



BSc (Hons) in Humanistic Counselling

validated by Middlesex University

A BACP Accredited Training Course

Starting September 2019



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Course

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Introduction

This programme will provide you with a strong knowledge base and the expertise to practice as a humanistic counsellor. It is designed to equip students with a set of relational competencies which have application across the ever-broadening range of settings with which counselling is being practiced.

This programme offers a rigorous and broad-based training leading to a Diploma and BSc (Hons) in Humanistic Counselling.

A three year programme, this course entails two taught years, running weekly on Mondays for 30 weeks a year, followed by a third year in the form of a dissertation module. Students are required to complete all aspects of the programme within six years of enrolment. An annual Middlesex University fee will be payable in years 1 and 2 but not during the dissertation module when you are tasked with written up your dissertation and undertaking the viva voce/ oral examination.

In terms of the difference between the BSc and Diploma routes, it is possible for a student to follow this the Diploma-only route without also taking the BSc (Hons). However, very few students elect to do this as the requirements for both the diploma only course and the combined BSc (Hons) and Diploma course are exactly the same in content and delivery.

Please note that this course leads to BACP accreditation. It is also eligible for a Disabled Students Allowance (where applicable) and for a Student Loan. The course administrator will be able to help you with your eligibility for any of the above.

Philosophical basis of the BSc (Hons) in Humanistic Counselling

Humanistic practitioners firmly believe in the dignity of every human being. They acknowledge a person's responsibility for their actions and for their failure to act. They work from the premise that we all have within ourselves a tendency for a movement towards wholeness, growth and healing which is supported by the presence or absence of certain environmental (internal and external) factors.

Humanistic practitioners consider that as well as having self-responsibility we have a responsibility towards our fellow human beings.

Humanistic practitioners acknowledge and respect their ability to use reason, science, intuition and creativity as tools for self-discovery and the achievement of goals. They believe that wellness and health are best achieved by combining personal growth with the service for the greater good of humanity.

Humanistic practitioners attempt to define the client's experience and nature with the theories and concepts that encompass their values. These values include: - spirituality, searching for meaning, feelings, intentionality, relationships with self and other, the self, self-actualisation, creativity, holism, intuition and responsibility to self and other.

Within the tradition of Humanistic philosophy, they explore similarities and differences in assumptions about the nature and development of human beings and explore through experiential learning, the implications for individuals and the therapy dyad.



As its essential foundation, the course references research findings, which emphasise the establishment of a therapeutic relationship as the fundamental factor in positive outcomes. In keeping with this, it places the relationship between the counsellor and client at the heart of effective and ethical humanistic practice. In addition, there is a strong focus on developing self-awareness, acknowledging and exploring difference; self-realisation and on the potential for positive change.

Humanistic ideas and theories emerged in the writings of Jung, Adler, Horney and Frankl amongst others as a reaction against some of the ideas that came out of psychoanalysis and Behaviourism. More refined ideas first emerged through the writings of Maslow, May, Ellis, Rogers, Berne and Perls. Some of the basic ideas were and are: the Core Conditions, Unconditional Positive Regard, Empathy, Congruence, supporting self-discovery, insight, relational immediacy, embodiment, figure and ground, the 'environment', creative aliveness, intimacy, script and autonomy.

In particular, the course focuses on three main theories, Person-Centred, Gestalt and Transactional Analysis and students are encouraged to discover their own way of integrating these theories into a comprehensive person style.

Training Design for Humanistic Counselling Programme

This course aims to support students to develop as sophisticated humanistic counsellors familiar with issues and approaches used in a variety of settings.

The overall aims of the course are:

- The development of a supportive and challenging learning climate in which personal and professional development can take place.
- The creation of an environment in which differences – for example race, age, sexuality and gender – can be recognised and accounted for.
- A thorough grounding in humanistic counselling theory and practice.
- A thorough grounding in reflective practice.
- The development by students of the skills and attitudes of effective counselling.
- The development by students of the capacity to make and maintain an effective counselling relationship.
- The establishment of high standards of ethical and professional practice.

Overview of the BSc (Hons) in Humanistic Counselling

BSc (Hons) Year 1: The Counselling Relationship and Core Skills In Counselling. (120 Credits at Level 4)

The aim of your first year is to introduce the essential elements of the counselling relationship in relation to humanistic philosophy, to develop humanistic counselling theory and skills, and prepare and support you as you begin to work with counselling clients. In the first term, you will explore the philosophy and theory of the approach and will be encouraged to evaluate this approach in the context of other counselling theories and your own experience.

In the second term the focus will expand to actively prepare you for clinical practice and the third term to supporting you as you begin to work with clients. In particular, you will be assisted to maximise the learning from your clinical work, so that you can both integrate humanistic theory and begin to develop as an effective humanistic counsellor.

BSc (Hons) Year 2: The Counselling Relationship and Clinical Practice. (120 Credits at Level 5)

In this year, your training will focus on the application of theoretical knowledge and understanding to clinical practice. Issues such as mental health, bereavement and loss, gender and sexuality, power and prejudice will be explored from a humanistic perspective. Attention will also be given to a consideration of issues for the humanistic counsellor in working in time-limited and longer-term settings.

During this year, you will take part in a Reflective Inquiry into your clinical practice as you engage with a clinically relevant research question. Overall the aim this year is to prepare you with the necessary skills and knowledge to enter into the professional field of Counselling. This will include opportunities to integrate the philosophical, theoretical, ethical and practice elements of your learning.

BSc (Hons) Dissertation Module: Reflection on Practice. (120 Credits at Level 6)

This non-taught year comprises of a self-directed set of modules, where you write your final dissertation, an 8,000 word case study on a client that you have worked with and prepare for your final Oral Examination. As part of this year you will attend a minimum of three exam preparation days and present the findings from your reflective inquiry.

Programme Requirements

By the completion of the programme students will have met the following requirements:

- **Formal Teaching:** usually 140 hours per year, and a total of 456 hours over three years to examination. This includes two tutorials per year, an introductory weekend and a minimum of three exam preparation days.
- **Personal counselling or psychotherapy** with a BACP or UKCP registered humanistic counsellor or therapist for the duration of training is a requirement. This will be of the duration, intensity and frequency of the psychotherapy offered to clients and compatible with the Metanoia humanistic training programme. This needs to be a minimum of 40 face to face sessions per year, over each year of the programme. Ongoing counselling is considered ethical and responsible as well as providing a primary avenue of learning, 'the inner map', which we believe counsellors require in order to embody the humanistic approach. Please note that the cost for personal therapy is not included in the course fees and needs to be funded separately by the student face to face.
- **Supervised client contact:** students can enter the second year of training only when they are considered ready to see clients by their primary tutor.

The level of experience of the individual student will mediate the number of clients seen at each stage of their development as clinicians. However, on entering Year 2 students need to be seeing at least two clients per week. By the completion of training the student will have undertaken a minimum of 150 hours of client work supervised by the primary supervisor (or placement supervisors providing they have a humanistic orientation). Primary supervisors will submit a report every year.



- **Supervision:** regular supervision is an integral part of the humanistic counselling training. For beginners, we recommend some form of supervision weekly, and for all students we require some form of supervision fortnightly. However, as students build up their client experience, a minimum of one hour of supervision for every six hours of client contact time is essential. All Metanoia students need to arrange supervision with a Metanoia-approved humanistic primary supervisor, in consultation with their primary course tutor. At the point of examination, students need to have accrued a minimum of 35 hours of supervision. Please note that the cost for supervision is not included in the course fees and needs to be funded separately by the student. Sometimes the placement where the student gains their client hours provides free supervision.

- Case Discussion Hours: Students are required to arrange expected to undertake at least 70 hours of case discussion hours.
- Written work: written projects must be submitted line with the requirements in the programme handbook. These will count in each case towards the end-of-year assessment. Finally, in order to qualify as a counsellor and to achieve both the BSc (Hons) and the Diploma in Humanistic Counselling, a case study must be submitted and a viva voce examination (oral examination) undertaken.

There is regular feedback in the course of the training programme. Each student is also required to keep a record of all results, tutorials etc. There is open communication between Metanoia tutors, supervisors and placement co-ordinators who work together as a team to enable students to get the most benefit from the training and professional development structures.



Awards upon completion of the programme

- 360 Credits achieved at levels 4, 5 & 6
- BSc (Hons) in Humanistic Counselling awarded by Middlesex University
- Metanoia Clinical Diploma in Humanistic Counselling, leading to BACP accreditation.

Please note you need to have accrued 450 hours of supervised counselling experience before you are eligible to apply for BACP accreditation.

Entry Requirements

There are no formal entry requirements for the BSc (Hons) in Humanistic Counselling; however, applicants are expected to have some prior relevant experience, together with an interest in working with people.



Introductory Workshop

The workshop is intended to provide participants with an experience of our 'house style' and philosophy of teaching and learning. It is also a part of the assessment process – we assess participants and also ask participants to assess themselves against our criteria. Participants' are also assessing the extent to which our style of training is a 'good fit' for their own learning style.

Please note that this workshop can also be attended ahead of putting in an application as sometimes interested applicants want to experience that setting to begin with before committing to a full application. The fee is £225, payable via our online portal, by cheque, bank transfer or debit/credit card over the phone.

Workshop Dates for 2019/20

For our next intake in September 2019 we will be holding the following Introductory Workshops:

18th & 19th March 2019
8th & 9th May 2019
29th & 30th July 2019

Application and Assessment Interview

Your application for the course should include the following:

- A full CV
- A personal statement outlining why this programme is considered relevant to the applicant's personal and professional development.
- Two recent references.
- Your application will be read by the Programme Leader and/or Assessing Tutor to ensure that basic entry requirements have been met.

Please note: We cannot process your application if there are no references, or if other required pieces are not included. Therefore, please ensure that a full application is submitted.

Once you have submitted a completed application which clearly meets our prerequisites and you have completed the Introductory Workshop you will be considered for a final assessment interview. The final interview process takes approximately an hour and a half and involves a small group interview (maximum of four participants). The fee can be found on our website and is payable via our online portal, by bank transfer, cheque or debit/credit card over the phone.

Please note that a full applications does not need to be submitted before attendance at an Introductory Workshop.

Course Dates 2019/20

12.00 noon -7.30pm

2019:	23/30 September, 7/14/28 October, 4/11/18/25 November, 2/9/16 December
2020:	13/20 January, 3/10/24 February, 2/9/16/23/30 March, 20/27 April, 11/18 May, 1/8/15/22/29 June, 6 July

(NB two dates are for tutorials)

Course Fees:

Current course fees can be found on our website.

Further Information:

For more information concerning the application process email Sadia Miah, Academic Coordinator for Humanistic Programmes, at sadia.miah@metanoia.ac.uk or call her on +44 (0)20 8832 3087.

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