



Fairfield School of Business

# BA(Hons) Counselling, Mental Health and Wellbeing with Foundation Year

The BA (Hons) Counselling, Mental Health and Wellbeing degree is designed to offer students the opportunity to learn about a wide range of theories within counselling, mental health and psychological wellbeing, whilst enhancing employability in the field of mental health and wellbeing.

- Awarding Body: **Birmingham Newman University**
- Course Duration: **4 years**
- Course Type: **Full-time**
- Fees: **please scan QR Code to further details**



Scan for more  
information



 [fsb.ac.uk](https://www.fsb.ac.uk)

 020 8681 8305

 [admissions@fairfield.ac](mailto:admissions@fairfield.ac)

 Croydon Campus,

 Leicester Campus

 Sheffield Campus

IN PROUD PARTNERSHIP WITH



**Birmingham  
Newman  
University**

## How will I be assessed?

The course uses a variety of assessments to help develop a range of different skills including essays, portfolios, commentaries, summaries, presentations, case studies, critical evaluations, reflections, digital resources, educative resources, learning statements, reflexive statements, summary statements, exam, quiz, counselling skills practice and recordings and

commentaries, research report and proposal, research dissertation, project, literature-based research and poster presentation.

Assessments are designed to introduce and develop both academic and practice-related skills.

## Course Modules

### Foundation Year

- Education and Society
- Developing Disciplinary Thinking 1
- Being Human in a Digital World
- Developing Disciplinary Thinking 2

### Year 1 - Level 4

- Counselling Professions and Academic Practice
- Human Development
- Humanistic Counselling
- Counselling Skills 1
- Ethical and Social Issues in Counselling
- Psychodynamic Counselling

### Year 2 - Level 5

- Research in Counselling
- Mental Health: Wellbeing and Distress
- CBT Counselling Theory and Skills
- Counselling Skills 2
- Lifestyle and Wellbeing

### Year 3 - Level 6

- Dissertation (OR)
- Counselling Studies Literature Review with systematic methodology and narrative synthesis (OR)
- Therapeutic approaches to supporting children and families
- Bereavement and Loss
- Coaching and Mentoring
- Applied CBT
- Working with Addictions
- Mindfulness and CBT

## Entry Requirements

### Application based on Previous qualifications:

If you are applying based on your previous qualifications, you will usually have achieved a minimum of 90 credits from a Level 3 qualification such as A Levels or BTECs.

### Mature learners (Aged 21+)

If you are applying as a mature learner (aged 21+) and do not have the above qualifications, you can apply via our assessment based entry and we will consider your prior experiences (work, voluntary, life, and other experiences) that are relevant to the course.

### You will be required to complete the following:

1. Provide a Personal Statement (500 words)
2. English Language Test (with a minimum 60% score, equivalent to IELTS 5.5)
3. Maths Test (Score 50%)
4. Complete a SAPE Assessment (Screening for Accreditation of Prior Experience)
5. Applicants will also be invited to attend an Interview