



THERAPEUTIC STUDIES

gold.ac.uk/therapies

Undergraduate
& Postgraduate

Goldsmiths
UNIVERSITY OF LONDON

You can choose from a range of introductory courses, professional training and advanced degree programmes in:

Counselling

Psychotherapy

Arts therapies

Psychoanalytic studies

Psychosocial studies

Understanding domestic violence and sexual abuse

1

2

3

Why choose Therapeutic Studies at Goldsmiths?

You'll explore the development of contemporary therapeutic disciplines and practices in their cultural, historical and social contexts, working with questions of identity and difference, equality and diversity.

Our teaching staff are experienced practitioners in the field, and we have strong links to employers in the public, voluntary and private sectors. So we provide you with the knowledge and skills needed for the workplace.

You'll become a skilled and reflective practitioner who is critically engaged with both evidence-based and research practices.



OUR DEGREES

- BA (Hons) Psychosocial Studies
- MSc/PGDip in Cognitive Behavioural Therapy
- MA in Art Psychotherapy
- MA in Counselling
- MA in Understanding Domestic Violence & Sexual Abuse
- MA in Dance Movement Psychotherapy
- MPhil/PhD
- Certificate in Humanistic & Psychodynamic Counselling
- Dance Movement Psychotherapy Foundation
- Art Psychotherapy Foundation
- Dance Movement Psychotherapy Summer School

BA (Hons) Psychosocial Studies

3 years full-time
gold.ac.uk/ug/ba-psychosocial-studies

This is an innovative multidisciplinary degree, designed to meet the learning needs and aspirations of those who wish to undertake a programme focusing on counselling and psychotherapy practices but who also want to study about the social and cultural contexts of their production. After finishing the degree it is anticipated that you may, at a later stage of your educational career, wish to undertake further theoretical studies or formal clinical training as a counsellor and/or psychotherapist.

In your first year you'll consider human development across the life-span, and how different phases make different psychological demands on the individual. You'll explore the major traditions in psychotherapy such as psychoanalytic, cognitive-behavioural, humanistic and existential.

The Individual in Society module will introduce you to discourses in sociology and anthropology, and you'll specifically examine the relationship between the individual, society and culture. You'll address the controversies informing therapeutic cultures today, for example state regulation of the 'psychological therapies', and codes of ethics.

In your compulsory second year modules, you'll learn how counsellors and psychotherapists work with the medical model of psychiatry. You will consider the notions of the 'abnormal' and 'pathological', and discuss the notion of 'normal', and gain an understanding of the qualitative and quantitative methods used in research.

You'll complete a dissertation in your third year, alongside a core module that takes you through debates concerning the psychic processes of transference, counter-transference and projective identification. You can also focus on some of your specific interests with two option modules.

TYPICAL MODULES

Year 1

Compulsory modules:

Contemporary Approaches to the Theory and Practice of Psychotherapy and Counselling
 Theories of Individual Development
 The Individual in Society and Culture
 Independent Learning Strategies and Skills
 Professional Framework in Therapeutic Practice

Year 2

Compulsory modules:

Pathologies of the Modern Self
 Research Methods

Plus options such as:

Psychoanalytic Culture and Society (the Modern)
 Introduction to Art, Play and Dramatherapy
 Cognitive Behavioural Therapy
 Counselling Skills

Year 3

Compulsory modules:

The Political Significance of Freud's Legacy
 Dissertation

Plus options such as:

Fieldwork Practice
 Religion, Belief and Spirituality in Professional Practice
 A Critical Introduction to Art Psychotherapy 1: Theories and Practice
 Multiculturalism, Identity and Difference
 Dance Movement Psychotherapy Foundation

TYPICAL MODULES

MSc/PGDip in Cognitive Behavioural Therapy

2 years full-time/1 year full-time
gold.ac.uk/pg/msc-cognitive-behavioural-therapy

This Cognitive Behavioural Therapy (CBT) course is an innovative structured training programme where you acquire the knowledge and skills needed to practice as a Cognitive Behavioural Therapist. Our programme uniquely emphasises tailoring interventions to individual needs within a broader systemic framework, using influences from both critical and positive psychology.

You will be strongly encouraged to evaluate cognitive behavioural theory and practice, which will include an emphasis on understanding the relationship of CBT to other psychotherapeutic modalities and on the tailoring of interventions to individual needs. As such this training in CBT is presented within a broader framework of critical and positive psychology.

Our two-year full-time MSc route is designed for those without a core profession, but who have a relevant undergraduate degree and experience, while our one-year full-time PGDip professional accreditation route is designed for those with a core profession. Both routes contribute towards professional accreditation with either the British Association for Behavioural and Cognitive Psychotherapies (BABCP) or the British Association for Counselling and Psychotherapy (BACP), depending on previous experience.

The MSc is structured with one extended-day intensive training at Goldsmiths plus additional time in placements, and occasional day-long workshops. It includes clinical group supervisions, theoretical lectures and seminars, extensive skills training, reflective practices, and workshops focusing on particular specialised areas of clinical work.

Psychological Models of Therapy 1
Reflective Practitioner 1
Therapeutic Skills
Supervised CBT Practice 1

Psychological Models of Therapy 2
Reflective Practitioner 2
Advanced CBT Skills
Advanced CBT Theory and Practice

Supervised CBT Practice 2
Research Methods
Dissertation

MA in Art Psychotherapy

2 years full-time, or 3 years part-time
gold.ac.uk/pg/ma-art-psychotherapy

After completing this programme, you'll be able to practise as a professional art therapist and become a practitioner registered with the British Association of Art Therapists. You'll also be eligible to apply for registration with the Health and Care Professions Council (HCPC).

You'll learn through theoretical studies, clinical work and experiential learning, to link practice with a developing awareness of self and other. You'll explore the nature of the therapeutic relationship between client, their artwork, and the art therapist.

You'll also undertake two supervised and supported 60-day placements.

Your role as an art therapist

You'll use visual art media to help people who may struggle to communicate verbally or to express their feelings. You'll work with people of all ages and backgrounds in a variety of settings, often closely with other healthcare professionals, in:

- The NHS and private healthcare
- Special and mainstream education
- Drug and alcohol services
- Social services
- Prisons
- Stroke and head injury units
- Palliative care and hospices

TYPICAL MODULES

Year 1

Theory and Practice of Art Psychotherapy 1
Clinical Placement 1
Experiential Learning 1

Year 2

Theory and Practice of Art Psychotherapy 2
Clinical Placement 2
Experiential Learning 2

TYPICAL MODULES

MA in Counselling

2 years full-time, or 3 years part-time
gold.ac.uk/pg/ma-counselling

Throughout this Masters you will develop as a reflective counselling practitioner with a critical understanding and awareness of the influence of socio-cultural context and power relations. You'll spend time with people, helping them to talk about their feelings and problems, and ultimately to make positive changes to their lives.

Module highlights

Counsellor Competencies and Attitudes

You'll develop the competencies and attitudes essential to clinical practice in a practice-based workshop that will develop your therapeutic skills and interventions. You will learn to understand your own subjectivity and how this can influence your practice, and you will develop links between theory, practice and self-awareness.

Psychodynamic Theories

This module introduces you to theorists including Freud, Klein, Winnicott, Jung, and Stern and considers concepts such as transference, countertransference, defences and intersubjectivity. It also covers many related subjects such as diversity, difference, power relations, social constructionism, clinical competence, ethics and positioning the psychodynamic modality in the wider field.

Clinical Placement in Year 2

You will undertake 150 clinical hours with adult clients, plus 50 hours in an organisational context. You will develop your clinical experience through supervision provided by the placement agency, as well as case management seminar workshops. You'll also complete at least of 60 hours of personal counselling during the programme to help you develop as a self-reflexive counselling practitioner.

After finishing, you may choose to complete the post-qualification requirements of the British Association for Counselling and Psychotherapy (BACP) to become an accredited clinical practitioner.

MA in Understanding Domestic Violence & Sexual Abuse

1 year full-time, or 2 years part-time
gold.ac.uk/pg/ma-udvsa

Year 1

Compulsory modules:

Counsellor Competencies and Attitudes
Psychodynamic Theories
Reflective Practitioner
Applied Psychoanalysis
Research Methods

Year 2

Compulsory modules:

Advanced Theory
Clinical Placement
Dissertation

Your experiential and reflective learning in the classroom will help you identify, assess and manage both perpetrators and victims of abuse.

You'll examine the impact of being abusive or being abused through psychodynamic, systemic, cognitive, behavioural and social theories.

You'll look at practice and research from these perspectives and consider abusiveness and its impact in international, cultural and social contexts from childhood to older age.

You'll increase your grasp of the interplay between mental distress, domestic violence and sexual abuse through a blended learning approach of online and face-to-face contact.

You may wish to take individual modules as part of a Continuing Professional Development plan. There is also the option to exit with a Postgraduate Certificate or Diploma.

TYPICAL MODULES

Compulsory modules:

Theories, Research and Policy
Domestic Violence and Sexual Abuse
Professional Perspectives and Reflective Practice
Research Methods
Dissertation

Options:

Working with Children in the Context of Domestic Violence
Working with Adults in the Context of Domestic Violence and Sexual Abuse
Adolescents as Victims and Perpetrators
Community and Participatory Arts and Arts Therapies Based Interventions
Group Work; Power, Identity and Conflict

MA in Dance Movement Psychotherapy

2 years full-time, or 3 years part-time
gold.ac.uk/pg/ma-dance-movement-psychotherapy

After completing this degree, you'll be eligible to become a registered professional member of the Association for Dance Movement Psychotherapy (ADMP UK).

Throughout the programme you'll learn through theoretical studies, movement observation studies, dance practice workshops, clinical work and experiential learning, through which you'll combine practical experience with a developing sense of self and other.

Your studies will be based around the practice of psychodynamic psychotherapy in the mental health care and educational settings, using contemporary dance, Laban Movement Analysis (LMA) and somatic bodywork.

You'll complete at least 90 days of placements in which you'll link theory with practice and gain an in-depth understanding of the nature of the therapeutic relationship.

Your role as a dance movement psychotherapist

You'll help people deal with emotional, psychological and physical issues through the creative approach of dance and movement. You'll help your clients improve their body awareness, confidence and self-esteem.

You'll combine your twin passions for dance and for helping people in a career that will make use of your communication skills and creativity.

Year 1

Theory and Practice of Dance Movement Psychotherapy 1
Clinical Placement 1
Experiential Learning 1

Year 2

Theory and Practice of Dance Movement Psychotherapy 2
Clinical Placement 2
Experiential Learning 2



MPhil/PhD

3-4 years full-time, or 4-6 years part-time
gold.ac.uk/stacs

We offer MPhil/PhD opportunities for those interested in pursuing a research degree in counselling, psychotherapy, art psychotherapy, dance and movement psychotherapy, and psychoanalytic studies.

We currently offer supervision in the following areas:

- Wellbeing and mental health
- Psychological trauma
- Clinical work with various client populations
- Cross-cultural issues
- Art therapists and their art
- History and development of art psychotherapy in the UK and internationally
- Psychoanalytic theory
- The use of mindfulness in combination with psychodynamic techniques with obsessional patients

You can be supervised jointly by a Therapeutic Studies member of staff and one from a different discipline, depending on your topic.

Certificate in Humanistic & Psychodynamic Counselling

1 year part-time (27 weeks)
gold.ac.uk/pg/cert-humanistic-counselling

This programme is for those who meet elements of counselling in their day-to-day work and who wish to expand their knowledge and skills in the field. It is particularly suitable for those who wish to enter the field professionally, but don't currently have the relevant experience and qualifications to study at postgraduate diploma level. It will therefore assist you in an application to Goldsmiths' MA in Counselling.

You'll be provided with an intensive foundation in counselling, study key theoretical concepts that inform the practice of humanistic and psychodynamic counselling, and identify the specific responsibilities and processes of the counselling alliance and therapeutic relationship.

You'll learn core counselling skills such as listening, reflecting, empathic understanding and appropriate challenging, link between theory and practice, and have the opportunity to practice these skills in a safe and supportive environment.

You'll set these skills within the essential ethical framework of a counselling approach, and look at counsellor self care, while developing your ability for self-awareness and personal growth in the context of counselling skills training.

TYPICAL MODULES

Autumn Term

Defining the Counselling Alliance
Fundamental Conditions of the Counselling Relationship
Overview of the Humanistic Framework
Carl Rogers and Person-Centred Counselling
Gerard Egan's Goal-Orientated Approach
Existential Philosophy and Gestalt Therapy
Comparing and Contrasting the Different Humanistic Theories

Spring Term

Defining the Psychodynamic Model (Freud, Klein)
Introduction to Human Growth and Development
Attachment, Containment and Trust (Bowlby and Winnicott)
Unconscious Processes: Transference and Countertransference, Projection and Introjection, Defence Mechanisms

Summer Term

Defining Transcultural Counselling and its Impact
Exploring Issues of Diversity, Gender, Race and Power in the Counselling Relationship
Ethical Professional Frameworks, Supervision, and Self-Care
Treatment Ending

Dance Movement Psychotherapy Foundation

1 year full-time

gold.ac.uk/short-courses/dance-movement-psychotherapy-foundation

This course is excellent preparation for further study on the MA in Dance Movement Psychotherapy (DMP), which is the full qualifying training to become a licensed practitioner.

