

Undergraduate programme
Department of Professional and
Community Education (PACE)

BA in Therapeutic Cultures

Goldsmiths
UNIVERSITY OF LONDON



New Cross Gate

Sainsbury's

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This booklet outlines the innovative and interdisciplinary BA in Therapeutic Cultures which will be offered at Goldsmiths, University of London from October 2008. Please read in conjunction with our PACE Prospectus; further information is available from Admissions at the contact details on page 19.

We can supply information in alternative formats for people with a visual impairment or dyslexia. Please contact the Admissions Office, tel 020 7919 7060, e-mail admissions@gold.ac.uk or visit www.goldsmiths.ac.uk/disability.

Goldsmiths introduction

Unique, unconventional, creative

Whoever you are, and however you've made your way here, Goldsmiths will transform the way you look at yourself and the world around you. Goldsmiths is all about the freedom to experiment, to think differently, to be an individual. That's why our list of former students includes names like Antony Gormley, Julian Clary, Damien Hirst, Mary Quant, Bridget Riley, Graham Coxon, Malcolm McLaren. We bring creative and unconventional approaches to all of our subjects, but everything we do is based on the highest academic standards of teaching and research.

Tradition and quality

Goldsmiths has been part of the University of London, a federation of institutions which make up one of the world's largest universities, for more than a century. This means that you will benefit from the broad range of University of London facilities, including the Union (ULU), the Library and The Careers Group. For more information, visit www.london.ac.uk.

Goldsmiths was founded to provide educational opportunities for local people, and the Department of Professional and Community Education (PACE) maintains this tradition through its commitment to widening participation and lifelong learning. We offer a stimulating and supportive environment for your studies, whether you're interested in entering higher education for the first time, studying for a degree, updating your professional skills or taking an evening or weekend class for enjoyment.

London with a difference

Goldsmiths is in New Cross, South East London. Vibrant, urban and with great travel connections to Central London, it's an ideal low-cost base for experiencing and enjoying the Capital. Goldsmiths is in Travelcard Zone 2, and has plenty of public transport links (bus, train and Docklands Light Railway [DLR]); Central London is just 15 minutes away. New Cross has a good network of reliable night buses, too – especially useful if you're planning an evening out!

Beyond the lecture theatre

The Goldsmiths Students' Union is a vibrant and award-winning organisation, providing a range of services including representation, clubs, societies, volunteering opportunities, student media, advice, meeting rooms, sports facilities, and entertainment. The Students' Union at Goldsmiths plays a big part in life here, providing opportunities for exciting extra-curricular experiences, whatever your interests.

State of the art

If you come to Goldsmiths, you'll probably spend a lot of your time in the Rutherford Building (RB), with its striking glazed facade and aluminium fins. The RB gives you access on one site to library books, journals, computer workstations, language-learning resources, extensive multimedia and audio-visual materials, and computer-based teaching rooms. Goldsmiths' stunning new Ben Pimlott Building – with its signature 'scribble in the sky' – houses our visual arts, design, computing, media and cultural theory facilities.

We're here to help

At Goldsmiths we have an integrated support system for our students, whose personal well-being and happiness is extremely important to us. This is made up of a number of service providers including the Student Funding and Information Office, the Chaplaincy, Medical Centre, Counselling Service, Nursery and Careers Facilities.

See for yourself

If you're thinking of studying at Goldsmiths, we recommend you come and visit us to have a look around. Our Open Days are ideal opportunities to meet tutors and current students, explore the campus, and find out more about what Goldsmiths can offer you. If you'd like further information please call 020 7717 2997, e-mail open-day@gold.ac.uk, or visit www.goldsmiths.ac.uk/opendays.

Further information

Find out more about Goldsmiths in the PACE Prospectus, available from the contact details at the end of this booklet or visit our website at www.goldsmiths.ac.uk.

Studying in the Department of Professional and Community Education (PACE)

As well as bringing together different areas of study including Counselling, Cognitive Behaviour Therapy, Intercultural Therapy, Art Psychotherapy and Dance Movement Therapy, PACE includes six other areas of study - namely, Community and Youth Work, Psychodynamic Studies, Social and Cultural Studies, Languages, Performing Arts, and Social Work.

