

## Indicative Modules

**Therapeutic Counselling:** This module introduces students to a range of theoretical approaches and applications in counselling and psychotherapy, with a focus on the Person Centred approach. Counselling theories and psychotherapy practice in different fields such as clinical, educational, organisational and health are covered. Teaching of these topics is informed by the most recent research and clinical practice experiences. Students engage in a range of role plays and simulated counselling and therapy sessions, and examine case studies, which enable an in depth understanding of the theoretical underpinning of counselling and psychotherapy and how they are put into practice.

**Positive Psychology in Practice:** This module introduces students to a range of problems, situations and contexts where positive psychology is applied, such as clinical, educational, organizational and health settings. Students will critically examine case studies and design their own interventions for individuals recovering from trauma or experiencing mental health issues, by breakdown reflecting elements of positive psychology interventions and considering the evidence base from recently published research. Students also learn about how positive psychology interventions can be applied most effectively in organisations, and examine and critique evidence-based interventions in a variety of group settings (e.g. to business employees, teachers and nursing staff).

**Supervised Counselling Practice:** This module provides students with the opportunity to gain knowledge and develop core skills to provide counselling and psychotherapy for a range of problems such as stress, depression, trauma, worry and anxiety disorders. Different counselling and psychotherapy approaches will be explored, and students will learn how apply those techniques in practice with clients under close supervision. This module increases self-awareness, develops skills to become a reflective practitioner, and promotes 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 develop competency in working with clients from diverse backgrounds, and in adhering to ethical standards and professional boundaries.



**This programme is ideal for you if you are interested in practicing counselling and becoming a specialist in Positive Psychology. You will develop advanced counselling knowledge and skills, in addition to essential research skills. We'll support you as you explore the latest theories, research and interventions in positive psychology, whilst also developing your counselling skills through a supervised counselling placement of 120 hours. You will be able to apply the skills learnt on this MSc within health and social care settings, private practice, research and teaching, and management roles where working with people is the prime focus.**

## why choose this programme

**Highly qualified**  
experienced and supportive  
instructors

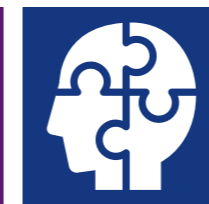
**Develop an advanced  
critical knowledge**  
of theories, research and  
interventions in Positive Psychology

**Classes take place**  
on Friday evenings  
and on Saturdays

**120 hour**  
supervised counselling placement

**Conduct research**  
with the support of our specialized  
research supervisors and full time  
Psychology Technician, in a dedicated  
Psychology Research Laboratory

**Evaluation**  
through activities and tasks



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Graduates can apply the skills learnt on this MSc within health and social care settings, private practice, research and teaching, and management roles where working with people is the prime focus. Our graduates can become members of the British Association for Counselling and Psychotherapy (BACP), the International Positive Psychology Association and the Hellenic Association of Positive Psychology (upon individual application). Some of our past graduates have remained with the University to pursue PhD research.



### Apply Now!

**Athens:** 38 Amalias Ave., Syntagma  
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**Thessaloniki:** 138 Egnatias & P.P. Germanou  
tel.: +30 2310 88 98 79  
**info@nyc.gr, www.nyc.gr**



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**The LEADING College**  
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The ONLY Greek College with expertise in founding and  
operating Private Universities in Europe!



University of  
Greater Manchester



**NEW YORK COLLEGE**  
THE INTERNATIONAL COLLEGE OF GREECE

# MSc Counselling and Positive Psychology

Elevate Lives  
Empower Minds

The **MSc Counselling and Positive Psychology** of the University of Greater Manchester is an 18 month full-time programme. The programme involves the comprehensive study of core areas in positive psychology, including the latest theories, research and individual as well as group interventions. The programme also leads to an advanced understanding of the theoretical and ethical foundations of good counselling, as well as a 120 hour supervised counselling practice placement to advance practical skills in counselling with a focus on the person centred approach. Topics covered include Therapeutic Counselling, Research Methods in Counselling and Coaching, Foundations of Positive Psychology, Positive Psychology in Practice, Qualitative Inquiry, Supervised Counselling Practice and a research Dissertation in the final semester.

**THERAPEUTIC  
COUNSELLING**



**POSITIVE  
PSYCHOLOGY  
IN PRACTICE**



**120 HOUR  
SUPERVISED  
COUNSELLING  
PRACTICE**



**RESEARCH  
METHODS IN  
COUNSELLING  
AND COACHING**



**MANY  
CAREER  
PATHS**



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Our expert team will encourage you to develop your intellectual and practical counselling skills to a very high professional standard. This course will also support the development of the personal and practical skills required for a successful career as a counselling practitioner and expert in Positive Psychology. We can also support you as you continue your academic career with a doctorate. Some of our past graduates have remained with the University to pursue PhD research in Positive Psychology and/or psychotherapeutic processes. Others have used the skills they developed during the course in private practice as psychologists, psychotherapists, in Human Resources Departments, as leadership coaches and in educational settings. With the support of our highly skilled, supportive and experienced course team, you will flourish and maximise your potential!

**-Programme Leader: Antonia Svensson, PhD**

Head of Psychology Department  
Associate Dean, New York College



**Programme Duration**

18 months full-time

Classes take place  
on Friday evenings & on Saturdays

**GUARANTEES  
high level professionals  
IN PSYCHOLOGY**



First of all, I would like to express my gratitude to my Programme Leader Dr Svensson for all her help and time advising and supporting me at the start of my Masters degree and throughout, whenever I faced any obstacle or challenge in fact. I was very happy to be an MSc in Counselling and Positive Psychology student at New York College. I really liked my studies and, in addition, I loved my tutors... Never before have I had the privilege of being taught by such high-level tutors!

**Alla Veremchuk**

MSc Counselling and Positive Psychology graduate

**Programme  
Curriculum**



**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**

**University of  
Greater Manchester**

**IN THE 30 BEST UNIVERSITIES IN THE UK!  
(Guardian 2024)**

The public British university University of Greater Manchester (known until 2024 as the University of Bolton ) has a long history and strong commitment to the provision of high-quality education. It was founded in 1824 as Bolton Mechanics’ Institute, one of the first educational institutions in Great Britain. The University of Greater Manchester has managed to stand out for the quality of its teaching. The Times and Sunday Times Good University Guide 2023 ranks it first in North West England for teaching quality, the Complete University Guide 2024 ranks it first in student satisfaction, while the University held the 30th position according to the Guardian’s 2024 ranking list of British Universities. Recently, the BBC highlighted the UNIVERSITY OF Greater Manchester as a model for the Universities of Britain regarding its operating standards for student safety during the Covid-19 pandemic, and the British Minister of Education Michelle Donelan, from the podium of the House of Commons, referred to the “amazing work the University is doing.” New York College has a franchise agreement in accordance with the legislation of the Greek Ministry of Education, and the degree you will receive at the end of your studies is awarded by the University itself.

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for the last 6 years**

