



# MSc Counselling and Positive Psychology



University  
of Bolton



## Why choose this course

- The programme leads to a professional qualification in counselling and psychotherapy
- You will achieve practical competency in counselling and psychotherapies for common mental health problems such as depression, anxiety, stress, trauma
- You will be taught by an accessible and knowledgeable course team including experienced practitioners and active researchers
- High quality clinical supervision and 120 hours placement in the area of counselling, psychotherapy and positive psychology
- You will be encouraged to contribute to the growth of the evidence base of positive psychology theory and counselling theory and practice by publishing your dissertation research findings
- You will equip yourself with the essential knowledge and skills needed for entering a practitioner career

## What you will study

- Therapeutic Counselling
- Foundations of Positive Psychology
- Positive Psychology in Practice
- Supervised Counselling Practice 1
- Qualitative Inquiry
- Research Methods for Counselling and Coaching
- Positive Psychology Dissertation

## Learning & Teaching Strategies

A range of learning and teaching strategies are used including lectures, seminars, workshops, counselling placement, individual supervision, group supervision, tutorials and e-learning to promote independent and active learning. At HE7 Level, students are expected to take more responsibility for their own learning than would be the case at undergraduate level and they will be required to engage in a substantial amount of independent study which will be guided by the Module Tutor.

## What career opportunities

This course is designed to enhance practice and facilitate employment and career progression in counselling and positive psychology within health and social care settings, private practice, research and teaching, and management roles where working with people is the prime focus.

*"The MSc in Counselling and Positive Psychology offers a unique opportunity for students to gain competence from two disciplines and thus the opportunity to have a wide variety of job roles within practice, education and training, business, healthcare, charities and government agencies."*

### Marsha Koletsi

CPsychol, AFBPsS Psychologist, Cognitive Behavioural Psychotherapist and Accredited Supervisor of the British Psychological Society

## At a Glance

- **Award:** MSc
- **Duration:** 18 months Full-Time
- **Language:** This programme is delivered and assessed in English
- **ECTS:** 180
- **Assessment:** All modules are assessed through written assignments, session recordings, portfolios or presentations.
- **Application Procedure:** The Admissions Team is available to help with questions about application to the University of Bolton, fees, and financial assistance, as well as to arrange a meeting with the Academic Programme Leader.

## Entry Requirements

- A good standard of English (IELTS 6.0 and above)
- A good Bachelors degree in Psychology or a relevant area at 2.1 or above (those who have a 2.2 may be accepted after a successful interview)
- Experience in a support capacity in one to one helping roles
- Two satisfactory references (one academic and one from employer/ volunteering organisation)
- Counselling qualifications will be an added advantage but not an essential requirement

*"The ability of graduates to provide counselling based on positive psychology will make them highly eligible to the Greek market, which has already accepted and needs more positive psychology professionals."*

### Dr Agathi Lakioti

Clinical Psychologist, Psychotherapist and board member of the Hellenic Association of Positive Psychology



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## What you will study (indicative module content)

**Therapeutic Counselling:** The module introduces students to a range of theoretical approaches to counselling and psychotherapy and their applications in different fields such as clinical, educational, organizational and health. You will learn about a range of selected topics within counselling and examine how counselling and psychotherapy has been applied in each. Teaching of these topics is informed by recent research, clinical practice, and scholarly activity in this area. Writing a reflective essay on counselling and psychotherapy approaches and engaging in a range of role plays and simulated counselling and therapy sessions will enable you to gain in depth focus on the theoretical underpinning of counselling and psychotherapy and insights in to practice in a simulated environment. You will engage in a range of simulated sessions using a variety of therapy approaches.

**Research Methods for Counselling and Coaching:** This module introduces you to concepts and methods relevant to researching in the field of counselling and coaching. You will be introduced to the research methodologies, design, data analysis and ethical issues. The module will then move on to prepare you for your end of the programme independent project as well as for the process of publication and how to write for publication.

**Foundations of Positive Psychology:** This module provides an introduction to Positive Psychology. It starts by looking at the history of the field and then looks at a number of key concepts in Positive Psychology. The module aims to: 1) introduce students to key concepts and perspectives in Positive Psychology 2) develop students' ability to critique key perspectives, methods, techniques and up-to-date research in Positive Psychology 3) provide an opportunity to develop a critical appreciation of how Positive Psychology is used to inform our understanding of human behaviour.

**Positive Psychology in Practice:** The module introduces students to a range of problems, situations and contexts where positive psychology is applied. It provides a general introduction to Positive Psychology applications and its practice in different fields such as clinical, educational, organizational and health. A range of selected topics within Positive Psychology are studied and students examine how Positive Psychology has been applied in each of these areas. Writing a summary on the basis of a published work of an individual recovering from trauma / mental illness / emotional breakdown, reflecting elements of positive psychology interventions and considering evidence from research, will enable students to gain in depth focus on Positive Psychology applications for a single case.

**Supervised Counselling Practice 1:** In this module you will gain the necessary experience, knowledge and develop core skills to provide counselling and psychotherapy for a range of problems such as stress, anxiety, depression and trauma. You will explore different counselling and psychotherapy approaches and apply those techniques in practice. This module is an opportunity to increase self awareness, develop skills to become a reflective practitioner, and to learn the benefits of supervised counselling practice and promote the acquisition of Positive Psychotherapy techniques and the understanding of how and when to use these in the counselling and therapeutic practice. In addition to the above, you will also be provided with the opportunity to develop competency working with clients from diverse backgrounds, and adhering to ethical standards and professional boundaries.

**Qualitative Inquiry:** This module will facilitate an advanced appreciation and understanding of qualitative research methodologies. You will consider the philosophical and ethical issues of a range of different qualitative research perspectives and methodologies, theoretical and practical issues/aspects around qualitative data collection, handling, coding and analysis, using both hand and computer-assisted techniques.

**Positive Psychology Dissertation:** The dissertation for MSc Counselling and Positive Psychology involves independent research in an area relevant to the subject area of Positive Psychology. However, it need not involve an investigation of counselling practice. The dissertation consists of a study in a clearly defined area involving both a theoretical and an empirical component.



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