

MPhil/PhD Psychoanalytic Studies

MSc Rational-Emotive and
Cognitive Behaviour Therapy

MA Counselling

BA Psychosocial Studies

Certificate in Humanistic and
Psychodynamic Counselling

Introduction to Counselling

PACE Counselling



Contents

Introducing the Department	2
Introducing the programmes	3
MPhil/PhD	5
MSc in Rational-Emotive and Cognitive Behaviour Therapy	8
MA in Counselling	11
BA in Psychosocial Studies	15
Certificate in Humanistic and Psychodynamic Counselling	18
Introduction to Counselling	19
Contact us	20
Disclaimer	21

This booklet outlines the range of counselling and psychodynamic studies' programmes offered at Goldsmiths, University of London. Further information is available at www.gold.ac.uk/pace.

We can supply information in alternative formats for people with a visual impairment and dyslexia. Please contact the Course Enquiries team, tel **+44 (0)20 7078 5300**, e-mail **course-info@gold.ac.uk** or visit **www.gold.ac.uk/disability**

Introducing the Department

The Department of Professional and Community Education (PACE) offers a broad range of programmes and courses ranging from vocational and professional training, undergraduate and postgraduate, certificate and diploma programmes, as well as courses designed to encourage returning to study.

Subjects include:

- Community and Youth Work
- Cultural and Social Studies
- Languages
- Performing, Participatory and Community Arts
- Therapeutic Studies including Counselling, Cognitive Behaviour Therapy, Art Psychotherapy and Dance Movement Psychotherapy
- Social Work

At Goldsmiths, we aim to work closely with local communities. For over a hundred years we have been committed to lifelong learning and to bridging the gap between theory and practice, through professional and continuing studies. PACE was formed to provide a focus for this work. With its emphasis on lifelong learning and professional development, the Department offers a lively environment for postgraduates.

Why study counselling at Goldsmiths?

- Goldsmiths has a long-established reputation for the provision of counselling training
- Those who have already achieved a Postgraduate Diploma in Counselling may apply for Advanced Standing on the MA Counselling
- Critical engagement with different therapeutic traditions is emphasised on all our programmes
- Supervised placements and internships
- Most teaching takes place by seminar and discussion
- A supportive learning environment, excellent teaching and tutoring, and the flexibility for you to reach your potential
- All of our award-bearing programmes have received excellent reports from their external examiners.

Introducing the programmes

We offer the following:

- MPhil/PhD
- MSc in Rational-Emotive and Cognitive Behaviour Therapy
- MA in Counselling
- BA (Hons) in Psychosocial Studies
- Certificate in Humanistic and Psychodynamic Counselling
- Introduction to Counselling

Entrance requirements

Please refer to individual programme entries for further details on specific entrance requirements.

English language requirement

If English is not your first language, you must obtain 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] with a minimum of 23 in the written element
- International GCSE (IGCSE) English as a second language at Grade C
- Cambridge Certificate of Proficiency of English [CPE] Level 5 at Grade C or above
- Cambridge Certificate in Advanced English [CAE] Level 4 at Grade B or above

For further information, please visit www.gold.ac.uk/pg/apply/english-language. For details of these, please visit www.gold.ac.uk/eap. International candidates may be accepted without an interview.

Application and admission

Application is made on-line; please visit www.gold.ac.uk/apply.

Open Days

College-wide Open Days for all programmes across the university are usually held three times a year in Spring, Summer and Autumn. For further information on these, please visit the website at www.gold.ac.uk or contact Nick Holmes, Events and Ceremonies Manager, on 020 7717 2997.

Fees

For up-to-date information on fees, please visit www.gold.ac.uk/fees-funding.

Please note: fees are quoted per year.



MPhil/PhD

3 years full-time, 6 years part-time

Introduction

The Department has over 50 research students and offers supervision on a wide range of subjects. We offer MPhil/PhD study on both a full-time and a part-time basis. Your research may be practice-based, clinically focused or theoretically-oriented; many of our research students are also practising professionals who carry out research related to their work. Research students in counselling and therapeutic studies draw on a range of qualitative and quantitative methods including case studies (experimental, collaborative), cohort studies, philosophical and phenomenological approaches, ethnography and autoethnography, observation, narrative methods, discourse analysis and video analysis.