One of the fifteen academic departments which form Goldsmiths, PACE is committed to multi-disciplinary teaching at all levels: professional, postgraduate and undergraduate, and on those of its courses designed to provide access to higher education. With its emphasis on continuing education and professional development, the Department offers a lively and stimulating environment for undergraduates.

The BA in Therapeutic Cultures not only develops your understanding and knowledge of professional therapeutic practice(s), but also enhances your cognitive, communication, writing and transferable skills. The programme will equip you with the broad range of complex attributes increasingly required by employers, irrespective of whether you decide to proceed to clinical training.

Goldsmiths has recently invented the concept of the 3D graduate, in response to government legislation and concerns about the ultimate purpose of university education, its funding, and the skills the holder of a degree can be expected to possess. In addition to the academic and other skills you will learn during your time on the BA in Therapeutic Cultures, you will develop the 'soft skills' (also known as 'the complex attributes') of the 3D Graduate - imagination, creativity, the willingness to take risks, and, where necessary, the ability to engage in constructive, informed and critical challenges to orthodoxy.

What makes Goldsmiths, PACE and the BA in Therapeutic Studies special?

- The BA in Therapeutic Studies is designed for a broad range of students, including school leavers and those returning to education.
- Most teaching takes place by lecture, discussion and tutorial.
- PACE aims to provide a supportive learning environment, excellent teaching and tutoring, and the flexibility for you to reach your potential. We aim to do all we can to meet your learning needs.
- Our award-bearing programmes, irrespective of academic level, continually receive excellent reports from external examiners.
- You will receive ongoing tutorial support, on a weekly basis.
- If you are dyslexic or experience other kinds of learning difficulties, specialist staff will be available to support you throughout your study.
- Goldsmiths' students come from a broad range of cultural backgrounds, and PACE takes seriously its responsibility to treat all students equally, regardless of ethnicity, gender, sexual orientation, class, age, disability or religion.
- You will be taught by a highly experienced team of PACE academics, therapists and counsellors.
- Once you have successfully completed the BA in Therapeutic Cultures you will (subject to interview and once you meet the age requirement yet to be advised by the Health Professions Council) be offered a place on the MA in Counselling, should you want to proceed to formal clinical training.
- The degree offers you the opportunity to engage with, and develop your interests in a number of disciplines (for example, in sociology, anthropology, and cultural studies), and will engage your curiosity about the various forms of therapeutic engagement that are characteristic of an 'advanced' industrial society like the United Kingdom.



BA in Therapeutic Cultures

3 years full-time or 6 years part-time

Introduction

The degree is designed for students who want to study an innovative, multidisciplinary programme focusing on modern ‘therapeutic cultures’ (the range of therapeutic practices now available in our late-modern culture). You may already be curious about sociology, anthropology and cultural studies, in addition to what makes the way we live now so different from, for example, the ‘classical’ Greek world or the Christian monastic tradition, but do not want to study for a ‘traditional’ degree in these areas.

If you would like to work as a clinician in what is now being called the ‘psychological therapies’, this programme will be suitable for you. The degree does not qualify you as a counsellor or (psycho-) therapist, but does offer you the possibility to access clinical training after graduation. It can be the first essential step to clinical qualification in what is becoming an increasingly professionalised area of work.

You can take the BA in Therapeutic Cultures on a full-time basis over 3 years, studying four courses per year, each worth 30 credits at undergraduate level. Part-time study usually sees this spread over 6 years, studying two course units in each. However, it is possible to complete the degree in 4 or 5 part-time years.

Entrance requirements

We welcome applicants meeting standard university entry requirements and people who can demonstrate appropriate levels of knowledge and skill in a portfolio of entry. Certification by means of GNVC, Access, NVQ, BTEC, College Foundation Certificate, AS and A Level is accepted in many subject areas – for example, in Psychology, Cultural Studies, Art, Dance, Social Studies, Drama, Sociology, English, Politics, Media and Communications, and History.

If you have any questions regarding your eligibility, please contact Fiona Bressange on 020 7919 7953 or e-mail f.bressange@gold.ac.uk.

English language requirement

If English is not your first language, you need to show evidence of your English Language competence. Tests considered appropriate include:

- International English Language Testing System [IELTS] – pass with at least 6.5 overall and a minimum of 6.0 in the written element
- TOEFL score of at least 580 including 4.5 in the Test of Written English [TWE], or 237 in the Computerised test [CT] including 4.5 in the essay component, or 92 in the Internet-based test [IBT] including 23 in the written component
- International GCSE (IGCSE) English as a second language at Grade C
- Cambridge Certificate of Proficiency of English [CPE] at Grade C or above
- Cambridge Certificate in Advanced English [CAE] at Grade B or above

For further information, please see the PACE Prospectus. International candidates may be accepted without an interview.

Application and admission

To apply for full-time study, you need to register on-line at the UCAS website where you complete a secure web-based application. For more information, please visit www.ucas.com/apply.

Application forms for part-time study are available from, and should be returned to, the Admissions Office at Goldsmiths; contact details are on page 19. Please see the Undergraduate and PACE prospectuses for full details. Downloadable forms are also available at www.goldsmiths.ac.uk. We strongly recommend you apply as early as possible. Admission is normally by application form and interview.



What do you study?

Year 1

In the first year you take four core courses, each worth 30 credits (4 x 30 credits = 120 credits at Level 1).

Course 1

Contemporary Therapeutic Cultures

compares some contemporary therapeutic practices with forms of self-‘mastery’, healing and self-monitoring that were characteristic of the ancient, medieval and pre-modern worlds. The concept of ‘culture’, the notion of the ‘person’ and the work of Michel Foucault are also explored.

Course 2

The Category of the Individual is organised around the question: ‘how is the ‘individual’ conceived in contemporary therapeutic cultures?’ The group psychoanalytic tradition of therapeutic practice (a focus of other course units too) and Foucault’s analysis of power are also covered.

Course 3

Understanding Society introduces the historical and theoretical foundations of sociology and anthropology. You will examine and compare the historical and theoretical development of the two disciplines. You also focus on topics including ideology and power; class and stratification; the social construction of gender; ethnicities and identities; religion. These inquiries complement your learning on courses 1 and 2, by engaging with the particularity of ‘the West’ in relation to different cultural, social and political forms.

Course 4

Art, Culture and Society (the Modern)

focuses on the emergence of psychoanalysis and how modern literature and art is theorised and historicised. You will explore the juncture in the history of modern therapeutic cultures where the concerns of Freudian psychoanalysis with sexuality and the psychic unconscious became articulated with the concerns of English literature and the art movements of expression, the abstract, and the surreal.

Year 2

In the second year you take four core courses, each worth 30 credits (4 x 30 credits = 120 credits at Level 2).

Course 5

The Professional Practitioner examines some controversies surrounding therapeutic culture(s) today, including: state regulation of the 'psychological therapies'; how the healing effects of therapeutic practices can be evidenced; methodological issues associated with the concept of 'therapeutic relationship'; and codes of ethics governing counselling and therapy practices.

Course 6

Pathologies of the Modern Self critically addresses the notions of 'abnormal' and 'pathological' and introduces you to a range of diagnostic categories including 'narcissistic personality', 'neurosis' and 'psychosis'. You will tackle a range of questions: How did the notion of the 'normal' arise? What can we learn from the changes in diagnostic classification which have occurred over the last 40 years? What kinds of 'self' do counsellors and therapists of all kinds currently promote? Can counsellors and psychotherapists do without psychiatric classifications, when a means of conceptualising the forms of distress from which their clients suffer is needed for ethical practice?

Course 7

Body, Gender, Culture examines how the idea of 'the body' has been developed in gendered terms. Investigating how the body is represented in the media will enable you to consider the constructed character and political effects of the gendered body. You will look at the impact of socio-cultural and historical processes, building on the knowledge gained in *The Category of the Individual* at level 1.

Course 8

(Re-)Presenting the Self develops your knowledge and critical understanding of the artist's self and the socio-cultural context of art practice introduced in year 1 of the degree. It also enables you to examine the work and visual practices of particular artists through seminar presentations and visual works in order to explore different kinds of knowledge of 'self' and 'other'.



Year 3

In the third year you take two core courses and two optional course units, each worth 30 credits. (4 x 30 credits = 120 credits at Level 3).