In your first term, we explore what constitutes DMP. You'll learn about the key concepts that underpin DMP in creative and interactive ways - through group work, discussion, creative exploration, theory and movement.

In your second term, defined as the experiential term, you'll engage in active movement sessions followed by group discussions and completion of your reflective journal.

In your third term, you'll examine the ways in which DMP is applied to practice where professional practitioners work. You'll hear about a number of contexts while at the same time, adhering to its fundamental guiding principles.

TYPICAL MODULES

Autumn Term

Introduction

Reflective Perspectives on Play and Developmental Movement
Using Creativity and Play in DMP

Moving in Psychotherapy?
Exploring the Non-verbal, Creative Process

Developing Kinaesthetic Awareness and Attunement:
the Body in Therapy

Laban Movement Analysis:
Influences and Application
Pioneers in DMP:
Different Models

Spring Term

Group Movement Sessions
Verbal Reflection/Discussion
Reflective Journal

Summer Term

DMP for Children with
Autistic Spectrum Disorder
and Learning Difficulties

DMP and Teenagers
DMP with Adults with
Mental Health Problems
Movement Observation
and DMP with People
with Parkinson's

The Significance of
Endings and Breaks;
Finding a Way Through

Art Psychotherapy Foundation

1 year full-time

gold.ac.uk/short-courses/art-psychotherapy-foundation

This course will give you a practical and theoretical introduction to art psychotherapy to complement your interest in the profession and can be a foundation for pursuing accredited training.

You'll be taught by practising art psychotherapists, who in the first and third terms will draw on a variety of experience to illustrate to you the process of art psychotherapy.

In your second term, you'll gain practical experience of art psychotherapy in a small group led by tutors.

Dance Movement Psychotherapy Summer School

4 days

gold.ac.uk/short-courses/dmp-summer-school

During this course you'll experience the practice of dance movement psychotherapy as an effective and powerful medium for change. The programme offers Continuing Professional Development (CPD) for those working in education, health, social and community care as well as for therapist practitioners interested in movement and dance as therapeutic modalities.

Please note that modules listed in this booklet were correct at the time of printing (June 2017) and may change year to year. You can find the most up-to-date information about our degree programmes on our website

OUR STUDENTS



Esther, BA Psychosocial Studies

“Choosing Goldsmiths as my first choice was the right decision to make. During the first week of university there was so much to do. Like the annual ‘Freshers’ Fayre’, full of stalls offering you fresh foods and a blast with your new friends, and the option to join more than one of your favourite societies.

Both the ‘day life’ and the nightlife at Goldsmiths are fun: it’s easy to access local markets and popular shopping districts during the day and get home at night because of the excellent transport links.

The BA Psychosocial Studies stood out because it offers the chance to study many interrelated subjects; from the anthropology module

in which you can delve into past cultures and discover anthropologists both old and new to see how they shaped our understanding of society today, to Contemporary Approaches where you explore the history of, as well as current theories for, counselling and psychotherapy in depth.

The tutors on this course are passionate and caring. For me this is a huge motivation, because when the tutors are passionate, the students are. The on-site facilities allow students to use the library 24 hours a day, and it’s filled with the latest technology in computing and easy-to-access materials for class.”



Mioi, MA in Dance Movement Psychotherapy

“I was working for street and working children of India for 11 years as a dance facilitator as well as a performer before joining the course. Through my work I have found that dance movement psychotherapy (DMP) is an effective vehicle to tackle the psychological trauma of children.

Goldsmiths has a deep historical foundation of DMP in the UK and is playing an intellectual and practical leading role in the art therapeutic world. My favourite place, I would say as a postgraduate student,

is the library. It has a great collection of books in my field and is open 24 hours a day.

I feel my course is very intense - emotionally, practically and theoretically. However, all my tutors who are forerunners of UK DMP have been very supportive from day one. And my lovely peers are sharing this challenging moment together with me.”



FIND OUT MORE

Find out more about the
department and degrees at:
gold.ac.uk/therapies

Watch our departmental film at:
[vimeo.com/goldsmiths/
therapeuticstudies](http://vimeo.com/goldsmiths/therapeuticstudies)

Get in touch with our
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The information in this booklet reflects the 2017-18 programme specifications and was correct at the time of print in June 2017. It is intended as a guide only and the information here is not intended to be binding. You can download the most up-to-date programme specifications from our degree pages by visiting gold.ac.uk/course-finder

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