Entrance requirements

You should normally be a qualified and experienced practitioner with a degree in a relevant subject and an appropriate professional qualification in counselling or psychotherapy. In exceptional circumstances, other qualifications and/or relevant professional experience will be taken into consideration.

Application and admission

We strongly recommend you apply as early as possible in the academic year. You apply on-line at www.gold.ac.uk/apply. Admission is normally by application form and interview. Please submit a research proposal with your application that outlines your proposed topic and methodology together with a short bibliography.

We welcome informal enquiries and are particularly interested to hear from those who would like to research areas such as:

- Psychological trauma and Posttraumatic Growth
- Happiness and Well Being
- Life Stories/Life Narratives
- Applications of psychoanalytic ideas in the arts (film, literature etc.)
- Jungian approaches to cultural phenomena
- Psychoanalysis and the commercial world
- Critical theory and the place of psychotherapy

Registration and study

If your application for research study is accepted, you will be sent full enrolment instructions. The department will arrange an induction programme for you, including an introduction to departmental, library and computer facilities. Each September, there is a week-long College-wide induction programme for first year postgraduate research students in all academic disciplines; this introduces you to some of the essentials of research and gives you the opportunity to ask general questions. Research students usually follow a programme of training tailored to their needs, which may include dedicated training programmes.

Your supervisor helps you in the initial planning of your research, offering advice and suggestions as the project evolves, and maintaining regular contact through individual tutorials. Having discussed your needs with your supervisor, in the first year you undertake training to develop your research skills and techniques. You are responsible for maintaining progress according to your agreed plan of study, as outlined on your registration form, and at the end of the year you produce a formal progress report. Research can be an isolating process, so we give you the opportunity to participate in departmental research seminars which enable you to meet other research students.

You begin by registering as an MPhil student, while you undertake research training, develop your research skills, and complete the initial stages of your PhD. You can apply to upgrade to PhD registration when you have satisfactorily completed an agreed part of the research and training programme: usually after 18 months if you are studying full-time, or 24 months if you are studying part-time.

You should aim to complete and submit your PhD thesis within an agreed period, usually three to four years for full-time students, and four to six years for part-time. If you decide not to upgrade to PhD registration, you can submit your thesis for an MPhil after two years if you are studying full-time, or after three years if part-time. You can change your registration from full- to part-time or vice versa with the agreement of your supervisor.

Assessment

Examination is by a written thesis of not more than 60,000 words for an MPhil and 100,000 words for a PhD. The examination includes a viva voce.

Staff

Lecturers are experienced University teachers, researchers and clinically qualified practitioners. Their research interests include:

- Psychological trauma and post-traumatic growth
- Post-Jungian approaches to cinema and media
- Psychodynamic psychotherapy and postmodern culture

Fees

For up-to-date information on fees, please visit www.gold.ac.uk/fees-funding.

Please note: fees are quoted per year.

Find out more

If you have specific programme queries, once you've read this booklet, please contact the Head of Postgraduate Studies, Dr Claudia Bernard on 020 7919 7837 or e-mail c.bernard@gold.ac.uk.



MSc in Rational-Emotive and Cognitive Behaviour Therapy

2 years part-time

Introduction

What is REBT and CBT?

Rational Emotive Behaviour Therapy (REBT) and Cognitive Behaviour Therapy (CBT) are linked approaches to counselling and psychotherapy based on the idea that people experience psychological problems mainly because they hold self-defeating beliefs about themselves, other people and the world.

The role of the RECBT and therapist is to help the client to identify, examine and change these self-defeating beliefs, and to acquire and strengthen alternative self-enhancing beliefs which are conducive to psychological health. In doing this, the therapist uses a variety of cognitive, emotive and behavioural techniques, which you will be taught during the programme.

As a professional activity, counselling and psychotherapy are becoming increasingly recognised as important forms of helping people in personal distress and those who seeking to enhance the quality of their professional and personal lives.

