



Programme Specification (PG)

Awarding body / institution:	Queen Mary University of London
Teaching institution:	Queen Mary University of London
Name of final award and programme title:	MSc Mental Health: Psychological Therapies PgDip Mental Health: Psychological Therapies
Name of interim award(s):	Pg Certificate / Pg Diploma
Duration of study / period of registration:	MSc 1 year FT & 2 Years PT / PgDip 9 Months FT & 18 months PT
Queen Mary programme code(s):	MSc FT A3X5 / MSc PT A3X6 / PgD FT A3Y5 / PgD PT A3Y6
QAA Benchmark Group:	
FHEQ Level of Award:	Level 7
Programme accredited by:	
Date Programme Specification approved:	
Responsible School / Institute:	Wolfson Institute of Population Health

Schools / Institutes which will also be involved in teaching part of the programme:

Collaborative institution(s) / organisation(s) involved in delivering the programme:

Programme outline

This course is an ideal next step for those who are already working in mental health, who want to go on to train as therapists, who want to complete research and those who work in related areas, such as social work, human resources or the voluntary sector.

On this programme you'll have the opportunity to critically examine different approaches to understanding mental disorder. We'll build your confidence in using psychological therapies but also develop your ability to understand the evidence base for these therapies – and assess which therapies might work for different types of disorder.

You'll gain the knowledge to assess mental health problems, understand their origins and how to help recovery. You'll learn about psychological therapies including individual cognitive behavioural therapies, cognitive analytic therapies, psychodynamic therapies, as well as group and family therapies.

Your course placement will give you experience of supervised practice and will develop your ability to work with emotional, behavioural and psychological distress.

You'll also develop your research skills and complete a research project. By the time you complete the programme, you'll be a skilled communicator, adept at expressing your ideas in spoken or written form.

This MSc does not lead to clinical accreditation.

Aims of the programme

The MSc Mental Health: Psychological Therapies pathway focuses on developing an understanding of the main psychotherapeutic approaches and contemporary issues and debates in the psychological therapies field. Students will be introduced to major schools of thought and psychological therapies, with particular emphasis being placed on how the issues of difference and diversity can impact upon the therapeutic relationship. Consideration will also be given to ethical issues, and the methodological difficulties associated with carrying out research in this area. A variety of assessment methods will ensure the development of a broad range of skills, such as professional skills that can prepare students for future employment. The latter will also be enhanced by supervised clinical work in a setting offering therapeutic or supportive interventions.

The MSc Mental Health: Psychological Therapies pathway provides students with an appropriate reflective learning environment through which they might address the limitations of their current knowledge, skills and competencies. Students will discover their own learning needs and objectives. The specific strength of this MSc is that students will develop a knowledge base from interdisciplinary fields which will focus on the application of theory and learned skills in their future career.

What will you be expected to achieve?

Students who successfully complete the programme will be able

- 1) to focus on a particular aspect of a broader subject area in which they have prior knowledge or experience through previous study or employment
- 2) to enhance knowledge or experience through clinical placement
- 3) to demonstrate a systematic understanding of knowledge, and a critical awareness of current problems and/or new insights, much of which is at, or informed by, the forefront of their academic discipline, field of study or area of professional practice
- 4) to develop a comprehensive understanding of techniques applicable to their own research or advanced scholarship
- 5) to deal with complex issues both systematically and creatively, make sound judgements in the absence of complete data, and communicate their conclusions clearly to specialist and non-specialist audiences
- 6) to develop the qualities and transferable skills necessary for employment requiring:
 - the exercise of initiative and personal responsibility
 - decision-making in complex and unpredictable situations
 - the independent learning ability required for continuing professional development.

This MSc aims at preparing students for the next stage in their careers, whether that is further academic or professional study, or entering or progressing within employment of different kinds.

This programme will provide opportunities for students to develop and demonstrate knowledge and understanding, skills and other attributes in the three areas specified below.

Academic Content:	
A1	develop a comprehensive understanding of core skills in the areas of mental health assessment and management
A2	develop a critical awareness of the interface between mental health and different schools of thought and practice.
A3	achieve the above in a multi-professional environment where learning takes place through active participation and discussion of complex and sensitive issues.

Disciplinary Skills - able to:	
B 1	critically evaluate evidence based research relevant to mental health issues and therapies.
B 2	interpret and critically appraise quantitative and qualitative methodologies and analyses.
B 3	synthesise and apply concepts and theory to different contexts in mental health.

