge conventional perceptions of degree study by providing flexible, vocational courses with timetables and learning options that fit around your life commitments.

As an education provider that is not constrained by bricks and mortar or traditions, we are able to offer courses that are innovative, affordable, and which help students and employers reap the benefits of contemporary training and skills development.

Arden is the university that comes to you, on your terms, helping you achieve the life and professional success you want.





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