In addition, counselling and therapy skills are increasingly being used in a wide range of occupational areas, for example in health, education and social services, prisons and industry. There are also many non-institutional roles (such as voluntary agencies, charities and private practice) where counselling and therapy skills are applicable to a wide range of issues, including bereavement, divorce, family problems and careers guidance.

The Master's degree provides extended training in RECBT through a combined approach of academic, practical and personal work. It is designed to meet the great and growing demand for expertise in counselling and psychotherapy.

Our philosophy is that effective RECBT therapists need to be able to a) develop, maintain and suitably end effective therapeutic alliances with different clients, and b) master a broad range of RECBT skills that can be used flexibly with individual clients at different stages of the counselling process. With 360 taught hours and a comprehensive range of topics covered, this MSc is one of the most intensive professional trainings in RECBT in the world.

Entrance requirements

You are normally expected to have obtained at least a second class honours degree in psychology, education, medicine, social work, social science or nursing studies. Applicants with degrees in other appropriate subjects or with other relevant qualifications may be considered. In addition, we require you to have undertaken some prior training in counselling or psychotherapy, and to have some practical experience as a counsellor or psychotherapist. We expect you to be currently working with adult clients and to be in a position to do so throughout the programme.

Application and admission

We strongly recommend you apply as early as possible in the academic year. You apply on-line at www.gold.ac.uk/apply. Admission is normally by application form and interview.

What do you study?

You study the following subjects:

Fundamentals of

Rational Emotive Behaviour Therapy

Philosophical underpinnings of REBT; historical development of REBT; the concepts of rationality and irrationality; image of the person; conceptualisation of psychological disturbance and health; perpetuation of psychological disturbance; theory of therapeutic change; the issues of emotional and therapeutic responsibility; educating clients in the tasks of REBT; teaching the ABCs of REBT; distinguishing between healthy and unhealthy negative emotions; assessment strategies; goal-setting; explaining the REBT view of therapeutic change; language and meaning in REBT; disputing strategies; the use of therapeutic strategies and techniques; the use of vivid methods; negotiating and checking homework assignments; using self-help forms; compromises in REBT.

Fundamentals of Research and Evaluation in Counselling and Psychotherapy

The scientific method in counselling and psychotherapy research; quantitative and qualitative research methods; research designs; evaluation of counselling practice; process and outcome research; concepts of reliability and validity; the design and use of questionnaires.

Advanced Theory and Practice of RECBT

Advanced assessment and intervention strategies; the process of REBT; RECBT with couples and families; Group and educational interventions in RECBT; RECBT with specific client groups; criticisms and limitations of RECBT; RECBT as compared with other approaches to psychotherapy; ethical issues in RECBT; social and professional issues.

Research and Evaluation in RECBT

The design of studies purporting to test RECBT hypotheses; measurement of irrational beliefs; the role of irrational beliefs in psychological disturbance; the quantitative versus qualitative nature of negative emotions; the impact of beliefs on inferences; what constitutes RECBT in the outcome research literature; the effectiveness of RECBT; RECBT process research; limitations of research on the theory and practice of RECBT; future directions of research on RECBT.

Practical

You are taught basic and advanced therapeutic skills in RECBT. You are also supervised on digital voice recordings of your therapeutic work with clients deemed acceptable to Goldsmiths. This group supervision continues throughout the programme.

Personal

A feature of the programme is that wherever possible you are encouraged to explore the personal implications of the academic and practical work undertaken.

Skills training

In this part of the programme, you are given an opportunity to learn, practise and receive feedback on basic and advanced RECBT skills.

Group supervision

Here you present digital voice recordings of your RECBT practice for supervision in a group setting.

Research project/dissertation

You undertake a piece of independent research on some aspect of RECBT or a dissertation of not more than 10,000-words on a topic agreed by the Programme Co-ordinator. You receive regular project supervision in the second year.

Assessment

Work is assessed by two compulsory essays; one written examination; a dissertation of 10,000-words on a topic agreed between you and the Programme Co-ordinator, and a practical examination. This involves you submitting digital voice recordings of your counselling or therapy work. In addition, coursework is continuously assessed. You must achieve a satisfactory standard in the first year in order to progress to the second year of the programme.

