



BISHOP  
GROSSETESTE  
UNIVERSITY

# Counselling

BA (Hons)



# Why study at BGU?

We're one of only a handful of universities in the UK to have been awarded a TEF GOLD award for the excellent quality of our teaching

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Our student accommodation has been ranked 6<sup>th</sup> in the UK by student reviews on WhatUni in a recent survey

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97% of our students are in work or further study within 6 months of graduating, and our careers team will support you long after you graduate

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Our self-contained campus is a safe and secure environment in which to live and study, and Lincoln is an extremely student-friendly city

# Hello

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# Counselling at BGU

Our counselling course will offer you the opportunity to learn about a wealth of topics, such as self awareness, diversity, mental wellbeing and supporting clients facing a range of difficulties and issues. You are likely to explore different Counselling approaches, including psychodynamic, humanistic, cognitive Behavioural therapy and mindfulness.

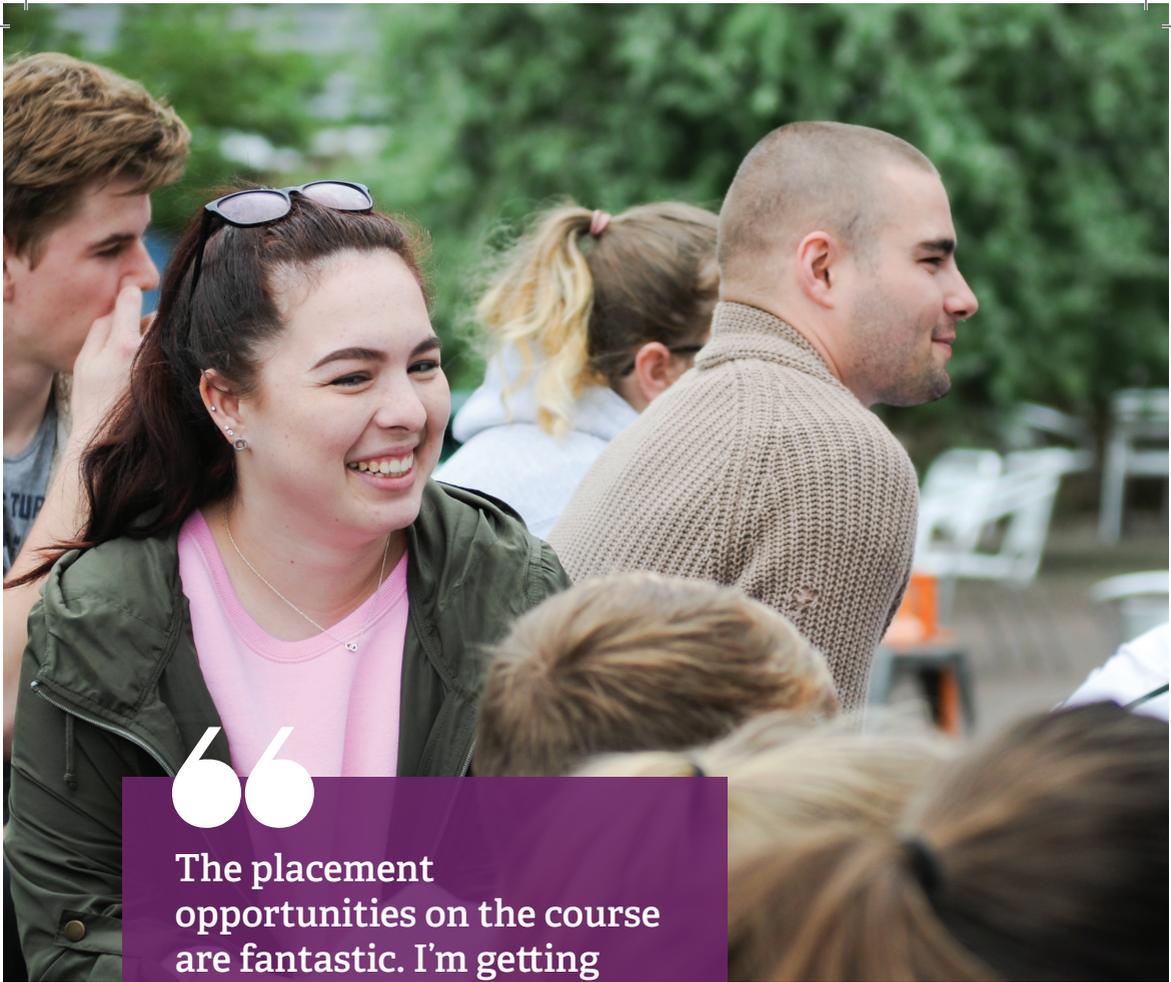
This course offers transferable skills, particularly relevant when working closely with other people in a helping profession such as caring,

nursing, social work and probation, as well as in human resources, management or mediation and advocacy positions.

Our students come away from this course with a variety of transferable skills, such as relationship building and improved written and oral communication skills. As part of your course reflection and personal development, you will be guided to develop your own areas of interest and specialism, and encouraged to begin your own analytical journey.



For full details of all of our courses, including combinations, module details, entry requirements and much more, visit [bishopg.ac.uk/courses](https://www.bishopg.ac.uk/courses)



The placement opportunities on the course are fantastic. I'm getting to work directly with a variety of vulnerable people aged 13-24, which is not only giving me valuable experience but also teaching me how to adapt my skills to suit specific people. The placement is really helping to build my confidence. ”

**Rebecca**

Psychology and Counselling

## KEY FACTS

**AWARD:** BA (Hons)  
Joint Honours

**DURATION:** 3 years full-time

**START DATE:** September

**TYPICAL OFFER:**  
96 – 112 UCAS tariff points

**INSTITUTION CODE:** B38



“

I think the staff support and teaching that is adopted by lecturers is one of the best parts of BGU. Staff ensure you are comfortable and allow you to be individual in all you do.”

**Amy**

Psychology and  
Counselling

## Counselling modules

At BGU you can study Counselling as a **joint** honours degree, giving you an in-depth knowledge of the subject. Depending on your year of entry, options and any potential course combinations, you may study some or all of the following modules in Counselling at BGU.

For full details of all of our courses, including combinations, module details, entry requirements and much more, visit [bishopg.ac.uk/courses](http://bishopg.ac.uk/courses)

## Year 1

### **Introduction to Counselling: History, Ethics and People**

You will explore the main exponents in shaping the world of counselling today. There will be exploration of how historical developments, ethics and different theoretical approaches influence the practice of counselling, with consideration given to issues and debates surrounding diversity in relation to the counselling approaches and theories examined.

### **Introduction to Helping Skills**

By definition, counselling is about using skills with clients in an understanding atmosphere. You will develop helping skills through practice, observation and reflection and will be encouraged to keep a reflective journal to chart your learning from practical work and how this has fed into your development.

## Year 2

### **Perspectives on Diversity in Counselling**

Debates within the field of counselling have centred around the tension between a bio-medical model of psychological distress, and psycho-social models that consider the effects of culture, environment, diversity and social inequalities.

The syllabus of this module will consider issues and debates surrounding diversity in counselling and the ways the culture and belief systems of both counselling clients and counsellors influence how psychological distress is conceptualised and addressed.

### **Supervision: Developing Reflective Practice**

This module is designed to explore the importance of the role of supervision and of being a reflective practitioner to ensure sound counselling practice. Supervision provides support to a counsellor, which promotes client and practitioner well-being and encourages reflective practice whilst developing further learning.

### **Professional Contexts**

This module will provide you with an experience of the world of work in the form of a placement work experience or a project with employer involvement. It also enables you to apply knowledge and skills in a real-life context offering you a valuable experience to draw on when presenting yourself to employers or selectors upon graduation.

