

PERSON CENTRED COUNSELLING (MSc/PgDip/PgCert)

65X3CLB1/65A460VX/65A461VZ

Duration: 18 months full-time or 36 – 48 months part time (MSc); 12 months full time or 24 months part time (PgDip); 6 months full time or 12 months part time (PgCert)

Aims: The overall aim of the programme is to offer a sufficiently safe, supportive and challenging learning environment that will enable trainee counsellors to develop and demonstrate those personal qualities and professional skills deemed within the Person-Centred modality. Self awareness, counselling theory, practice and research will be integrated to a level that will enable course members to engage with therapeutic process in a range of counselling relationships. It will provide the necessary training for them to later apply for COSCA accreditation as a counsellor/psychotherapist.

Trainee counsellors will acquire the ability to:

1. understand the philosophy, theories and research concerning the Person-Centred approach.
2. communicate a high level of awareness of and competence in person-centred counselling
3. demonstrate an understanding of therapeutic process
4. be aware of professional developmental needs and of the importance of the full use of counselling supervision, in individual and group settings
5. evaluate personal development in relation to training as a counsellor
6. consider the effect of personal experience and values and attitudes on counsellor functioning
7. understand of the place counselling occupies in the field of counselling and the role counselling plays in a society as a whole
8. place individual counselling practice within a sound ethical framework as outlined in the BACP Ethical Framework for Good Practice in Counselling and Psychotherapy and the COSCA Statement of Ethics and Code of Practice

The Dissertation or Counselling Related Research Study provides a focus for participants to review their professional development, practice and interests to date. To identify an area for investigation, then plan, implement and write up their research leading to a Degree of Master of Science in Person-Centred Counselling.

Content: The programme comprises:

FULL-TIME ROUTE

Stage 1

PD5006 Getting Started at the University of Aberdeen (0 credit points)

ED50NE Foundations and Therapeutic Process in Person-Centred Counselling (60 credit points)

Stage 2

ED55NF Development of Professional Practice, Reflexivity and Enquiry (60 credit points)

After completing both courses participants may move to the Master's stage by completing:

ED59NA Work Based Project/Dissertation (60 credit points)

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PART-TIME ROUTE

Stage 1

PD5006 Getting Started at the University of Aberdeen (0 credit points)
ED50NA Foundations of Person-Centred Counselling (30 credit points)
ED55NB Therapeutic Process in Person-Centred Counselling (30 credit points)

Stage 2

ED50NC Development of Professional Counselling Practice (30 credit points)
ED55ND Reflexivity and Professional Enquiry (30 credit points)

After completing 4 courses participants may move to the Master's stage by completing:

ED506A Masters Dissertation/Project (60 credits)

Assessment: Formative assessment is a feature of all courses. Formative assessment opportunities, with tutors and peers, are designed to arise naturally through practice and from course work; including classroom-based practice sessions, the taping of client-work for use in course-based supervision, and structured feedback sessions across the group. Two written formative submissions are required, demonstrating the student's developmental journey. Each summative assessment task takes the form of an assignment which will address aspects of counselling theory, research, personal development, professional issues and counselling practice.