

BSc with Honours in Psychology and Counselling – 2021 entry

Duration of programme: 4 years (where students join the programme in year 1)

Award on successful completion: Bachelor of Science with Honours

Accreditation: British Psychological Society – eligibility for Graduate Basis for Chartership

Location of delivery: Abertay University, Bell Street, Dundee

Composition of the programme: 120 SCQF (Scottish Credit and Qualifications Framework) credits in each academic year, delivered in modules of 20 credits each, with 3 modules taken in term 1, and 3 in term 2 each year. The programme is made of credits derived from both Psychology and Counselling. The final year includes a 40 credit independent project that must include psychology to meet the needs of accreditation, but can span both disciplines of the joint programme.

Contact hours and workload: Each academic year typically requires 1200 hours of student effort; on average across the 4 years of this programme, 21% of that time is in lectures, seminars and similar activities; the remainder is independent study.

Assessment methods: Assessment is by a range of methods including exams, assessment of practical counselling skills, vivas, practical laboratory reports, case studies, essays and student presentations.

Academic staff: This programme is delivered by staff in the Division of Psychology and Forensic Sciences and in the Division of Health Sciences in the School of Applied Health Sciences. Staff profiles can be viewed at <https://www.abertay.ac.uk/staff-search>

Core modules in the programme:
Introductory Psychology
Introduction to Psychological Research Methods
Cognitive and Social Perspectives on Psychology
Human Variability: Psychobiology and Behaviour
Essential Research Methods and Analyses for Psychology
Introduction to Pluralistic Approaches to Mental Health
Interpersonal skills and helping conversations
Counselling Theories and Interventions
Advanced Research, Design and Analysis
Project
Human Development Across the Lifespan
Other modules that may be offered, but are subject to change over time:
Advanced Cognition and the Social Brain
Diverse Perspectives in mental health
Introduction to CBT
Mental Health and Young People: Contexts and Practice
Mental health psychology: living with a diagnosis
Work place learning
Forensic Psychology: Understanding Offender Behaviour
Psychology Mythbusters

Therapeutic skills and approaches
Philosophy of science, mind and the self
Evidence-based thinking: scientific approaches to studying human behaviour
Mindfulness
Working Therapeutically With Long-term Conditions

Developments in the discipline

The discipline of psychology is continually evolving, with most new developments coming in experimental and statistical methods. The use of neural imaging techniques is the most significant advancement in understanding the links between brain and behaviour of recent times. However, the core subject disciplines are unlikely to change. New developments are readily incorporated into the core curriculum without having to fundamentally change the module structure. Counselling and mental health are currently prioritised by government and social initiatives aimed at raising the profile of mental health issues, the practice, social, service-user and policy contexts are all addressed within the counselling teaching.