



Diploma / BSc (Hons) in Humanistic Counselling



Metanoia Institute

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Registered Charity No. 1050175

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Programme Leader: Dr. Jane Hunt

Introduction

This programme is a BACP accredited training route and will provide you with a strong knowledge base and the expertise to practise 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 practised.

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

The programme is taught over three years and all teaching takes place on a Tuesday from 11.00 a.m. to 6.30 p.m. There are 25 taught days in year one and year two and 13 days in year three. In order to be awarded the Diploma or BSc degree students are required to complete all aspects of the three year training programme. 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 under-graduate student loans are available for this course. The Registrar@metanoia.ac.uk will be able to help you with details of this loan and how to apply for it. Likewise, the BSc is designated for Disabled Students Allowance and the Disability Support Officer, who you can contact at Disability@metanoia.ac.uk will be able to help you with your claim, should you be eligible.

Philosophical basis of the BSc (Hons) Programme

This is a Humanistic training programme which incorporates therapeutic theory, skills and knowledge from three therapeutic modalities: Person-Centred, Gestalt and Transactional Analysis.

Humanistic theories emerged in America in the 1950s as a means of offering an alternative perspective to Psychoanalysis and Behaviourism. The Humanistic tradition is underpinned by the philosophies of existentialism and phenomenology and has come to be known as the third force in therapeutic theories. Key therapeutic figures in the Humanistic movement are Abraham Maslow, Carl Jung, Rolo May, Victor Frankl, Carl Rogers, Fritz Pearls, Eric Berne.

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 factors. Humanistic practitioners also hold 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. Values that underpin the humanistic approach are: searching for meaning, focus on feelings, the importance of spirituality, development of relationships with self and other, self-actualisation, creativity, holism, intuition and responsibility to self and other.

Integral to the Humanistic programme is the emphasis we place on developing a relational therapeutic way of working. This relational stance follows contemporary research findings, which emphasise the establishment of a therapeutic relationship as the fundamental factor in positive therapeutic outcomes. We therefore believe that the relationship between the counsellor and client is at the heart of effective and ethical Humanistic practice.

The course aim to provide you with an opportunity to explore the ways in which these three Humanistic modalities understand human nature, the development of psychological difficulties, therapeutic change, the therapeutic relationship and the function of therapeutic interventions. The student will also be introduced to integrative theories as means to explore and develop their own relational Humanistic integrative stance by the end of the therapeutic training.

In addition, throughout the programme there is a strong focus on developing self-awareness and self-realisation and acknowledging and exploring difference.



Training Design for the BSc 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)

In year three the taught elements of the programme focus on you writing your dissertation, an 8,000 word case study, and preparing you for your oral examination. You will also be taught further integrative theory and further supported in developing your relational Humanistic approach. As part of this year you will also present the findings from your reflective inquiry developing the work you have begun on this in year two.

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 3 years to examination. This includes two tutorials per year, an introductory weekend and 3 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 on 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.

All applicants will have undertaken the Metanoia Institute's Certificate in Therapeutic Skills and Studies course (see below) followed by attendance at the Introductory Workshop (see below).

Certificate in Therapeutic Skills and Studies

This is an introductory course, which is a pre-requisite, although does not guarantee automatic entry, for those who wish to apply for one of our counselling or psychotherapy programmes. Please note that if you have studied a similar course elsewhere and can evidence similar learning, you may not need to take this course. The course administrator, (see further below for details) will be able to give you more information about this.

The course is designed to give you the knowledge, skills, and competencies to use basic therapeutic skills ethically and safely in a variety of contexts and roles. The course is taught at various times throughout the year and costs £600. For more information and to book, [click here](#).

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.

Introductory workshop dates for 2020/21 intake:

30th & 31st March 2020

25th & 26th May 2020

To apply for to attend one of these events please go to <http://www.metanoia.ac.uk/introductory-workshops/bsc-hons-in-humanistic-counselling/> and click on 'Apply Now'.

Application and Assessment Interview

The programme starts in September and as the course is usually over-subscribed, it is a good idea to consider applying around April or May time. If you are sure that you have chosen the correct course for you then please do not wait until you have finished the pre-requisite courses above before you apply, although do make sure that you have booked onto them.

You can send in an application by clicking the 'Apply now' section at the bottom of the Humanistic Counseling programme page, which will prompt you to create your profile and from there you will be taken to our online application portal to complete your application. You will also find details there for the Admissions Team, who will be happy to help you if you encounter any difficulties with your application.

Once you have submitted a completed application which clearly meets our pre-requisites, and you have completed the Introductory Workshop and the Certificate in Therapeutic Skills and Studies, you will be considered for a final assessment interview.

The final interview process takes approximately an hour and involves a small group interview and/or an individual interview.

Course Dates for 2020/2021

Tuesdays 11.00 a.m. to 6.30 p.m.

2020:

- 29th September
- 6th/13th / 20th October
- *Study week: 27th October*
- 3rd/10th/17th/24th November
- 1st/ 8th/15th December

2021:

- 12th/19th January
- 2nd /9th/23rd February
- *Study week: 16th February*
- 2nd / 9th/16th/23rd March
- 20th April
- 11th/18th/25th May
- 8th / 15th/ 21st June



Course Fees

Course Fees can be found on the Metanoia Institute website www.metanoia.ac.uk

Further Information:

For more information regarding the course you may contact the programme leader on jane.hunt@metanoia.ac.uk.

You may also contact our Academic Coordinator, at sadia.miah@metanoia.ac.uk or call her on +44 (0)20 88323087.

Any enquiries regarding the application process you may call 020 8832 3070 or email directly to admissions@metanoia.ac.uk.