## Year 3

### **Independent Study**

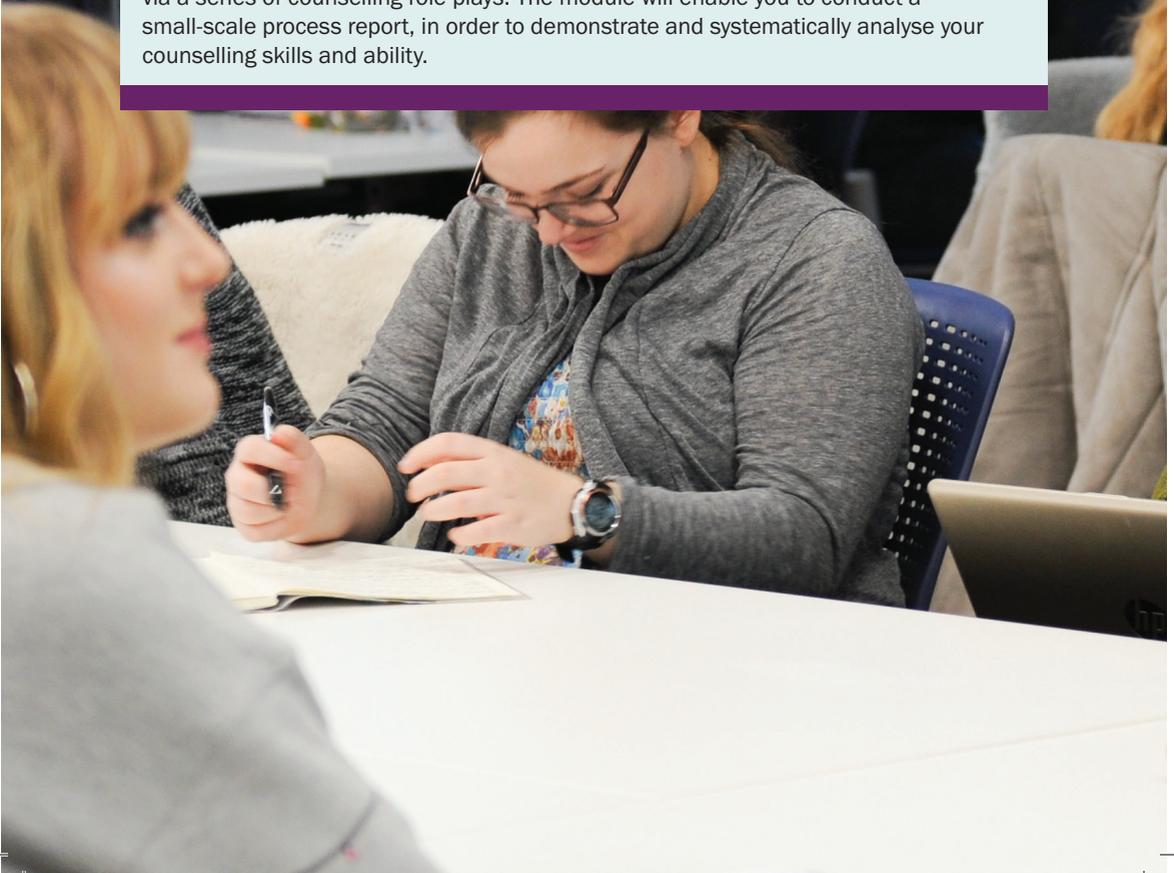
This module provides an opportunity for you to build upon and apply the key learning gained at Levels 4 and 5 to an appropriate small-scale research project. In particular, the module builds on Level 5 Professional Contexts in Counselling. The research project will relate to a counselling issue and will be centred around answering a research question. It may be carried out in a relevant setting, or it may be desk/library based.

### **Making Voices Heard in Counselling**

The module will explore the importance of empowering clients to find their own voice in counselling. There will be exploration of the ways counsellors support clients to express their issues, views and experiences, to articulate needs while assuming autonomy within the counselling relationship.

### **Developing a Counselling Approach**

This module provides an opportunity for you to build upon and apply the key learning gained at Levels 4 and 5 to a chosen piece of recorded client work. You will begin to develop your own counselling approach as an emergent practitioner, via a series of counselling role plays. The module will enable you to conduct a small-scale process report, in order to demonstrate and systematically analyse your counselling skills and ability.

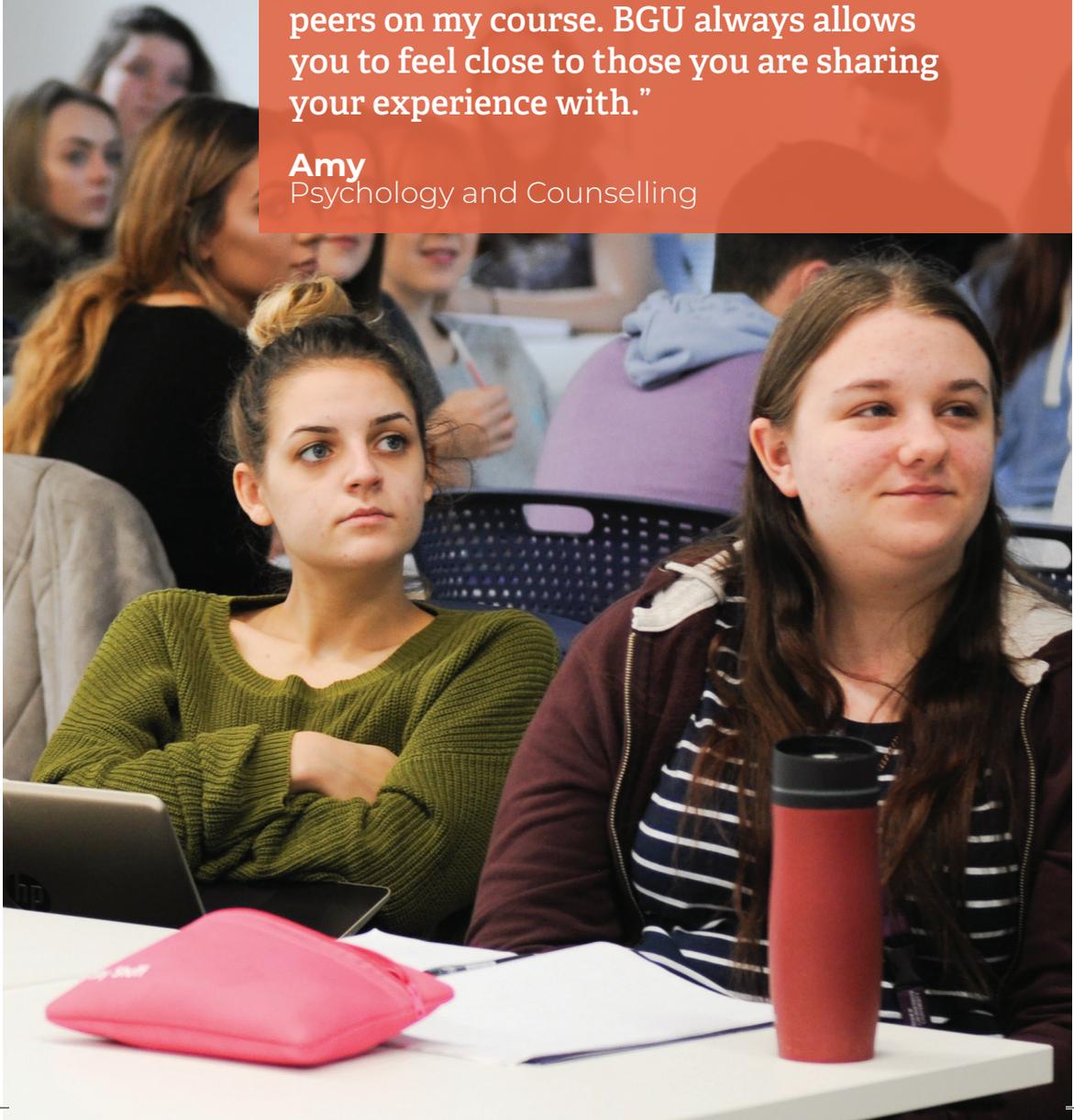


“

I chose my course as I wanted to continue to develop my understanding of mental health. After already knowing the lecturers I also knew I was in good hands. I most enjoy the support I get from my peers on my course. BGU always allows you to feel close to those you are sharing your experience with.”

**Amy**

Psychology and Counselling



# What we offer

## Delivery

There is no one-size-fits-all method of teaching at BGU – we shape our methods to suit each subject and each group, combining the best aspects of traditional university teaching with innovative techniques to promote student participation and interactivity.

You will be taught in a variety of ways, from lectures, tutorials and seminars, to practical workshops, coursework and work-based placements. Small group seminars and workshops will provide you with an opportunity to review issues raised in lectures, and you will be expected to carry out independent study.

Placements are a key part of degree study at BGU. They provide an enriching learning experience for you to apply the skills and knowledge you will gain from your course and, in doing so, give valuable real-world experience to boost your career.

## Assessment

We recognise that individuals come from a wide range of backgrounds and experiences, so we use a variety of assessment strategies on our courses.

Assessments in Psychology take place at the end of each module in order for you to demonstrate your understanding of the objectives covered. A wide range of assessment methods is used to support your learning, including portfolios, presentations, displays and examinations and laboratory projects. The Psychology course includes assessments that are designed to develop and refine specific skills that you may well need to draw on as a psychologist, whether that is as specific as demonstrating your practical counselling skills in the Introduction to Psychological Therapies module, or openly argumentative as in the group debate in the Personality and Individual Differences module! Assessments are also designed to enhance your critical thinking and analysis skills – something that psychologists are well known for.



