



## **BSc with Honours in Psychology and Counselling – 2018 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. In years 1 an

d 2, students have the opportunity to take modules outside their main subject. The final year includes a 40 credit independent project.

**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, tests, practical laboratory reports and student presentations.

**Academic staff:** This programme is delivered by staff in the Division of Psychology and in the Division of Mental Health Nursing and Counselling in the School of Social and Health Sciences. Staff profiles can be viewed at <http://www.abertay.ac.uk/studentlife/schools/shs/staff/>

<b>Core modules in the programme:</b>
Introductory Psychology 1
Introductory Psychology 2
Cognitive Psychology
Social Psychology
Biological Psychology and Personality and Individual Differences
Developmental Psychology
Research Methods
Introduction to Pluralistic Approaches to Mental Health
Introduction to Mental Health Work
Interpersonal Skills and Helping Conversations
Therapeutic Skills and Approaches
Counselling Theories and Interventions
Introduction to Cognitive Behaviour Therapy
<b>Other modules that may be offered, but are subject to change over time:</b>
Language and Education
Evolutionary Psychology
Clinical Psychology
Forensic Psychology
Brain and Behaviour
Advanced Research Methods

Mindfulness
Working with People With Long-term Conditions
Working with Different Client Groups
Critical Perspective in Mental Health

### **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.