

BA (Hons) Counselling (Integrative)

Department	The Department of Health and Human Sciences
Awarding Body	University of East Anglia
Additional Accreditations	None
Full-time Duration	3 Years
Part-time Duration	N/A
Full-time Annual Fee	£8,500
Part-time Annual Fee	N/A
Entry Requirements	<p>UCAS Tariff: 96 points A Level: CCC Pearson BTEC L3 National Ext. Diploma: MMM</p> <p>English language requirements: IELTS (Academic) Grade 6 IELTS 6.0 overall (minimum 5.5 in all components) where English is not the student's first language.</p> <p>Evidence of study at Level 3, equivalent to 96 UCAS points</p> <p>Minimum age of 18 years but must be able to evidence a capacity for self-awareness, maturity and stability and be able to cope with the demands of the course. All applicants must undergo an interview.</p> <p>Criminal Records Declaration (DBS/Disclosure Scotland)</p> <p>It is desirable that applicants have previously completed an introductory to counselling course and have used these skills in a helping capacity. Please note, 120 credits must be achieved to progress to year two of your degree and a further 120 (totalling 240) credits must be achieved to progress to year three.</p> <p>Other:</p> <p>students not meeting exact requirements can be assessed on a case-by-case basis, particularly where industry experience is evident.</p>
Study Location	University and Professional Development Centre, 73 Western Way, Bury St Edmunds UK
Subject to Validation	Yes
Additional Potential Costs	You are required to undertake personal therapy, which cost approximately £50/hour for a minimum of 40 hours. This can be undertaken at any point during the three years of study. As well as this, please expect to pay around £50/hour for individual supervision once working in placement commences (minimum of 1.5 hours of supervision required for every 8 client hours in training). Your chosen therapist must be an accredited member of the BACP or a registered member of the UKCP.

	<p>Annual BACP Student Membership costs £80. Independent travel to work placement can cost up to £450 per annum. Course books and materials may cost £120 per annum. Insurance £30 - £50 per annum.</p> <p>It is also a requirement that you obtain an enhanced DBS, which is £44 approx. We recommend students obtain a quality SD/HD card to enable you to record presentations/group activities, these are £20 - £40 Approx.</p> <p>Tuition fees will provide access to all the usual teaching and learning equipment; however, there may be additional costs such as materials and equipment that are associated with your course.</p> <p>Books (approx. £100 - £200 per year)</p> <p>Printing – all students will be credited with the equivalent of £10 printing/copying at the start of the academic year. After that, students will need to pay for their own printing/copying. Most work is submitted electronically.</p> <p>Student ID cards – The first issue of your ID card is free. Replacement cards will be charged at £10 to replace lost or stolen cards.</p> <p>*All costs are approximate and intended as a guideline only.</p>
Narrative	<p>Our integrative approach to counselling is a widely recognised counselling method. Developed over the past half-century, the model draws on a range of theories that explore how human beings develop as people, how personality and emotional challenges emerge, and how we each act in the light of universal experiences: freedom, death, guilt, anxiety.</p> <p>The aim of integrative counselling is always to enable people to access their whole self and to move forward emotionally.</p> <p>We prioritise three key things in training you as counsellors: the core practical skills of working with others through their issues and challenges; the theoretical concepts that will underpin your work; and self-reflexivity. Professionalism, in terms of the legal, practical, and ethical boundaries you will have to work within, is also of paramount importance.</p> <p>You will be engaged in practical counselling skills development, first with your peers and then in your placement settings with real clients as your competencies expand. Throughout the programme, you will be asked to engage in a process of self-awareness that will support your learning and development during the course.</p>
Key Course Features	<p>The course is delivered on campus and requires students to attend one and a half days per week. Additional days are required for client work and supervision.</p> <p>Delivery of the course is through a range of methods including lectures, seminars, case-study, discussions, and workshops.</p> <p>Year one aims to give students the opportunity to develop their core skills. This is an integrative process: as theoretical perspectives are understood</p>

	<p>and personal development increases, so will counselling skills and process analysis develop.</p> <p>By year two, most students usually begin working with clients supported with clinical supervision. An introduction to research in counselling during year two is an important feature as it gives students a solid grounding in the skills required to complete their dissertation in year three.</p> <p>In year three, students improve and develop their skills to become reflective practitioners, whilst enhancing their professional practice, self-awareness and understanding of issues in the counselling room.</p> <p>All students will be expected to embark on personal therapy at their own expense and complete a minimum of 40 hours throughout the duration of the course.</p>
Career Prospects	<p>Starting salaries for counsellors can vary considerably but may be in the region of £20,000 to £26,000.</p> <p>Experienced counsellors can earn between £30,000 and £40,000. Some lead or specialist counselling roles, such as those in addiction, can attract salaries higher than this.</p> <p>Counselling vacancies within the NHS are often advertised at Band 5, 6 or 7, depending on your qualifications and experience.</p> <p>There is no standard scale of fees for Counsellors working in private practice. Work and rates can vary considerably, and private practice counsellors typically charge between £40 and £80 per session, depending on a range of factors, including location and the client's circumstances.</p> <p>Salaries vary depending on the type of employer you work for, your location, whether you are in private practice, your experience and specialist skills.</p> <p>It is not unusual for some counsellors to work on a voluntary basis, e.g., helplines for which they do not receive a salary.</p> <p>*Income figures are only intended for guidance.</p>
Module Summary	<p>Level 4 (Year 1)</p> <p>Indicative Course Content *Subject to Validation</p> <p>Foundational Counselling Skills</p> <p>This module aims to give students a dedicated opportunity to develop skills. This is an integrative process: as theoretical perspectives are understood and personal development increases, so will counselling skills and process analysis develop.</p> <p>Introduction to Counselling Theory</p> <p>In this module students will be introduced to the main theoretical approaches which form the foundation for theoretical integration, and for understanding their clients. Each student will begin to consider their own personal approach to integration based on their theoretical understanding and unique constellation of values and beliefs; a development that will continue through all three years of the BA programme. Students learn OTP</p>

(online and phone therapy) skills. Clarkson's Five Relationship Model underpins the Integrative Framework.

Professional Development

This module aims to support students in developing their professional identity, ethical awareness, and planning skills for future counselling practice. It combines taught content with experiential group reflection.

The module emphasises the importance of equality, diversity, and inclusion in professional practice, supported by an understanding of relevant legislation. Students will be introduced to the BACP Ethical Framework, enhancing their awareness of ethical and legal boundaries, safeguarding responsibilities, and the equal treatment of individuals.

The module offers an opportunity for students to explore self-awareness, personal development, relational dynamics, and group interaction in a live setting.

Self-Awareness

This module is a foundational component of counselling training, focusing on the integration of theoretical knowledge with personal insight and emotional awareness. Students will engage in reflective practice to explore their own emotional lives and the impact of life experiences on self and relational dynamics.

The students will be part of an experiential group providing students with an immersive experience of participating in a facilitated, agenda-free group, as a core component of counselling training. The module offers an opportunity for students to explore self-awareness, personal development, relational dynamics, and group interaction in a live setting.

Level 5 (Year 2)

Counselling Research

This module equips second-year integrative counselling students with the knowledge and confidence to design ethically sound, practice-relevant research. Across one semester, teaching is split equally between seminars (research theory, methods, and ethics) and case discussion groups (applying ideas to real, anonymised material). Students critically explore how research informs counselling practice and how practice, in turn, generates meaningful, naturalistic data. The module culminates in the creation of a research proposal suitable for submission to the ethics panel in preparation for the final-year dissertation.

Integrative Counselling Practice

This module builds upon foundational counselling theory and practice by deepening students' engagement with integrative approaches. Building on the Clarkson's model, the module revisits and extends knowledge of key theoretical perspectives, including Systemic, Psychodynamic, Humanistic, and Cognitive-behavioural approaches, and their philosophical underpinnings, considering how these inform relational dynamics and

therapeutic interventions. The module encourages reflexivity and self-awareness, supporting students to recognise their own relational style and its impact on client work. This module provides an essential foundation for advanced integrative work and prepares students for the challenges of professional counselling practice.

Self-Awareness and Personal Development

Building upon the foundations laid in the Level 4 Personal and Professional Development module, this module deepens students' engagement with personal exploration and relational understanding while introducing broader social and cultural dimensions of counselling practice. As theoretical knowledge expands and counselling skills become more refined, students are invited into a nuanced and complex process of self-inquiry and professional identity formation, recognising how individual experience is shaped by systemic, cultural, and societal influences.

The Integrative Relationship

This module explores Clarkson's five-relationship model as the foundation for integrative therapeutic counselling. It provides students with an advanced understanding of how theory informs practice and supports the development of clinical skills through critical engagement with relational dynamics. The module emphasises reflexivity, ethical awareness, and the ability to integrate diverse approaches within a coherent framework.

Level 6 (Year 3)

Advanced Clinical Practice

This module develops the student's understanding of a range of commonly presented issues in the counselling room, including depression, anxiety, relationship difficulties, eating disorders, personality disorders, addiction life-stage issues, and others. Students will take an in-depth look at emotions such as guilt, shame, jealousy, fear, pride and considers how these can inhibit and block healthy functioning. In addition to the common presenting issues, students will examine in more depth, traumas related issues, and how this informs practice.

Beyond Words

This module focuses on developing the capacity in students to collaborate creatively with their clients to integrate alternative forms of counselling interventions to offer their clients a rich level of discourse. This will include an examination of the interface between creativity, embodiment, and the current neurobiological and scientific literature around working with trauma.

Self-Awareness & Reflective Practice

This module provides an opportunity for students to build on existing self-awareness and related skills to enhance current performance professionally and academically through communication and observation in an experiential group setting. The overall aim is to provide a sound foundation for the development of their counselling practice, demonstrate ethical and professional behaviour in accordance with BACP codes of practice.

	Dissertation The dissertation is the culmination of three years of studying, drawing together the taught elements, the students' professional experience, and their personal development. Students are encouraged to explore their approach to integration at both a theoretical and a practical level, in order to be able to articulate this approach to integrative counselling in both an academic and a professional arena, and to begin independent clinical practice.		
Staff Team	The majority of our lecturing staff are fully qualified and accredited BACP/UKCP counsellors or psychotherapists with many years' experience in the field of counselling. The team has a broad mixture of experiences and continuing practice, and qualifications including Master's and PhDs. Other lectures may be delivered by experts in relevant fields.		
Assessment Methods	A variety of assessment methods are used which include written reports, written assignments, literature reviews, group presentations, and the compilation of a learning journal. Modules are assessed by the module leader and internally verified by another member of staff		
Typical Module Diet All modules are 20 credits unless stated	Year 1 (L4) Professional Development Foundational Counselling Skills (40 credits) Introduction to Counselling Theory (40 credits) Self-Awareness	Year 2 (L5) Integrative Counselling Practice (40 credits) The Integrative Relationship Self-Awareness and Personal Development (40 credits) Counselling Research	Year 3 (L6) Advanced Clinical Practice (40 credits) Beyond Words Dissertation (40 Credits) Self-Awareness and Reflective Practice
Study Hours	Study Hours per 20 credit Module: 200 hours Lectures and Seminars: 36 – 48 hours Assessments: 30 hours Preparation and Independent study: 122 – 134 hours		

*Typically, three 20 credit modules will be studied per Semester. There are two Semesters a year.

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