

Becoming a Counselling Psychologist

Department of Social Sciences

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History

- ❑ Psychoanalysis
- ❑ Rogerian person-centred therapy
- Not accepted by mainstream psychology

CoP emerged as an interest group in the UK in the 1970s by psychotherapists & counsellors who had studied psychology

1994: Division of Counselling Psychology (status, recognition)

Quite different from US counseling psychology
(US → vocational, directive, not psychotherapeutic)

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Contexts where CoPs work

- NHS (40-50% of CoPs)
- Private Practice
- Charities and third sector
- Student Counselling
- Academia
- Prison system /Expert witness
- Community and social services
- Consultancy
- Human Resources

How do I become a Counselling Psychologist?

1. Doctorate level training (PsychD)
2. Independent route (QCoP)
 - For more info about QCoP, go to:
<https://www.bps.org.uk/psychologists/society-qualifications/qualification-counselling-psychology>

Regulatory Bodies

Health & Care Professions Council (**HCPC**)

- Register as a Practitioner Psychologist

British Psychological Society (**BPS**)

- Accredited as a Chartered Psychologist



13 UK Programmes

- UWE Bristol
- University of Manchester
- Glasgow Caledonian University
- Teeside University
- University of Wolverhampton
- *York St John University
- *University of South Wales
- London based
- Roehampton University
- Metanoia Institute
- New School of Psychotherapy & Counselling
- City University
- University of East London
- London Metropolitan

* New programme



About UWE Bristol

- **36th in the UK**

The Guardian University Guide 2022

- **Top 20 for graduate employability**

92% of graduates in work or further study 15 months after graduation
(Graduate Outcomes Survey)

- **4th in the South West of England for Student Satisfaction**

The National Student Survey 2021



Widening participation

- Outreach activities with local schools and colleges
- Degree Apprenticeship programmes
- Scholarships and bursaries for students with low family income, care leavers and students from under-represented groups
- Equity mentoring scheme for students from Black, Asian or other minority ethnic background
- Impact groups, inclusivity student representatives, monthly anti-racism sessions, and more
- <https://www.uwe.ac.uk/about/values-vision-strategy/equality-diversity-and-inclusivity/widening-participation>



PsychD Training

- ❖ Involves teaching, research and clinical components
- ❖ 3 years full time (4 or 5 part time)

Your time will be split:

- 1-2 days per week in lectures
- 2 days per week on clinical placement
- The rest worrying about your doctorate research
☺



Training outline

- Proficient in one main approach to psychotherapy (CBT, psychodynamic, humanistic, existential, systemic)
- Working knowledge of at least another
- Minimum 450 client hours
- Personal Therapy (60 hours) & PPD Groups
- Thesis (30-60k words)

Counselling Psychology is not static; it evolves with and responds to global changes



Challenges:

- Psychology's role in individualising distress
- Professional Identity vis-a-vis related disciplines (Clinical, Coaching, Health Psychology; Psychotherapy; Counselling; Community Development)
- 'Mental health crisis' as part of ecological and narrative collapse ('the bigger picture')
- McDonaldization of Psychotherapy (cheap, fast, efficient → devoid of nutrients)

Opportunities:

- Decolonisation + Diversifying the workforce
- The personal is political - <https://thepsychologist.bps.org.uk/volume-33/september-2020/turning-reflection-meaningful-action>
- Professional Artistry: a vital 'skill'
- Narratives of the healer's journey - Becoming a CoP means bringing the messiness of our life trajectories, our failures and our vulnerability

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As you are thinking of applying on the programme...



- Gain life experience before applying. At UWE, we consider whether the candidate is 'ready'
- Expect the training to unsettle you in some ways
- Make sure you have a strong support network
- Consider financial implications and look for funding
- Pick your placements carefully → You are in control!
- Put thought into your research proposal

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Thank you

If you have any further questions please contact the programme leader:

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Visit <https://courses.uwe.ac.uk/LC5811/counselling-psychology>

for more about the course