

BA (Hons) Counselling, Mental Health and Wellbeing

with foundation year







EO offers an innovative foundation year to complement our undergraduate degrees. Our Foundation Year is the first year of a four-year degree. Completion of the Foundation Year leads into the first year of the 3-year degree in Counselling, Mental Health and Wellbeing.

How will I be assessed?

The course uses a variety of assessments to help develop a range of different skills including essays, portfolios, commentaries, summaries, presentations, case studies, critical evaluations, reflections, digital resources, educative resources, learning statements, reflexive statements, summary statements, exam, quiz, counselling skills practice and recordings and commentaries, research report and proposal, research dissertation, project, literature-based research and poster presentation.

Assessments are designed to introduce and develop both academic and practice-related skills.

-  **Course Duration:**
4 years
-  **Course Type:**
Full-time
-  **Course Fee:**
£9,250 per year
-  **Awarding Body:**
Birmingham Newman University



**Birmingham
Newman
University**

Modules Studied

Foundation Year

- ★ Education and Society
- ★ Degree Tutor Group 1
- ★ Being Human in a Digital World
- ★ Degree Tutor Group 2

Year 1 - Level 4

- ★ Counselling Professions and Academic Practice
- ★ Human Development
- ★ Humanistic Counselling
- ★ Counselling Skills 1
- ★ Introduction to Work-Related Learning
- ★ Ethical and Social Issues in the Counselling Professions
- ★ Psychodynamic Counselling

Year 2 - Level 5

- ★ Research in Counselling
- ★ Work Related Learning
- ★ Mental health: well-being and distress
- ★ CBT Counselling Theory and Skills
- ★ Counselling Skills 2
- ★ Lifestyle and Wellbeing

Year 3 - Level 6

- ★ Counselling Studies Dissertation (Optional)
- ★ Counselling Studies Literature Review with systematic methodology and narrative synthesis (Optional)
- ★ Negotiated Work-Based Research Project (Optional)
- ★ Therapeutic approaches to supporting children and families
- ★ Mindfulness-Based Approaches to Wellbeing
- ★ Bereavement and Loss
- ★ Coaching and Mentoring
- ★ Applied CBT
- ★ Working with Addictions

Entry Requirement

Application based on Previous qualifications:

If you are applying based on your previous qualifications, you will usually have achieved a minimum of 90 credits from a Level 3 qualification such as A Levels or BTECs

Mature learners (Aged 21+)

If you are applying as a mature learner (aged 21+) and do not have the above qualifications, you can apply via our assessment based entry and we will consider your prior experiences (work, voluntary, life, and other experiences) that are relevant to the course.

You will be required to complete the following:

1. Provide a Personal Statement (500 words)
2. English Language Test (with a minimum 60% score, equivalent to IELTS 5.5)
3. Maths Test (Score 50%)
4. Complete a SAPE Assessment (Screening for Accreditation of Prior Experience)
5. Applicants will also be invited to attend an Interview