In addition, you must practise RECBT throughout the programme. You are asked to keep a professional log containing a minimum of 50 sessions of client work (approximately 50 hours) in the first year, and a minimum of 100 sessions of client work (approximately 100 hours) in the second year.

Attendance

Teaching takes place at the College on one day each week throughout the programme.

Staff

The programme is taught by Professor Windy Dryden and visiting tutors/practitioners.

Fees

For up-to-date information on fees, please visit www.gold.ac.uk/fees-funding.

Please note: fees are quoted per year.

Find out more

If you have specific programme queries, once you've read this booklet, please contact Professor Windy Dryden, e-mail w.dryden@gold.ac.uk.



“The life and experience at Goldsmiths has been everything I was hoping for in terms of personal development, academic achievement, support and quality of delivery of the whole programme and lectures.”

Jennifer, MA Counselling part-time

MA in Counselling

2 years full-time (pending approval); 3 years part-time

Introduction

This MA Counselling offers a minimum two years programme of study for those who wish to qualify and pursue a career as a counsellor. It is designed to develop reflective counselling practitioners who are clinically competent and ethically informed. The teaching focuses on developing knowledge and critical evaluation of psychodynamic theories and practice, and developing a therapeutic attitude that is sensitive to issues of social and cultural context.

To maximise students' potential and to facilitate a diversity of learning styles, a variety of teaching and learning methods are adopted. These include interactive lectures, seminars, group tutorials, counselling skills training, student-led presentations, a counselling placement, ongoing personal therapy, dissertation supervision and independent study.

The second year of the programme provides the opportunity to develop research skills and an understanding of qualitative research methods that will support sustained and in-depth critical engagement with published research and literature in the field of counselling and psychotherapy.

The MA award is achieved on completion of all modules over a minimum two-year period. There is an option to exit the programme with a Postgraduate Diploma for students who decide not to undertake the dissertation module.

Past graduates of the course have gained employment in a range of settings, including GP surgeries, private practice and third sector organisations.

Although the training is not a 'recognised' training of the British Association for Counselling and Psychotherapy (BACP), many students on the programme have chosen to complete the requirements stipulated by the BACP to become individually accredited clinical practitioners.

Entrance requirements

- Certificate in Counselling/Counselling Skills,
- Experience of working in a counselling-related field (for example, in nursing, teaching, welfare work of some kind),
- An honours degree (or equivalent level qualification)
- Evidence of the capacity to develop the competencies for professional counselling practice: emotional insight, robustness, ability to provide a reliable, honest, containing and reflexive relationship to clients. These will be evaluated through application and interview process. The Admissions Tutor will seek to understand your qualities as a person and assess your suitability to practice with vulnerable clients.

Application and admission

We strongly recommend you apply as early as possible in the academic year. You apply on-line at www.gold.ac.uk/apply. Admission is normally by application form and interview.

What do you study?

Skills Practice Workshops

By use of role-play, group exercises, self-reflexive work and group discussion, this component of the training focuses on acquisition of counselling skills and competencies.

Case Management

With the agreement of the placement organisation, students present their experiences and work with 'real' clients in a learning forum. These seminars support ongoing development of therapeutic skills, capacity to 'contain' the distress of clients, and awareness of boundaries, ethical responsibilities and working within a psychodynamic orientation.

Theory Seminars

The psychodynamic curriculum includes the work of Freud, Jung, Klein, Winnicott, Kohut, Stern, Benjamin and other contemporary relational psychoanalysts. Visiting speakers present practice in context seminars focusing on their clinical work in organisational settings (eg school counsellors, psychotherapists in the NHS, and in private practice).

The curriculum in later stages also includes study of research methods: theoretical and philosophical controversies that have characterised the social sciences in regard to research into human subjectivity, conduct and belief; overview of qualitative/quantitative methods; evaluating the standard of qualitative research papers; understanding the role and implications of research in the counseling and psychotherapy field in the current context.

Ongoing Clinical Practice

Students undertake a clinical placement in a voluntary/third sector service. To gain the MA award students are required to accrue 100 hours of supervised clinical practice. Programme staff can provide information about where previous students have undertaken placements, but it is the responsibility of the student to seek and secure a suitable placement. Placements differ in terms of their expectations of volunteer counsellors. Most commonly it involves committing to 3 client hours per week and attending placement supervision.

Ongoing Personal Counselling/Psychotherapy

Students set up and engage in their own personal psychodynamically informed counselling for 50 hours whilst they are in training. This should be set up to begin by the start of the second term.

Dissertation Seminars/Supervision

For those students who undertake the dissertation module, group seminars and individual supervision is provided to support this project.

Assessment

Assessments methods may be subject to change through annual review processes. Assessments currently include 3 theory essays, 2 short case studies, 1 extended case study, supervisors' reports, a log book of professional practice and the masters dissertation (10,000 words).

Staff

Paula Collens, (Programme Convenor), Christopher Hauke, Dr Isha McKenzie-Mavinga, Lynne Brown, Banjo Aromolaran-Eaton and a range of visiting tutors make teaching contributions. All staff are experienced university teachers and clinically qualified practitioners.

Direct Admission to the Dissertation Year

Direct entrance into the Dissertation year of the programme is subject to availability of places and application is made direct to the Course Convenor. This route of admission is designed for those who are already qualified practising counsellors/psychotherapists and who wish to gain a higher Masters level award. Applicants for this route must hold an honours degree, be qualified to Postgraduate Diploma level (or equivalent), and have evidence of completion of 100 hours of clinical practice. Please contact Paula Collens, the Programme Convenor (see below) for further details.

Fees

For up-to-date information on fees please visit www.gold.ac.uk/fees-funding.

Please note: fees are quoted per year.

Find out more

If you have specific programme queries, once you've read this booklet, please contact Paula Collens on p.collens@gold.ac.uk.

* **please note** that the two-year MA full-time is subject to validation.





“BA Psychosocial Studies offers a wide choice for students who are interested in working within the therapeutic field, whether you are a mature student or coming straight from A-levels. The university upholds an openness with a vibrant culture and atmosphere for all.”

Huma, BA Psychosocial Studies

BA in Psychosocial Studies

3 years full-time or 6 years part-time

Introduction

This innovative, multidisciplinary degree is a new programme that will promote your understanding of the emergence and current functioning of psychosocial studies.

This degree has been designed to meet the learning needs and aspirations of, broadly speaking, two kinds of students. Some will want to undertake a degree focusing on counselling and psychotherapy practices and also the social and cultural contexts of their production in late modernity; while others may want to undertake formal clinical training as counsellors and/or psychotherapists at a later stage of your educational careers.

Entrance requirements

You are expected to hold an appropriate qualification – Access to Higher Education Diploma, NVQ, BTEC National Diploma or Certificate, Foundation Certificate, AS and A-Level are accepted in many subject areas eg Psychology, Cultural Studies, Art, Dance, Social Studies, Drama, Sociology, English, Politics, Media and Communications, History.

Application and admission

For full-time study, please apply at www.ucas.com (institution code GOLD, course code BL93). For part-time study, you apply on-line at www.gold.ac.uk/ apply. You can apply at any time of the year but we advise you to apply before 1 July of the year in which you intend to start your studies. All suitably qualified applicants are interviewed.

What you study

The programme has several aims: to promote your knowledge and understanding of contemporary therapeutic cultures, principally in Britain; to inform this knowledge of clinical practices by sociology, anthropology and cultural studies discourses; to provide a multidisciplinary focus of study; to develop ‘soft skills’ such as imagination, creativity, risk-taking, and a willingness to challenge orthodoxy.

Different counselling/therapy orientations form part of the curriculum in Years 1, 2 and 3, as does the emphasis on locating contemporary therapeutic practices in the context of their socio-historical production. You will also study the theory and practice of art psychotherapy, and, if you wish, undertake the Foundation in Art Psychotherapy as an optional course in Year 3.

How the notion of ‘the individual’ has emerged and is currently regulated is studied in Year 1, and sociological and cultural core concepts are also covered. The state regulation of the psychological therapies, the construction of the gendered body, and ‘pathologies’ of the modern self are addressed in Year 2.

In Year 3 you cover Freud’s legacy, how the relocations of people in new social and political settings have given rise to novel forms of cultural identity, and, if you wish Cognitive Behavioural Therapy (CBT). The curriculum also allows you to gain practice-based experience through out counseling skills and field work practice modules.

Course units

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

In the second year, you take three core courses, plus one optional course each worth 30 credits
(4 x 30 credits = 120 credits at Level 1)

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

If you are undertaking the part-time mode, the core and optional courses are spread out over each year.

Year 1 (core courses)

1. CU51036B Contemporary Approaches to the Theory and Practice of Psychotherapy and Counselling* 1cu (30 credits)
2. CU51037B Theories of Individual Development 1cu (30 credits)
3. CU51010A Understanding Society 1cu (30 credits)
4. CU1040A Study Skills Workshop 1cu (30 credits)

In addition to the core courses, you must attend group tutorials.

*Before progressing to Year 2, you must pass this course.

Year 2 (core courses)

5. CU52019A The Professional Practitioner* 1cu (30 credits)
6. CU52020A Pathologies of the Modern Self 1cu (30 credits)
7. CU52022A Psychoanalytic Culture and Society (the Modern) 1cu (30 credits)

In addition to the core courses, you must attend group tutorials.

*Before progressing to Year 3, you must pass this course.

Options

- 8a. CU52004A Body, Gender, Culture 1cu (30 credits)
- 8b. CU52021A (Re-)Presenting the Self 1cu (30 credits)
- 8c. CU52006A Writing the Self (1) 0.5cu (15 credits)
- 8d. CU52009A Writing the Self (2) 0.5cu (15 credits)

Year 3 (core courses)*

9. CU53026A Dissertation (30 credits)
10. CU53024A The Political Significance of Freud's Legacy (30 credits)
11. CU53002A Space, Place and Identity - Diasporas in the Modern World (30 credits)

Options

- 12a. CU53027A Humanistic and Psychodynamic counselling 1cu (30 credits)
- 12b. CU53025A Art Psychotherapy Foundation 1cu (30 credits)
- 12d. CU53028A Dance Movement Psychotherapy Foundation 1cu (30 credits)
- 12e. CU53021A Cognitive Behaviour Therapy 1cu (30 credits)
- 12f. CU53001A Race and Representation 1cu (30 credits)
- 12g. CU53030A Field work Practice 1cu (30 credits) (subject to approval)
- 12h. CU53031A Counselling Skills 1cu (30 credits) (subjected to approval)

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

The multidisciplinary focus of the programme will not only support the development of your understanding and knowledge of professional therapeutic practice(s), as well as your cognitive, communication, writing and transferable skills; the department is confident that when you achieve the degree, you will be equipped with the broad range of complex attributes increasingly required by employers, irrespective of whether you decide to proceed to clinical training.

Assessment

Assessment methods vary across the constituent courses of the degree: short academic essays (2-2,500 words each), take-home 'seen' written examination papers and individual or group presentations as well as a final dissertation are amongst the principal methods of assessment.

Tutorials

During year 1 and year 2 there are regular group tutorials which are designed to support students with their studies and work. In addition to the group tutorials, additional support and tutorial meetings can be arranged upon request.

Staff

The BA in Psychosocial Studies includes a variety of experienced teachers from different disciplines. These include:

Dr Keren Cohen (Programme Convenor)
Lynne Brown
Christopher Hauke
Dr Helen Cornish
Mike Peake
Antonios Vadolas

Fees

For up-to-date information on fees, please visit www.gold.ac.uk/fees-funding.

Please note: fees are quoted per year.

Find out more

If you have specific programme queries, once you've read this booklet, please contact Dr Keren Cohen on 020 7919 7235, e-mail k.cohen@gold.ac.uk.



Certificate in Humanistic and Psychodynamic Counselling

1 year part-time

Introduction

This programme, which awards 80 credits at Level 3 (Undergraduate study) is for those who encounter elements of counselling in their day-to-day work and are considering entering the field professionally. The programme is taught through lectures, seminars, workshops and tutorials. You study the key theoretical concepts of the practice of humanistic and psychodynamic counselling, and identify the responsibilities of the counselling alliance.

Like all the counselling programmes the department provides, one of the strengths of the Certificate is the diverse range of students it attracts. Over the years, nurses, social workers, teachers, journalists, and those working in various capacities in welfare and other fields have successfully undertaken the programme.

The Certificate is the 'qualifying' programme for entry to the two-year full-time/three-year part-time clinical training offered on the MA in Counselling (please see page 11) and takes place on Wednesday evenings, 6.00-9.30pm.

Entrance requirements

Because many applicants for this programme are returning to education, we consider your ability to show your commitment to counselling at interview, your ability to sustain academic study with tutorial support, and the potential to develop the qualities essential to counselling practice more important than academic qualifications.

Application and admission

We strongly recommend you apply as early as possible in the academic year. Application is made on-line at www.gold.ac.uk/apply. Admission is normally by application form and interview.

What do you study?

The Certificate introduces you to some of the core theories from the humanistic and psychodynamic traditions of counselling. We give particular attention to Carl Rogers, Gerard Egan, Gestalt Therapy, Freud, Jung, Klein, Bowlby and Winnicott. The programme also addresses transcultural aspects of counselling with two workshops per term.

As the programme has been running for nearly twenty years now, we are confident that its curriculum design will more than adequately equip you to decide – should you wish to undertake formal clinical training – whether you wish to become a qualified counsellor in either the psychodynamic or humanistic traditions of therapeutic practice. Moreover, many past students have gone to train as counsellors at Goldsmiths and elsewhere at postgraduate level.

Assessment

The programme is assessed by four 2,500-word essays on topics agreed between student and tutor written during the course and submitted by 30 June.

Tutorials

You are assigned a personal tutor.

Staff

The Programme Convenor is Sandra Paul. A BACP Accredited Counsellor, Sandra is a practicing counsellor, teacher and trainer with many years experience.

Fees

For up-to-date information on fees, please visit www.gold.ac.uk/fees-funding.

Please note: fees are quoted per year.

Find out more

If you have specific programme queries, once you've read this booklet, please contact Sandra Paul, e-mail s.paul@gold.ac.uk

Introduction to Counselling

2 terms part-time

Introduction

This introductory programme is designed for those who have a general interest in counselling and would like to enhance their skills. It is ideal if you are interested in pursuing counselling in a voluntary capacity and changing your career. Subject to interview, this course will grant you access to the Certificate in Humanistic and Psychodynamic Counselling.

Entrance requirements

There are no formal entrance requirements.

Enrolment

You apply on-line at www.gold.ac.uk/apply.

What do you study?

Amongst other topics, you study the range of counselling provision in different settings, the micro skills of counselling, the character of the counselling relationship, and defences. You are also encouraged to take responsibility for presenting something of interest to them to your colleagues.

Assessment

To receive your Certificate of Attendance, you must attend a minimum of 16 out of 20 Saturday sessions.

Staff

The Programme Leader is Maria Tsoukala. Maria is an experienced counsellor, as well as a social worker specialising in mental health. Visiting tutors also contribute to the programme.

Fees

For up-to-date information on fees please visit www.gold.ac.uk/fees-funding.

Please note: fees are quoted per year.

Find out more

If you have specific programme queries, once you've read this booklet, please contact the PACE office on 020 7919 7201 or e-mail m.tsoukala@gold.ac.uk.

Contact us

We hope you have found this booklet informative. If you have specific questions about the content of our programmes, please contact the Department of Professional and Community Education on +44 (0)20 7919 7201, e-mail pace@gold.ac.uk.

If you have questions about entry qualifications, admissions, or arranging interviews, please contact us as follows:

Course Enquiry Team
telephone +44 (0)20 7078 5300
fax +44 (0)20 7919 7509
e-mail course-info@gold.ac.uk

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.



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Goldsmiths has joined the Carbon Trust's Higher Education Carbon Management programme, and is participating in the national 10:10 campaign, demonstrating a commitment to cutting carbon emissions. Goldsmiths' efforts in the field of carbon management and emission reduction have been recognised by the government.

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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