Core courses

Course 9

Cognitive Behaviour Therapy (CBT)

addresses the claims and methods of CBT and acquaints you with the thinking that is now used by CBT ‘experts’ in the NHS and elsewhere. You will explore the position of CBT in relation to managed healthcare, as well as the possibly ‘ideological’ features of the CBT movement. More generally, you will learn about the foundations of CBT; how research practice became a key element of its approach; the contribution of behaviourist psychology; how treatments are currently applied to conditions such as anxiety, depression and post-traumatic stress disorder (PTSD); and consider some of the ‘revisionist’ therapeutic cultures now available – for example, schema therapy, acceptance therapy, and ‘mindfulness’.

Course 10

Space, Place and Identity - Diasporas in the Modern World

examines the wealth of new literature on ‘space’ and ‘identity’ and how those notions have been altered by various technological innovations, patterns of migration, and media representations. The course charts the emergence of international capital and the many migrations that followed. You will also look at how the displacements and relocations of people in new social and political settings have given rise to novel forms of cultural identity.

Optional courses (choose 2 from 5)

Course 11

The Gestalt Tradition focuses on the Gestalt orientation to counselling and psychotherapy founded by Fritz Perls (who initially trained as a psychoanalyst). The course introduces you to the history and fundamental concepts of Gestalt therapy (including its model of clinical engagement) and looks at the tradition’s micro-skills and core principles.

Course 12

Race and Representation examines how the socio-cultural category of 'race' has been produced by practices of signification, i.e. by 'meaning-making'. Emphasis is placed on the history of colonisation and the construction of identities by means of 'popular culture' representations. This focus complements your learning on a number of other course units such as Understanding Society (year 1) and Pathologies of the Modern Self (year 2).

Course 13

Psyche and Film addresses the recurring unconscious motifs underlying some recent Hollywood films – for example, tales of self-discovery, of dangerously-pursued quests, and of the 'alien' (in all of us). You will learn to 'read' popular cinema in light of our understanding of unconscious dynamics.

Course 14

Freud's Legacy looks at recent writings from the psychoanalytic orientation to counselling and psychotherapy. You will explore recent psychoanalytical writings and debates about therapeutic action; psychic processes of transference, counter-transference and projective identification; and the political significance of Freud's portrayal of human discontent in 'civilisation'.

Course 15

Art Psychotherapy Foundation offers a practical and theoretical overview of art psychotherapy in Britain; and focuses on how art psychotherapy has developed – from the work of artists and psychoanalysts interested in the art of psychiatric patients, to the current theories and practices of state-registered Art Psychotherapists working in a wide range of settings in the public sector. You will also become acquainted with the processes of group therapeutic practice, by participating in an experiential group.



Assessment and progression

The marking criteria for all assignments focus on:

- Relevance – how successfully you have addressed the topic of the assignment
- Content – the originality, ambition, and scope of your treatment of the topic
- Argument – the structure and form of the assignment
- Expression – the clarity and consistency of your assignment

Year 1 (core courses)

Contemporary Therapeutic Cultures and The Category of the Individual: three 2,000 word essays and one individual presentation.

Understanding Society: two 2,000 word essays (60%) and a take-home examination paper (40%)

Art, Culture and Society (the Modern) – three 2,000 word essays.

To proceed to the 2nd year, you must have passed **Contemporary Therapeutic Cultures** and two other Year 1 courses.

Year 2 (core courses)

The Professional Practitioner, Pathologies of the Modern Self and Body, Gender, Culture: three 2,000 word essays and one individual presentation.

(Re-)Presenting the Self: two 2,000 word essays and a portfolio of three 500 word reflexive commentaries.

To proceed to the 3rd year, you must have passed **The Professional Practitioner** and two other Year 2 courses.

Year 3 (2 core courses + 2 options)

Cognitive Behaviour Therapy (core), Space, Place, Identity (core): two 2,000 word essays (60%) and an examination (40%)

The Gestalt Tradition (option), Race and Representation (option), Psyche and Film (option), Freud's Legacy (option): two 2,000 word essays (60%) and an examination (40%)

Art Psychotherapy Foundation (option): two 2,000 word essays and a reflexive journal on the experiential group

When all your examined work has been successfully completed, you will be awarded the degree.

Fees

For up-to-date information on fees, please see the PACE Prospectus, or visit www.goldsmiths.ac.uk. Please note: fees are quoted per year.

Students with higher qualifications

If you are applying to university with existing qualifications at a higher level than that you are going to be studying please note that proposed government changes may affect you. The change proposes that institutions will no longer be funded for any students beginning courses that are at either an equivalent or lower level than their existing highest qualification. As such the full cost of your study may be passed on to your fees. The government's plans are not final and we will ensure that the Goldsmiths website is up-to-date as soon as we have further information. For more information about the proposals visit the Higher Education Funding Council (HEFCE) website at www.hefce.ac.uk/faq/elq.htm.

Goldsmiths is currently deciding how this is likely to affect the tuition fee that you will be expected to pay. We hope to have a decision soon. In the meantime the tuition fees quoted in our prospectus and on our website only apply to students who do not have an existing qualification at a higher level than that you are applying to study at.

Open Days

College-wide Open Days for all programmes across the university are usually held three times a year in the spring, summer and autumn. For further information on these events, please visit the College website at www.goldsmiths.ac.uk or contact Nick Holmes, Recruitments Events Manager, on 020 7717 2997.



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Contact us

Once you've read this booklet and the PACE Prospectus, if you have specific questions, please contact:

Department of Professional and Community Education (PACE)

tel 020 7919 7201
e-mail pace@gold.ac.uk

If you have any admissions questions, or you would like a prospectus, please contact us as follows:

UK and EU students

Admissions Office
telephone 020 7919 7766 (direct line)
fax 020 7919 7509
e-mail admissions@gold.ac.uk
Prospectus hotline: 020 7919 7537 (24 hours)

International (non EU) students

International Office
telephone +44 (0)20 7919 7700 (direct line)
fax +44 (0)20 7919 7704
e-mail international-office@gold.ac.uk
Prospectus hotline: +44 (0)20 7919 7273
(24 hours)

And if you'd like to find out more

Visit the website at www.goldsmiths.ac.uk to get further information about Goldsmiths.

Did you find this booklet helpful?

We would welcome any comments you have about the content or design of this booklet. Please e-mail ext-comms@gold.ac.uk, or write to Communications and Publicity, Goldsmiths, University of London, New Cross, London SE14 6NW, stating the name of the booklet. All information is treated in the strictest confidence and will in no way affect any application you make to Goldsmiths; no personal data is kept on file.

Disclaimer

The information in this booklet was correct in February 2008. Whilst it is as far as possible accurate at the date of publication, and the College will attempt to inform applicants of any substantial changes in the information contained in it, the College does not intend by publication of the booklet to create any contractual or other legal relation with applicants, accepted students, their advisers or any other person. The College is unable to accept liability for the cancellation of proposed programmes of study prior to their scheduled start; in the event of such cancellation, and where possible, the College will take reasonable steps to transfer students affected by the cancellation to similar or related programmes of study. Please see the Terms and Conditions in the relevant prospectus.

The College will not be responsible or liable for the accuracy or reliability of any of the information in third party publications or websites referred to in this booklet.

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Obligations of the University

Goldsmiths undertakes all reasonable steps to provide educational services including teaching, examination, assessment and other related services, set out in its prospectuses and programme literature (“Educational Services”). However, except where otherwise expressly stated, Goldsmiths regrets that it cannot accept liability or pay any compensation where performance or prompt performance of its obligations to provide Educational Services is prevented or affected by “force majeure”. “Force majeure” means any event which the College could not, even with all due care, foresee or avoid. Such events may include (but are not limited to) war or threat of war, riot, civil strife, terrorist activity, industrial dispute, natural and nuclear disaster, adverse weather conditions, interruption in power supplies or other services for any reason, fire and all similar events outside our control.



Our Mission

We offer a transformative experience, generating knowledge and stimulating self-discovery through creative, radical and intellectually rigorous thinking and practice.

Goldsmiths
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Goldsmiths, University of London
New Cross, London SE14 6NW
T 020 7919 7171 www.goldsmiths.ac.uk