Attributes:	
C 1	demonstrate self-direction and independent learning ability required to improve professional practice.
C 2	develop a global perspective and recognise the importance of working with diverse groups.
C 3	make research informed decisions in complex situations and to communicate opinion within a professional environment and to the public.

How will you learn?

Teaching and learning take place through interactive lectures and group tutorials. Lectures present a theoretical framework of the topic and group discussions focus on practical applications of the theory presented in the lecture. In the early stages of the programme these will be specific to the taught lectures using problem based learning role plays and discussion of topical issues. Later on, a broader range of problems will be incorporated, which may generate new areas of learning with students setting learning objectives that go far beyond the particular taught components. This will encourage a culture of interdisciplinary and collaborative learning.

Specific problems of research will be set as a research brief for students to address in groups. Group tutorials will address critical appraisal, qualitative and quantitative methods, academic practice, reading and critiquing academic papers, and thesis writing. In addition, students will choose particular topics that they will research and present to each other to develop their library skills, presentation skills, independent learning skills and group discussion skills, peer review skills and community liaison skills, which are topics based on course materials.

How will you be assessed?

This programme is designed to incorporate a broad range of assessments to test individual module learning outcomes, such as critical essays, research project related assignments, case study, poster presentation and dissertation.

How is the programme structured?

Please specify the structure of the programme diets for all variants of the programme (e.g. full-time, part-time - if applicable). The description should be sufficiently detailed to fully define the structure of the diet.

Students will undertake six taught modules totaling 120 credits.

Programme Title: Mental Health: Psychological Therapies

Those undertaking the MSc are also required to undertake the 60 credit Dissertation module.

Modules are delivered in a specific order to build knowledge culminating in the final independent piece of research.

Those undertaking the programme on a part-time basis, will take 75 taught credits in their first year and 45 taught credits plus the 60 credit dissertation in their second year. Students are expected to undertake some preparatory work on their dissertation in their first year of study and in semester one of their second year. In addition coursework is evenly balanced over the two years of study.

Further details are provided below:

Academic Year of Study FT - Year 1

Module Title	Module Code	Credits	Level	Module Selection Status	Academic Year of Study	Semester
Mental Health in context	WOFM981	30	7	Compulsory	1	Semester 1
Professional Skills in Mental Health	WOFM982	15	7	Compulsory	1	Semester 1
Applied Research Methods 1: Theory	WOFM983	15	7	Compulsory	1	Semester 1
Psychological Therapies: Applications and effectiveness	WOFM988	30	7	Compulsory	1	Semester 2
Modalities of Psychological Therapy	WOFM967	15	7	Elective	1	Semester 2
Applied Research Methods 2: Practice	WOFM984	15	7	Compulsory	1	Semester 2
Serious Mental Illness	WOFM968	15	7	Elective	1	Semester 2
Psychological Therapies Dissertation	WOFM964	60	7	Core	1	Semester 3

Academic Year of Study PT - Year 1

Module Title	Module Code	Credits	Level	Module Selection Status	Academic Year of Study	Semester
Mental Health in Context	WOFM981	30	7	Compulsory	1	Semester 1
Psychological Therapies: Applications and effectiveness	WOFM988	30	7	Compulsory	1	Semester 2

Programme Title: Mental Health: Psychological Therapies

Module Title	Module Code	Credits	Level	Module Selection Status	Academic Year of Study	Semester
Modalities of Psychological Therapy	WOFM967	15	7	Elective	1	Semester 2
Serious Mental Illness	WOFM968	15	7	Elective	1	Semester 2

Academic Year of Study PT - Year 2

Module Title	Module Code	Credits	Level	Module Selection Status	Academic Year of Study	Semester
Applied Research Methods 1: Theory	WOFM983	15	7	Compulsory	2	Semester 1
Professional Skills in Mental Health	WOFM982	15	7	Compulsory	2	Semester 1
Applied Research Methods 2: Practice	WOFM984	15	7	Compulsory	2	Semester 2
Psychological Therapies Dissertation	WOFM964	60	7	Core	2	Semester 3

What are the entry requirements?

A 2:2 or above at undergraduate level in Psychology, Medicine or a related discipline.
English Language requirement: IELTS Academic: 7.0 overall including 6.5 in Writing, and 5.5 in Reading, Listening and Speaking.