In Counselling, assessment is carried out using wide-range of approaches, including written assignments, coursework, essays and reports. You will carry out a small number of oral presentations, produce portfolios of research material, and undertake some practical assessments.

### **Support**

Studying at BGU is a student centred experience. Staff and students work together in a friendly and supportive atmosphere as part of an intimate campus community. You will know every member of staff personally and feel confident approaching them for help and advice, and staff members will recognise you, not just by sight, but as an individual with unique talents and interests. We will be there to support you, personally and academically, from induction to graduation.

“

**I felt the university had a calming feeling, it almost felt like home which I loved and knew I would settle right in.”**

**Cameron**

Primary Education  
with QTS

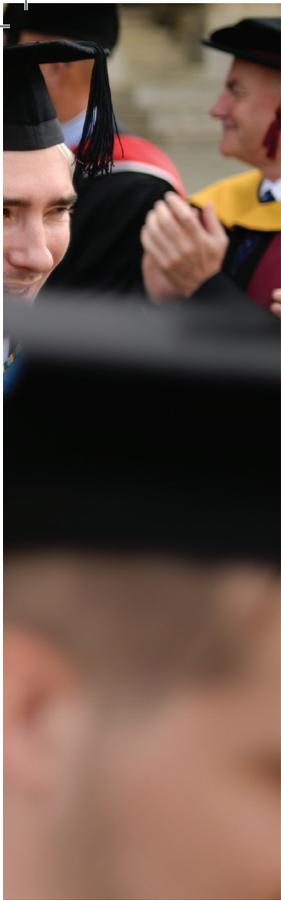




## Your future

Our students have excellent rates of employability when they graduate from BGU, which is great news for you as it means that you can study for a degree knowing that your future is in safe hands. Our employability rates are extremely important to us here at BGU, which is why we offer placement opportunities as an integral part of our courses.

By the end of a Counselling course at BGU you will be ready to successfully complete further study to become a professional counsellor. You will also be equipped for a range of graduate employment in other career areas, including Psychology, Sociology and Health and Social Care.



Take a look at what qualities and skills you'll develop as a BGU student  
[bishopg.ac.uk/graduate-attributes](https://bishopg.ac.uk/graduate-attributes)

“

BGU has allowed me to gain a job in my undergraduate field that I can study my Masters degree around. BGU gave me the knowledge and skills to thrive in a work environment, and those skills will stay with me for life.”

**Amy**

Psychology and Counselling



# Why BGU?

Here at BGU we've been providing first-class education to students for over 150 years. We're based in the heart of historic Lincoln, a beautiful and extremely student-friendly city.

Navigating around Lincoln on foot is simple, from the cobbled streets uphill to the modern city centre and waterfront downhill.

We're located uphill on an attractive, leafy campus just a few minutes' walk from Lincoln's medieval Cathedral, Castle and Bailgate area.

With plenty of live entertainment, cultural attractions and nightlife hotspots, there's plenty to keep you entertained, uphill and downhill.

Visit [bishopg.ac.uk/lincoln](https://www.bishopg.ac.uk/lincoln) to find out what's on offer in Lincoln.



“

BGU was always my first choice when considering universities. Everything about it is beautiful, from the leafy green trees to red brick buildings – and everything on the inside is just amazing.”

**Sian**

English Literature

As a single-site campus, just about everything you need is close by, whether it be your tutors, your friends, your lectures or the places in which you like to relax.

Our students are some of the happiest in the UK, which is incredibly important to us. We really care about our students and aim to support them all of the way through their studies, from application to graduation.

People often say that there's something special about BGU, that the people really care. There's a warm and friendly feel to life here, and we do everything possible to look after our students however we can.

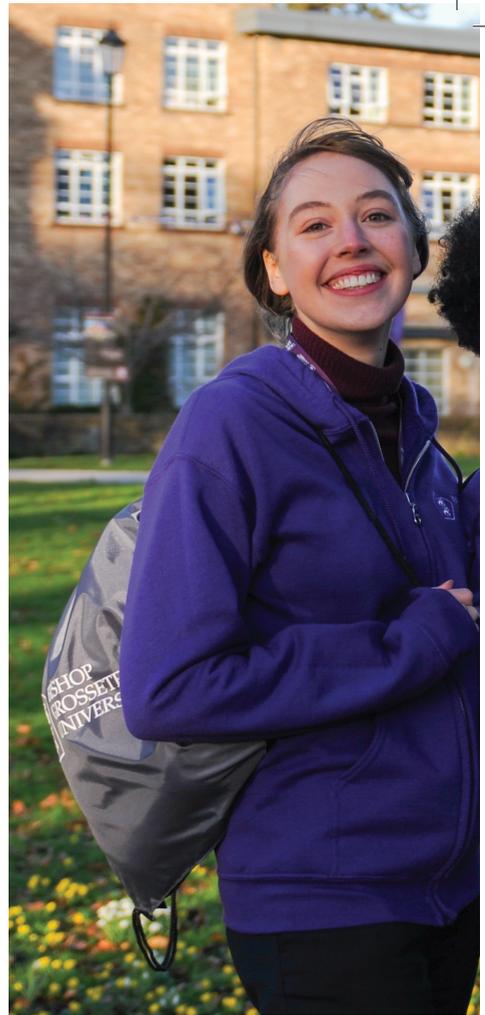
Studying as part of a close-knit community, you'll get to know staff personally and feel confident in being able to approach them for help and

Explore what we have to offer on our campus at [bishopg.ac.uk/campus](https://www.bishopg.ac.uk/campus)

“

I came here on an Open Day and really loved it. My first impression at the Open Day was that I really liked it because it was smaller – you go to some universities and they are really massive, scary big city campuses, but here I felt really comfortable.”

**Hayley**  
Education Studies



advice. Staff will recognise you - not just by sight but as an individual with unique talents, interests and needs. We'll be there to support you, academically and personally, from the day you start until long after you leave.

Life after BGU is extremely important and we offer many different methods

of support for your future career. This, alongside our talented graduates, is one of the reasons that we consistently achieve impressive employability figures.

This is great news for you as you'll be able to study at BGU knowing that your education is in safe hands!

There's no better way to really get a feel for what BGU has to offer than by coming to visit us. To book your place now visit [bishopcrossett.ac.uk/opendays](https://www.bishopcrossett.ac.uk/opendays)



The family feel is exactly why people should study at BGU. BGU becomes your home regardless of your age or background. In fact, I felt such a connection with the University on my first visit that I went to five Open Days before I started my BA. I wanted to be part of BGU straight away and I know it will stay with me forever.”

## **Kate**

Drama in the Community  
& MA in Education

# What happens next?

## Open Days

So you've found a course you're interested in - what next? We feel very strongly that coming along to visit us on an Open Day is the very best way to find out everything about BGU.

A BGU Open Day is designed with you in mind, to give you a taste of what it's like to live, study and work here. We try to make everything as easy as possible for you, so you can relax and enjoy the day. You'll have the chance to explore the campus and surrounding area,

and speak to members of academic staff about the courses you're interested in, look around our accommodation, and get any questions you may have answered.

Book your place on our next Open Day now - visit **www.**

**bishopg.ac.uk/opendays**

If you think you'd like to apply, need more information or just want to speak to somebody about your options, contact our Enquiries team by calling **01522 583658** or emailing **enquiries@bishopg.ac.uk**

**Ready to apply?** Brilliant. We can't wait to receive your application! For the majority of our courses you will apply through UCAS – visit **www.bishopg.ac.uk** for all the information you will need. And don't worry – if you need help with anything, from UCAS scores to personal statements, we're here to help. Our dedicated team are ready to answer your queries and questions.

The contents of this booklet are correct at the time of going to print (January 2020). For full and up-to-date information on all of our courses, visit **bishopg.ac.uk**

# Where are we?



• LINCOLN

Edinburgh •

Newcastle •

• Belfast

Dublin •

Manchester •  
Sheffield •

• York

• LINCOLN  
• Nottingham

Birmingham •

Norwich •

Cardiff •

London •

• Brighton

Exeter •

## Airports close to BGU

- Humberside
- Doncaster
- Nottingham East Midlands

| Where      | Road      | Rail    |
|------------|-----------|---------|
| Sheffield  | 55 miles  | 1hr 20m |
| Nottingham | 39 miles  | 55m     |
| Leeds      | 77 miles  | 2hrs    |
| York       | 69 miles  | 1hr 45m |
| London     | 144 miles | 2hrs    |

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[enquiries@bishopg.ac.uk](mailto:enquiries@bishopg.ac.uk)

“

I'd say the best thing about BGU for me is the course. I was never good at exams and I hated school all the way through, but now I've come to university I've been much happier and I've done better than I ever thought possible.”

Georgina  
Theology

@BGULincoln

