

## Programme Specification

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### Foundations of Clinical Psychology (2020-21)

#### Subject to revalidation

This specification provides a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if s/he takes full advantage of the learning opportunities that are provided.

Awarding Institution	University of Southampton
Teaching Institution	University of Southampton
Mode of Study	Full-time
Duration in years	1
Accreditation details	None
Final award	Master of Science (MSc)
Name of Award	Foundations of Clinical Psychology
Interim Exit awards	Postgraduate Certificate Postgraduate Diploma
FHEQ level of final award	Level 7
UCAS code	
Programme Code	5093
QAA Subject Benchmark or other external reference	Master's Degree Characteristics 2016
Programme Lead	Thérèse Allan
Pathway Lead	

### Programme Overview

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#### Brief outline of the programme

Psychology at Southampton plays a major role regionally and globally. In the UK we are involved in training educational, clinical and counselling psychologists. While around the world our research is having a direct impact, attracting millions of pounds of funding and facilitating a stimulating research environment that inspires our students.

The MSc in the Foundations of Clinical Psychology has been running for eight years and has produced students who have gone on to study for PhDs with the University of Southampton, other well respected Universities and the World Health Organisation; undertaken professional training in Clinical Psychology in the UK and overseas and others who have taken on professional roles in the NHS and NGOs.

The programme is approved by the British Psychological Society for the purposes of Continuing Professional Development (CPD).

The programme aims to provide an introduction to the professional and ethical responsibilities of clinical psychologists working within or outside the UK. The focus is on the application of Cognitive Behaviour Therapy to an adult population and there is a strong emphasis on exploring cross-cultural issues in the understanding and treatment of mental health problems, particularly anxiety and depression.

Home students will gain an appreciation of international professional issues and international students will gain an understanding of how to apply the principles of clinical psychology to developing service provision, for adults with mental health problems, in their home countries, as well as gaining an understanding of service

provision within the UK.

The programme attracts students from around the world which makes for a stimulating classroom experience as everyone contributes examples from their home countries and shares different perspectives.

The Programme is 12 months full-time. Teaching is scheduled on two days a week to enable students to work, with the proviso that they are able to complete their academic workload. The programme consists of taught modules and a research dissertation. Taught modules consist of five 'clinical' modules and four 'research' modules.

Your contact hours will vary depending on your module/option choices. Full information about contact hours is provided in individual module profiles.

### **Learning and teaching**

The programme adopts an adult learning focus. Much of the teaching is workshop based, combining coverage of theory with the opportunity to practise and receive feedback on skills. Students are helped to develop their ability to carry out self-directed learning. There is the opportunity to participate in group work.

Much of the teaching is delivered by practising clinical psychologists who are able to bring useful case examples. Further teaching is provided by members of the School of Psychology, external university experts and members of the Voluntary Sector.

### **Assessment methods**

- Formative assessment via targeted assignments and computing lab work
- Formative assessment via peer feedback, group work and presentations
- Summative assessment via individual assignments
- Summative assessment via video role-play
- Summative assessment of research dissertation and development of project management skills

## **Special Features of the programme**

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You are required to set up a placement of at least 50 hours within the NHS or voluntary sector to enable you to gain experience of how theoretical concepts covered in teaching are adapted and applied within the workplace and to enable you to develop the skills of working to achieve organisational goals. You will be asked to keep a reflective log of your experiences on placement and you will use your placement to design a small-scale service development. Support will be given in setting up placements and detailed advice on the kinds of placements which are appropriate will be provided. Your progress on placement will be monitored.

**Please note:** As a research-led University, we undertake a continuous review of our programmes to ensure quality enhancement and to manage our resources. As a result, this programme may be revised during a student's period of registration; however, any revision will be balanced against the requirement that the student should receive the educational service expected. Please read our [Disclaimer](#) to see why, when and how changes may be made to a student's programme.

Programmes and major changes to programmes are approved through the University's [programme validation process](#) which is described in the University's [Quality handbook](#).

## **Educational Aims of the Programme**

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The aims of the programme are to:

- Enable you to acquire knowledge and practical skills in CBT and third wave approaches in clinical psychology as applied to adults experiencing anxiety and depression
- Develop a sound understanding of cross-cultural issues in the practice of clinical psychology within and outside the UK
- Develop an understanding of professional issues associated with the practice of clinical psychology within and outside the NHS, including ethical practice, including the development of an understanding of the boundaries of your competence following completion of this programme

- Enable you to develop your knowledge of the skills of leadership and management and apply these in a work setting
- Develop your critical faculties through team working and project management skills by undertaking an original research project

## Programme Learning Outcomes

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### Knowledge and Understanding

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On successful completion of this programme you will have knowledge and understanding of:

- A1. Professional and ethical guidelines underpinning work as a clinical psychologist within and outside the UK
- A2. The structure and functioning of the NHS
- A3. Approaches to developing mental health provision in LMIC countries
- A4. The role of the clinical psychologist within Europe and internationally
- A5. Specific knowledge of CBT and Third wave models practised within the NHS and recommended in NICE guidelines
- A6. Counselling and motivational interviewing skills needed to engage clients
- A7. Awareness of the impact of culture and diversity
- A8. Basic CBT skills in assessment and formulation
- A9. Key leadership and management skills, including service development
- A10. Research methods
- A11. How to critically reflect on your experiences, the feedback you receive and the feedback you give
- A12. How to develop capacity for self-directed learning

### Teaching and Learning Methods

Acquisition of A1 to A9 is through a combination of workshops, lectures, seminars, small group tasks and self-directed learning.

Acquisition of A10 is through lectures, computer based workshops and meetings with your research supervisor.

Acquisition of A11 and A12 is through reflection on video based assessment of clinical skills, peer assessed feedback exercises and completion of a reflective log on placement.

### Assessment Methods

Assessment is through a combination of formative feedback on small group activities and presentations, formative and summative feedback on case formulation and counselling skills, summative assessment of your work related experience and summative assessment of your six week behavioural experiment to facilitate behavioural change.

## Subject Specific Intellectual and Research Skills

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On successful completion of this programme you will be able to:

- B1. access a variety of information sources and critically evaluate them to develop knowledge, of clinical psychology, research and therapy skills.
- B2. demonstrate skills in the assessment and formulation of clinical cases
- B3. consider and appraise the relative benefits of different models and approaches in clinical practice and research e.g., CBT, DBT, ACT, Stages of Change Model.
- B4. developed skills in designing and conducting a research project in a clinical area.

### Teaching and Learning Methods

Intellectual skills are developed through the learning and teaching activities (B1 – B4). These include the opportunity to participate in workshop based teaching which encourages reflection on theory and clinical skills, clinical seminars involving case discussions, and participation in a debate.

### **Assessment Methods**

The ability to critically evaluate information is assessed through completion of a peer reviewed blog, a peer assessed summary of an ethical issue, completion of a 2500 word assignment, the write up of a small scale service development and completion of a research dissertation.

## **Transferable and Generic Skills**

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On successful completion of this programme you will be able to show:

- C1. Learning: independent study and skills development
- C2. Problem solving skills: assessment, formulation, intervention and evaluation
- C3. Awareness of your present knowledge limitations and readiness to gain new knowledge through further study and teamwork in your professional field
- C4. Information processing skills (including IT skills) including literature searching, abstracting documents and collating information for the purposes of research writing
- C5. Data manipulation (including IT skills) including analysis of data, application of statistical methods and interpretation of results
- C6. Communication of information via oral and written presentations
- C7. Individual skills in decision-making, initiative taking, self-motivation and direction, personal responsibility
- C8. Time management via safe and effective project planning and execution, group and team working skills
- C9. Develop the ability to think critically, reflectively and evaluatively and to generalise and synthesise prior knowledge and experience in order to apply them in different settings and novel situations.

### **Teaching and Learning Methods**

Skills C1 and C2 are taught and developed throughout the programme eg. Introduction to studying at Masters level.

Skill C3 is taught through workshop and lectures which encourage reflection and critical thinking

Skill C4 is taught in specific sessions eg. an introduction to library skills, Academic Integrity.

Skill C5 is covered in research teaching and research supervision

Skill C6 is developed through coursework and presentations

Skill C7 is developed through small group work and presentations

Skill C8 is developed through an individual research project and through group tasks

Skill C9 is developed through workshop based teaching and case discussions

### **Assessment Methods**

Skills C1 and C2 are assessed through coursework exercises

Skill C3 is assessed through reflective coursework and peer assessed feedback

Skills C4, 5 and 8 are assessed through research module coursework, the dissertation and essay writing

Skill C7 is assessed through the reflective log of placement experience.

Skill C9 is assessed through peer assessed feedback, reflective log and written assignments

## **Programme Structure**

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The programme structure table is below:

Information about pre and co-requisites is included in individual module profiles.

Where optional modules have been specified, the following is an indicative list of available optional modules, which are subject to change each academic year. Please note in some instances modules have limited spaces available.

## Part I

### Typical Programme content

The programme is studied over 12 months full-time (See Appendix). The educational aims of the programme are delivered via 9 taught modules, including 4 Research Modules (RESM) and the Dissertation. Each module sets out its own individual learning outcomes and these are specified in the individual module descriptors. The outcomes specified in this document are the over-arching ones which reflect completion of the programme rather than the aims and objectives of individual modules.

Students who are not eligible for the award of an MSc may be considered for a Postgraduate Certificate in Mental Health following successful completion of 30 ECTS of taught provision, or a Postgraduate Diploma in Mental Health following successful completion of 60 ECTS.

Where optional modules have been specified, the following is an indicative list of available optional modules, which are subject to change each academic year. Please note in some instances modules have limited spaces available.

### Programme details

The taught component of the programme consists of 30 study weeks divided into two semesters during which time students study nine modules (60 ECTS/120 CATS). Students who complete the taught component undertake a three-month period of supervised research for a Master's dissertation at a value of 30 ECTS/60 CATS.

## Part I Compulsory

Code	Module Title	ECTS	Type
RESM6011	Applied Research Methods (ARM): Correlational Methods	5	Compulsory
RESM6012	Applied Research Methods (ARM): Planning & Designing Research	5	Compulsory
RESM6009	Applied Research Methods: Qualitative Methods	5	Compulsory
RESM6010	Applied Research Methods: Statistical Analysis of Comparisons & Group Differences	5	Compulsory
PSYC6114	CBT for Anxiety and Depression	5	Compulsory
PSYC6104	Introduction to CBT Theory & Skills	5	Compulsory

## Part I Core

Code	Module Title	ECTS	Type
PSYC6082	Fundamentals of Clinical Psychology	10	Core
PSYC6083	Fundamentals of Therapeutic Skills	10	Core
PSYC6081	Leadership and Management	10	Core

## Part II

### Part II Core

Code	Module Title	ECTS	Type
PSYC6022	MSc Dissertation	30	Core

## Progression Requirements

The programme follows the University's regulations for [\*Progression, Determination and Classification of Results: Postgraduate Master's Programmes\*](#). Any exemptions or variations to the University regulations, approved by AQSC are located in [\*section VI of the University Calendar\*](#).

## Support for student learning

There are facilities and services to support your learning some of which are accessible to students across the University and some of which will be geared more particularly to students in your particular Faculty or discipline area.

The University provides:

- library resources, including e-books, on-line journals and databases, which are comprehensive and up-to-date; together with assistance from Library staff to enable you to make the best use of these resources
- high speed access to online electronic learning resources on the Internet from dedicated PC Workstations onsite and from your own devices; laptops, smartphones and tablet PCs via the Eduroam wireless network. There is a wide range of application software available from the Student Public Workstations.
- computer accounts which will connect you to a number of learning technologies for example, the Blackboard virtual learning environment (which facilitates online learning and access to specific learning resources)
- standard ICT tools such as Email, secure filestore and calendars.
- access to key information through the MySouthampton Student Mobile Portal which delivers timetables, Module information, Locations, Tutor details, Library account, bus timetables etc. while you are on the move.
- IT support through a comprehensive website, telephone and online ticketed support and a dedicated helpdesk in the Hartley Library.
- Enabling Services offering support services and resources via a triage model to access crisis management, mental health support and counselling. Support includes daily Drop In at Highfield campus at 13.00 – 15.00 (Monday, Wednesday and Friday out of term-time) or via on-line chat on weekdays from 14.00 – 16.00. Arrangements can also be made for meetings via Skype.
- assessment and support (including specialist IT support) facilities if you have a disability, long term health problem or Specific Learning Difficulty (e.g. dyslexia)
- the Student Services Centre (SSC) to assist you with a range of general enquiries including financial matters, accommodation, exams, graduation, student visas, ID cards
- Career and Employability services, advising on job search, applications, interviews, paid work, volunteering and internship opportunities and getting the most out of your extra-curricular activities alongside your degree programme when writing your CV.
- Other support that includes health services (GPs), chaplaincy (for all faiths) and 'out of hours' support for students in Halls and in the local community (18.00-08.00).
- A Centre for Language Study, providing assistance in the development of English language and study skills for non-native speakers.

The Students' Union provides

- an academic student representation system, consisting of Course Representatives, Academic Presidents, Faculty Officers and the Vice-President Education; SUSU provides training and support for all these representatives, whose role is to represent students' views to the University.
- opportunities for extracurricular activities and volunteering
- an Advice Centre offering free and confidential advice including support if you need to make an academic appeal
- Support for student peer-to-peer groups, such as Nightline.

Associated with your programme you will be able to access:

- Module co-ordinators can be contacted to arrange an appointment to discuss any issues related to the module which have not been addressed in Year group meetings or teaching sessions.
- Personal Tutor. As soon as you register on the Programme you will be allocated to a study group which has regular appointments with the Personal Tutor to discuss any concerns. It is possible to arrange individual appointments with the Personal Tutor if you need more advice and support on any personal issues which may affect your studies.
- Module handbooks/outlines. These will be available at the start of each module on Blackboard. The Handbook includes the aims and learning outcomes of the module, the methods of assessment, relevant background material to the module and a session-by-session breakdown of the module together with appropriate reading lists.

- Within the Faculty, administrative support is provided by your Student Office which deals with student records and related issues and with queries related to your specific degree programme.
- Students will be members of a community of over 130 postgraduate students in an AU which has one of the largest groups of psychologists in the UK engaging in international level research providing expertise in the fields of behavioural, clinical, cognitive, developmental and health and social psychology. There are extensive computing and laboratory facilities, research participant pools and a team of full-time staff providing IT and technical support.

## Methods for evaluating the quality of teaching and learning

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You will have the opportunity to have your say on the quality of the programme in the following ways:

- Completing student evaluation questionnaires for each module of the programme.
- Acting as a student representative on various committees, e.g. Staff/Student Liaison Committees, School Programmes Committee OR providing comments to your student representative to feedback on your behalf.
- Serving as a student representative on Faculty Scrutiny Groups for programme validation.
- Taking part in programme validation meetings by joining a panel of students to meet with the Faculty Scrutiny Group.

Further details on the University's quality assurance processes are given in the [\*Quality handbook\*](#).

## Career Opportunities

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Completion of the Programme will demonstrate your ability to work at a Postgraduate level and may enhance your application for Doctoral training in Clinical Psychology or further postgraduate study. Not all students who complete the Programme want to go on to become Clinical Psychologists so the programme enables you to develop useful transferrable skills. The students who graduate from the MSc Foundations of Clinical Psychology will be culturally aware, with a good understanding of how to plan and implement change when working with individuals or teams. Research skills and the skills for developing small-scale service change mean that you will be able to develop, manage and evaluate new projects.

## External Examiner(s) for the programme

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Name: Dr Laura Simonds- University of Surrey

Students must not contact External Examiner(s) directly, and external examiners have been advised to refer any such communications back to the University. Students should raise any general queries about the assessment and examination process for the programme with their Course Representative, for consideration through Staff: Student Liaison Committee in the first instance, and Student representatives on Staff: Student Liaison Committees will have the opportunity to consider external examiners' reports as part of the University's quality assurance process.

External examiners do not have a direct role in determining results for individual students, and students wishing to discuss their own performance in assessment should contact their Personal Academic Tutor in the first instance.

**Please note:** This specification provides a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if they take full advantage of the learning opportunities that are provided. More detailed information can be found in the programme handbook.

## Appendix 1:

Students are responsible for meeting the cost of essential textbooks, and of producing such essays, assignments, laboratory reports and dissertations as are required to fulfil the academic requirements for each programme of study. In addition to this, students registered for this programme also have to pay for:

### Additional Costs

Type	Details
Obtaining Disclosure and Barring Certificates or Clearance Subsistence costs	PSYC6081 Leadership and Management Placements may require the completion of a DBS check. This will be paid by the placement provider.
Conference expenses	Accommodation: If students would like to participate in any conferences, all the costs would be covered by themselves.  Travel: If students would like to participate in any conferences, all the costs would be covered by themselves.
Parking costs (including on placements at hospitals)	Should students wish to apply for a parking permit they would be expected to meet this cost.
Stationery	You will be expected to provide your own day-to-day stationary items, e.g. pens, pencils, notebooks, etc). Any specialist stationery items will be specified under the Additional Costs tab of the relevant module profile.
Textbooks	Where a module specifies core texts these should generally be available on the reserve list in the library. However due to demand, students may prefer to buy their own copies. These can be purchased from any source.  Some modules suggest reading texts as optional background reading. The library may hold copies of such texts, or alternatively you may wish to purchase your own copies. Although not essential reading, you may benefit from the additional reading materials for the module.
Fieldwork: logistical costs	PSYC6022 Dissertation: Students need to self-fund any travel expenses incurred in collecting data. Funding of £50 is available from the Psychology department to purchase incentives for participants in research studies.  PSYC6081 Leadership and Management: Students are expected to undertake a placement and need to self-fund travel costs.
Recording Equipment	Recording equipment is available on loan from the Psychology department
Printing and Photocopying Costs	In the majority of cases, coursework such as essays; projects; dissertations is likely to be submitted on line. However, there are some items where it is not possible to submit on line and students will be asked to provide a printed copy. A list of the University printing costs can be found here: <a href="http://www.southampton.ac.uk/isolutions/students/printing-for-students.page">http://www.southampton.ac.uk/isolutions/students/printing-for-students.page</a>

In some cases you'll be able to choose modules (which may have different costs associated with that module) which will change the overall cost of a programme to you. Details of such costs will be listed in the Module Profile. Please also ensure you read the section on additional costs in the University's Fees, Charges and Expenses Regulations in the University Calendar available at [www.calendar.soton.ac.uk](http://www.calendar.soton.ac.uk).