A 2:2 or better in their undergraduate studies from a recognised University for entry. For applicants with a relevant professional qualification (CQSW, RMN, etc.) we will consider individuals without a BSc who have worked in the field for at least one year and can provide evidence of sufficient aptitude in academic writing.

For candidates where English is not the language of instruction of their first degree, IELTS scores of 7.0 overall with at least 6.5 written will be required.

Applicants must demonstrate aptitude to meet the demands of such a course. We wish to include people from diverse professional backgrounds and career pathways. We will be holding an open day to discuss the course with them and for them to see the site and meet personnel. Individual meetings can be arranged to discuss specific circumstances.

How will the quality of the programme be managed and enhanced? How do we listen to and act on your feedback?

The Staff-Student Liaison Committee provides a formal means of communication and discussion between Schools and its students. The committee consists of student representatives from each year in the school/institute together with appropriate representation from staff within the school/institute. It is designed to respond to the needs of students, as well as act as a forum for discussing programme and module developments. Staff-Student Liaison Committees meet regularly throughout the year.

The Institute's Teaching & Learning Committee advises the Director of Education on all matters relating to the delivery of taught programmes at School level including monitoring the application of relevant QM policies and reviewing all academic developments. Student views are incorporated in this Committee's work in a number of ways, such as through

student membership, or consideration of student surveys such as PTES - the Postgraduate Taught Experience Survey.

Student feedback through surveys and module evaluation for part of the Institutes Annual Programme Review.

What academic support is available?

In addition to the group tutorials, all lecture materials, including presentation handouts and other lecture content will be made available via the Queen Mary Virtual Learning Environment (QMPLUS).

All Students will also be assigned a tutor, who will be available to discuss academic or other issues that a student may wish to discuss.

Queen Mary also offers various sites for student support such the Students' Union, Careers Service, and the Advice and Counselling services.

Programme-specific rules and facts

Alternate titles for exit awards:

PgDip: 6 compulsory modules (120 credits)

How inclusive is the programme for all students, including those with disabilities?

Queen Mary has a central Disability and Dyslexia Service (DDS) that offers support for all students with disabilities, specific learning difficulties and mental health issues. The DDS supports all Queen Mary students: full-time, part-time, undergraduate, postgraduate, UK and international at all campuses and all sites.

Students can access advice, guidance and support in the following areas:

- Finding out if you have a specific learning difficulty like dyslexia
- Applying for funding through the Disabled Students' Allowance (DSA)
- Arranging DSA assessments of need
- Special arrangements in examinations
- Accessing loaned equipment (e.g. digital recorders)
- Specialist one-to-one "study skills" tuition
- Ensuring access to course materials in alternative formats (e.g. Braille)
- Providing educational support workers (e.g. note-takers, readers, library assistants)
- Mentoring support for students with mental health issues and conditions on the autistic spectrum.

Links with employers, placement opportunities and transferable skills

The MSc will provide graduates with a comprehensive introduction to the theory, practice and delivery of culturally capable mental health care, with a focus on psychiatric and psychological approaches. The MSc provides an academic qualification that sits naturally on the pathway to qualifying as an NHS Psychological Wellbeing Practitioner (via the Diploma in Low Intensity CBT) and as a Clinical Psychologist (via the Professional Doctorate in Clinical Psychology). It also provides an opportunity for professional development for practicing mental health care clinicians. Additionally, students who chose a supervised clinical placement and complete extra hours as required by relevant professional bodies, can apply for membership with those professional bodies.

For placement provisions, the Centre for Psychiatry has existing links to several providers in the Greater London area, including MIND, Linked Minds, Healthwatch Tower Hamlets, and two NHS mental health Trusts: East London NHS Foundation Trust and Oxleas NHS Foundation Trust. We are also networked with charities and social enterprises. Whilst obtaining and completing a

Programme Title: Mental Health: Psychological Therapies

placement is ultimately the responsibility of the student, we are constantly reviewing our list of providers and ensuring that no student is left without a clinical placement.

Programme Specification Approval

Person completing Programme Specification:

Dr Theodora Dallas & Dr Mark Freestone

Person responsible for management of programme:

Dr Theodora Dallas

Date Programme Specification produced / amended by School / Institute Learning and Teaching Committee:

08/02/2024 (by amendment)

Date Programme Specification approved by Taught Programmes Board: