
Psychotherapy & Counselling

MA

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[MA Psychotherapy & Counselling](#)

Study: Part-time

Duration: 3 years

Fee: £10,500 a year

Programme information

Overview

Please note we've recently changed the name, modules and structure of this course. View the new version here (<https://www.regents.ac.uk/postgraduate/psychotherapy-psychology/mprof-psychotherapy>).

Take the next step to becoming a UKCP registered psychotherapist.

As this is a part-time course, we aren't able to sponsor students for a Student visa.

This course forms a key part of your professional training to become a UKCP registered psychotherapist. Working part-time over three years, you'll build on your existing knowledge to become a skillful and ethical professional – able to think independently, critically and creatively while undertaking a highly responsible job.

Why Regent's?

- **Small class sizes:** allowing for more individual attention, support and guidance
- **Professional reputation:** UK Council for Psychotherapy (UKCP) accredited
- **Unique content:** one of two UK courses to offer Existential and Integrative modalities
- **Clinical placements:** help to secure placements in professional practices
- **Flexible learning:** ideal for those changing career or with other commitments

What to expect

Combine research, academic study and clinical practice on this rewarding part-time course, revisiting theoretical perspectives (existential, psychoanalytic and humanistic/integrative) and challenging your own thoughts and biases before starting to develop your own approach to psychotherapy and counselling.

You'll be taught in a way that celebrates difference and encourages discussion, constructive feedback, and healthy debate. Through a combination of seminars, training sessions and professional development groups, you'll learn to apply tools and techniques practically within a safe classroom environment, under the supervision of academics and practitioners with years of industry experience.

You'll engage in weekly psychotherapy sessions (40 per academic year) encouraging you to reflect upon your beliefs and prevent any prejudices (such as race, gender, religion, age, class, etc.) from influencing your professional practice. You'll also take part in a variety of clinical placements – applying your knowledge and skills to real workplace scenarios. Previously, students have worked in:

- Local charities
- Medical care – e.g., the NHS
- Research agencies
- Higher education – e.g., Royal Academy of Music
- Social services
- Private practices

This will involve at least half a day of practice each week, during and outside of term time. Our dedicated coordinator will work closely with you to secure a placement quickly.

At the end of your second year, you'll choose a specialist pathway to focus on in Year 3 – Integrative Psychotherapy, Existential Psychotherapy, or Dissertation, where you'll undertake a significant piece of field research. You must have at least 100 hours of clinical practice to complete the dissertation pathway and 200 hours to complete the other pathways.

Upon completion, you'll be eligible to apply for the Postgraduate Certificate in Integrative Psychotherapy (<https://www.regents.ac.uk/postgraduate/psychotherapy-psychology/postgraduate-certificate-in-integrative-psychotherapy>) or Existential Psychotherapy (<https://www.regents.ac.uk/postgraduate/psychotherapy-psychology/postgraduate-certificate-in-existential-psychotherapy>) (your last step to becoming a psychotherapist) – or, if you'd prefer to dive straight into work, you could join a private practice or work as a researcher at MPhil/PhD level.

Professional membership

Regent's is an Organisational Member of the **UK Council for Psychotherapy (UKCP)** and, throughout your time with us, you'll be encouraged and supported to become both student and

trainee members – before applying for full accreditation. We also meet the training requirements for the **British Association for Counselling and Psychotherapy (BACP)** and, after your first two years, you'll be able to apply for registered membership.

Please note, to apply for UKCP accreditation, you'll need to have accrued at least 450 supervised client hours.

London-centric learning

With London on your doorstep, you'll have opportunities to engage with all aspects of the industry – gaining practical experiences and building valuable relationships.

- **Join guest speakers on campus** – e.g., author and counselor, Dr Dwight Turner
- **Experience placements** at both private clinics and public institutions, such as the NHS
- **Participate in international lectures**, like the 'Meaningful conversations' series
- **Meet successful alumni** and academics who have launched careers all over the world
- **Have work published in papers** such as the Journal of Psychological Therapies

A tailored experience

We put you in the driving seat – shaping your education from day one:

- **Your own support officer:** receive tailored advice and support when needed
- **Academic guidance:** access regular one-to-one sessions and a unique open door policy
- **Designated placements officer:** helping you to secure a placement early on

Download course specification (<https://www.regents.ac.uk/sites/default/files/2024-10/MA%20Psychotherapy%20%26%20Counselling%20Course%20Specification%2024-25.pdf>).



Lecture with Integrative Psychotherapist,
Dwight Turner

How to apply

Applying to Regent's is quick and easy. We accept direct applications year-round and there's no application fee. If you haven't received your exam results, you can still apply and we'll issue you with a conditional offer. You just need be clear in your application which qualifications you're currently studying for.

Step 1: Apply

- On our website, details here (<https://www.regents.ac.uk/admissions/how-to-apply>).

During the application process, you'll have the chance to upload supporting documents, including:

- A copy of your passport (photograph ID page)
- Academic transcripts and certificates from all previous studies
- A 500-700 word personal statement (view guidance (<https://www.regents.ac.uk/admissions/how-to-write-your-personal-statement>))
- If you're not a native English speaker, proof of your English proficiency

Step 2: Receive a response

You can expect to receive a decision on your application within 10 working days. We'll assess whether you meet our entry requirements and will notify you of our decision via email. UCAS applicants will also receive official notification via the UCAS system.

For some of our courses, the selection process may include an interview or audition. They can take the form of a one-to-one interview, a group interview or a portfolio review, which may be conducted by telephone or online. Arrangements of these are made between you and the Admissions department.

Step 3: Accept your offer

If you wish to accept your offer, you must pay your (non-refundable) advance tuition fee deposit. This will confirm your place. Here's how (<https://www.regents.ac.uk/admissions/how-to-pay>).

Step 4: Register

Closer to the start of term, our Admissions team will send instructions regarding your registration process. This will include information on completing your online enrolment before you arrive, as well as a checklist of documents you'll need to bring with you to campus.

Scholarships and funding

There are a wide variety of funding and scholarship opportunities to help you finance your studies. For more information, please visit our scholarships and funding page (<https://www.regents.ac.uk/study/scholarships-funding>).

Fees

Tuition fees per academic year:

- £10,500

Dissertation fee in Year 3: £3,000

We've recently changed the name, modules and structure of this course. Find fees for September 2025 onwards here (<https://www.regents.ac.uk/postgraduate/psychotherapy-psychology/mprof-psychotherapy#fees>).

Non-refundable advance deposit:

UK students: £1,000

International students: £4,000

Read more about tuition fees (<https://www.regents.ac.uk/tuition-fees-september-2023-intake>).

If you receive an offer for a course, you'll receive a pro forma invoice. To accept your offer and secure your place, pay your deposit payment as soon as possible. The remaining portion of your first year's tuition fees will be due when you enrol. At this time, you'll receive your invoice for the full year. You can choose to pay for the year in full before the start of your first academic year or in three instalments, spread out across the academic year. The dates of these instalments will be determined by when your course starts.

What do fees include?

Fees cover the cost of all tuition and access to the University's IT infrastructure and library learning resources. Fees are presented for the first level of study which equates to two terms.

What other costs should I budget for?

You will need to budget additional funds for accommodation and living expenses, travel, and any additional trips, visits, activities or courses that you choose to participate in outside of the tuition offered as part of your course.

The library holds a limited number of copies of core textbooks and where possible in e-format. You will be encouraged to purchase your own textbooks and will need to budget approximately £80-£100 per year, depending on your course.

How you'll learn

At Regent's you'll have the freedom to explore your interests in a supportive and nurturing environment with interactive classes, regular one-to-one contact with tutors, specialist facilities, industry opportunities and tailored careers advice – ensuring you develop the skills, experience and confidence you need to succeed.

We centre our teaching around your individual goals, identifying the support you need to thrive. You'll be part of a collaborative environment, that brings all the nuances of psychotherapy to life in the classroom as you learn the most current approaches and gain the knowledge, practical skills and confidence to pursue a career in this life-changing field.

Rather than promote a single approach, we teach a range of perspectives (covering existential, psychoanalytic, humanistic and integrative) via debates, simulations and placements – preparing you to make informed choices in your practice and meet the professional challenges of this rapidly-evolving field.

You'll pair deep industry knowledge with hands-on experiences, taking part in a blend of learning formats to give your studies context:

- Seminars, lectures, tutorials
- Practical simulations and debates
- Professional clinical practice
- Training supervision
- Guest lectures and masterclasses
- Peer group participation
- Industry placements
- Independent individual therapy

Contact hours: during term time, you'll have at least six hours of contact time per week, taking place on a single day. In your second and third year, clinical work and placement supervision also require additional time – approximately half a day or more each week, both during and outside term time.

Teaching staff

You'll be taught by academics who all practice professionally and are recognised for excellence in their fields. They frequently speak at international conferences, so you can feel confident that you're being taught the most cutting-edge methodology and thinking, and practice a wide range of therapy approaches – ensuring you'll study contrasting views in an open and constructively critical arena.

You'll be allocated a personal tutor too, who'll meet you on a one-to-one basis at various stages throughout the year to support your personal and professional development.

We're really proud of the global nature of our courses, and our tutors also reflect this ethos – coming from a wide variety of countries and cultures across the world. In every way, you'll feel part of a global family.

Independent learning

Throughout the course, you'll be expected to undertake extra reading, research, revision and reflection, as well as preparing work for workshops, and working collaboratively with other students in preparation for assessment.

You'll be required to remain in once-weekly individual therapy with a UKCP member therapist throughout your training. You'll need to find your own therapist as this isn't something Regent's can provide, although we can assist with your search. Please note this isn't included within the course fee and prices vary.

Method of assessment

Your skills and knowledge will be assessed via academic essays, case study analysis, clinical portfolio, training supervision, process reports, reflections on skills practice and presentations. It's important to us that your learning and assessment is:

- Inclusive – fostering a student-focused approach
- Engaging – encouraging interaction and participation
- Authentic – based on real business challenges

Disability support

We welcome and support students with a wide range of disabilities and health concerns, including learning difficulties, visual and hearing impairments, mental health difficulties, autism conditions, mobility difficulties and temporary or chronic health conditions.

Our Student Support & Welfare team is here to support you. We ask that you speak with us as early as possible to enable us to support you. Find out more about our disability support (<https://www.regents.ac.uk/information/for-current-students/disability-mental-health>) and contact us (<mailto:disability@regents.ac.uk>).

Entry requirements check

Do you have a foundation certificate in
Psychotherapy and Counselling?

Academic requirements: Level 7

We're interested in your potential, as well as your prior achievements – and we review each application comprehensively on its own merit. You'll need the following qualifications:

- Minimum second class UK undergraduate degree (or equivalent)
- Introductory certificate in psychotherapy and counselling – minimum of 120 hours
- Minimum of six months' relevant work experience

As well as:

- A 500-700 word personal statement (<https://www.regents.ac.uk/admissions/how-to-write-your-personal-statement>) outlining your experience and ambitions
- A detailed CV outlining your academic qualifications and professional/voluntary history. **This must be accurate**, particularly in reference to your qualifications
- Two letters of recommendation – one academic, one work experience

You may also be required to attend an interview, where you'll:

- Engage in discussions and identify issues
- Relate to, and engage well with, others
- Share personal materials and experiences
- Reflect on personal learning experiences

Accreditation of Prior Experiential Learning

We also welcome applications from students who don't meet our usual entry requirements. To be accepted for exceptional entry, you must:

- Have relevant work experience if you hold a degree lower than a 2:2 (or don't have one)

You'll need to provide us with:

- A personal statement outlining your experience and ambitions – this must clearly detail how your work experience is relevant

This will be assessed on a case-by-case basis by academic referral only.

English language requirements

Minimum English proficiency requirement through one of the following qualifications (or equivalent):

Qualification	Subject	Grade
GSCE*	English	B (6)
IB SL or HL*	English A	5
IB HL*	English B	5
US HSD (studied in a majority English-speaking country)*	Grade 11 and above English	B
IELTS*	Academic	Overall score of 7.0, with 6.0 or above in each component

Qualification	Subject	Grade
UG degree	From English-speaking countries – defined by the UKVI	Second class

Please note, we do not accept home/online editions of English language tests.

**Qualification satisfies the English language requirements of the UKVI for non-UK/Irish nationals.*

We also offer conditional students a free, online diagnostic test known as the Regent's English Proficiency Test (REPT). This must be booked in advance. Discover more (<https://www.regents.ac.uk/english/regents-english-proficiency-test-rept>).

Careers

After completing the three-year taught programme, you may wish to progress onto the Postgraduate Certificate in Integrative Psychotherapy (<https://www.regents.ac.uk/postgraduate/psychotherapy-psychology/postgraduate-certificate-in-integrative-psychotherapy>) or Postgraduate Certificate in Existential Psychotherapy (<https://www.regents.ac.uk/postgraduate/psychotherapy-psychology/postgraduate-certificate-in-existential-psychotherapy>), the final stage of the four-year training that leads to eligibility for UKCP registration.

We aim to educate students to become skilful and ethical professionals – able to think independently, critically and creatively, and undertake highly responsible jobs.

Employment opportunities are wide ranging, with our graduates pursuing careers in NHS hospitals, GP practices, universities, colleges and schools, counselling centres, agencies offering specialised counselling, and private practice. Some graduates continue in their existing careers, working as practitioners on a part time, private basis.

Achievement of MA will enable you to pursue research to MPhil/PhD level, or use the theoretical knowledge and communication skills in writing and/or teaching in the field.

Careers support

Don't worry if you feel overwhelmed – our Careers, Enterprise and Industry team (<https://www.regents.ac.uk/study/careers>) are here to provide personalised advice and access to resources **for life!**

- 24/7 access to online guidance and resources
- Exclusive internships, networking opportunities and industry events
- Personalised consultations – from interview and CV prep to business advice
- Access to Handshake (<https://www.regents.ac.uk/study/careers/our-services#digital-resources>), connecting you with 650k+ global employers

Influential alumni

- Dr Maria Luca (<https://www.regents.ac.uk/dr-maria-luca>) – psychotherapist and lecturer with three internationally-recognised books

Structure

During term time you'll attend classes for around six hours, once a week. Lessons will be supplemented by personal study, clinical placement practice and personal therapy.

Please note, all Special Elective modules are subject to availability.

Induction – students starting in January 2025

Tuesday cohort

Starting 14 January 2025

10:00 – 17:00

Wednesday cohort

Starting 15 January 2025

10:00 – 17:00

Thursday cohort

Starting 16 January 2025

10:00 – 17:00

Induction – students starting in September 2025

Wednesday cohort

Starting 10 September 2025

10:00 – 17:00

Thursday cohort

Starting 11 September 2025

10:00 – 17:00

Friday cohort

Starting 12 September 2025

10:00 – 17:00

View our academic calendar (<https://www.regents.ac.uk/admissions/academic-calendars>).

Course structure

Year one

- Theories of psychotherapy – psychoanalytic, existential, humanistic/integrative
- Training seminars on skills from various approaches, skills practice and evaluation
- Personal and professional development (PPD) groups
- Independent study (self-directed)
- Personal therapy (minimum weekly)

Year two

- Academic seminars on the three core approaches above
- Placement in an approved setting – to gather 100 client contact hours*
- Training supervision linking academic learning with clinical work
- Personal and professional development (PPD) groups
- Independent study (self-directed)
- Personal therapy (minimum weekly)

*Private practice is not accepted as a clinical placement in Year two.

Year three (taught pathway)

- Choose from two pathways – Integrative or Existential psychotherapy
- Academic seminars on aspects of theory and practice
- Placement in an approved setting – to gather another 100 client contact hours*
- Training supervision linking academic learning with clinical work
- Personal and professional development (PPD) groups
- Independent study (self-directed)
- Personal therapy (minimum weekly)

*Private practice is limited to a maximum of 20%.

For applicants considering the January intake: please note, before commencing your third year, there will be a pause in studies and the course will recommence in September of the same year. This could result in a 9 month pause.

OR

Year three (dissertation pathway)

- Five days of research methods seminars
- Submission and ethics approval of research protocol
- Twenty-five hours of research supervision (representing total tutor engagement)
- Regular supervision meetings throughout the year – onsite or online
- Submission of a research dissertation of 14,000 – 16,000 words

Additional information

Prior to the start of the course, you'll be required to attend an induction day to register and meet your classmates. This usually runs from 09:00-16:30.

You must complete a minimum of 100 hours of supervised clinical practice during years two and three. This means meeting with a minimum of three adult clients at least once per week, which will count towards the total of 450 hours needed for UK Council for Psychotherapy (UKCP) membership.

MA Psychotherapy and Counselling

Year 1

Module title	
	<p>As part of the course rationale of allowing competing and diverse approaches to be considered, knowledge of theory and experience of practice in humanistic and integrative approaches is part of attaining competence in the complex and specialised profession of individual adult psychotherapy.</p> <p>The aims of the module are to enable students to:</p> <ul style="list-style-type: none"> • Acquire knowledge of the origins and development of a range of humanistic and integrative approaches to psychotherapy, including experiential and transpersonal approaches, and gain understanding of the concepts that underpin these, taking into account the socio-political dimension • Explore the divergent views on theory and practice which the various approaches to humanistic and integrative psychotherapy hold • Examine how various approaches to humanistic and integrative theory and concepts may relate to technique and skills, placing this in the wider psychotherapeutic context; • Practice the application of humanistic and integrative techniques and skills in the clinically simulated, controlled environment of the classroom • Engage in insight-orientated learning regarding self and others through peer group participation
	<p>Knowledge of theory and experience of practice in psychoanalytic approaches to psychotherapy. The aim of the module is to provide students with an in-depth understanding of key psychoanalytic concepts.</p> <p>The aims of the module are to enable each student to:</p> <ul style="list-style-type: none"> • Acquire knowledge of the origins and development of psychoanalytic theory, and gain understanding of the core psychoanalytic concepts that underpin theory • Explore the divergent views on theory and practice within the psychoanalytic approaches • Examine how various approaches to psychoanalytic theory and concepts may relate to techniques and skills, and to address the social context of the psychotherapeutic encounter • Encourage students to reflect on the ethical, social and cultural dimension when practicing their skills in the controlled environment of the classroom

	<ul style="list-style-type: none"> • Engage in insight-oriented learning regarding self and others through peer group participation
	<p>As part of the course rationale of allowing competing and diverse approaches to be considered, knowledge of the theories, and experience of practice in existential-phenomenological approaches are seen as part of attaining competence in the complex and specialised profession of individual adult existential psychotherapy.</p> <p>Therefore, the aims of the module are to enable students to:</p> <ul style="list-style-type: none"> • Acquire knowledge of the philosophical underpinnings and development of existential-phenomenological approaches, and gain understanding of the core concepts that underpin this approach • Explore the divergent views on theory and practice that existential approaches hold, as well as the controversies that result in relation to diagnostic systems and outcome measures • Examine how various existential-phenomenological approaches understand techniques and skills, in relation to cultural expectations and psychotherapeutic context • Practice therapeutic encounters from an existential-phenomenological approach, in the clinically simulated controlled environment of the classroom • Engage in insight-orientated learning regarding self and others through peer group participation

Year 2

Module title	
	<p>The Module rationale is to provide an advanced knowledge and clinical experience of the practice of contemporary psychoanalytic, existential-phenomenological and humanistic and integrative psychotherapy approaches. This, combined with the clinical engagement and clinical / training supervision, constitutes a further stage of attaining the standard of proficiency needed in the process of becoming a competent and professionally qualified adult psychotherapist and counsellor.</p> <p>The aims and objectives of the Module are to enable each student to:</p> <ul style="list-style-type: none"> • Further enhance knowledge and understanding of the practice of the psychoanalytic, existential – phenomenological and humanistic and integrative approaches • Acquire clinical skills of working with clients ethically, professionally and competently in a professional setting, applying theories taught on the programme • Examine case studies in their social context and demonstrate sensitivity in regard to issues of social similarity and difference such as race, culture, gender, class, sexuality, age and mental and physical ability • Present for discussion and review by supervisor and peers, in training supervision groups, clinical material demonstrating experience of psychotherapeutic practice in clinical placement; participate actively in discussion and review of the clinical material of others • Engage in advanced reflexive learning about self and others through experiential peer group participation
	<p>The Module rationale is to provide an advanced knowledge of the theory of contemporary psychoanalytic, existential-phenomenological and humanistic and integrative psychotherapy approaches. This constitutes a further stage of attaining the standard of proficiency needed in the process of becoming a competent and professionally qualified adult psychotherapist and counsellor.</p>

The aims and objectives of the Module are to enable each student to:

- Further enhance knowledge and understanding of the psychoanalytic, existential – phenomenological and humanistic and integrative approaches.
- Acquire knowledge on the developments in theories and concepts of the contemporary psychoanalytic, existential-phenomenological and humanistic and integrative approaches and examine their impact on practice.
- Further enhance critical thinking through engagement with the contemporary psychotherapy theories and the key controversies and debates within, as well as between, the taught modalities.
- Explore and critically examine the value of theories and concepts in their contemporary social context and demonstrate sensitivity with regards to issues of social similarity and difference, such as race, culture, gender, class, sexuality, age, religion, and mental and physical ability.
- Engage in advanced reflexive learning about self and others through experiential peer group participation.

Year 3 – Existential Pathway

Module title	
	<p>This module builds upon the learning acquired from Years 1 and 2 of the MAPC programme to focus on the development of the skills, qualities and attributes required in becoming a competent, ethical and humane existential psychotherapist. The aim to exhibit humility and discernment in all areas of professional practice.</p> <p>You will begin to bridge the gap between existential philosophical ideas as intellect and the embodiment of philosophical enquiry as action and process. You will develop phenomenological practice as a fundamental method of existential psychotherapy by learning to incorporate phenomenology into your way of being. This will lead to looking afresh at yourself, others and the world. This module seeks to foster an open and enquiring attitude and to explore the power relations which are inherent and inevitable in the psychotherapeutic encounter. Practising and developing such a way of being requires, in all aspects of the course and in professional life, the courage to step-up to the challenge of recognising, remaining with and exploring emotional discomfort and to embody 'fearless speech'.</p>
	<p>This module builds on the knowledge, understanding and skills acquired in the first two years of the programme through a deeper immersion into primary and secondary existential texts and to consider the position the existential psychotherapy occupies in the wider mental health field. Through close reading of texts coupled with ensuing dialogue within the group the aim is to deepen knowledge and understanding beyond the cognitive level and into a realm in which this very knowledge and understanding is incorporated into a different way of perceiving and making sense of phenomena. The aim is make a significant step in relation to clarifying your identity as a becoming existential psychotherapist through a recognition of your place within the mental health system which includes the NHS (IAPT and NICE guidelines), psychopathological categories as well as the place of professional bodies such as the UKCP.</p> <p>The module comprises three subject areas, one for each term:</p> <ul style="list-style-type: none"> • Heidegger and Existential Psychotherapy

- Ethics, Language and Professional Practice
- Critical Psychopathology

Year 3 – Integrative Pathway

Module title	
	<p>This module aims to build on the clinical and experiential training in years 1 and 2 of the MA. It aims to develop the skills, qualities and attributes required to become a competent, ethical and humane integrative psychotherapist. The module is composed of supervision, both training and clinical, which will continue to monitor the trainee's clinical work with supervisor and peer feedback, and also an experiential personal and professional development group which will enable trainees to further the development of their emotional and relational maturity. The student will be required to be in a clinical placement and to have ongoing personal therapy for the duration of the course.</p>
	<p>The module aims to build on the foundations of the learning on the MA Years 1 and 2 in terms of a grounding in the basic approaches of psychodynamic, existential and humanistic therapy, and to help the trainee to follow a personal journey of becoming a professional integrative psychotherapist in the modern world.</p> <p>This module will further widen the trainee's knowledge and understanding, with a view to them being able to integrate different contemporary perspectives into their professional practice and equip them with the tools to practice integrative psychotherapy in the professional world of today. The trainee will not only learn about these perspectives in theory but also be able to embody them in their practice.</p> <p>The module is composed of three subject areas designed to address all aspects of working as a modern professional therapist, including setting up in private practice, working for institutions like the NHS, how to use research to inform practice, aspects of governmental directives for psychotherapy like IAPT and the NICE guidelines, the use of psychiatry and cognitive behavioural therapy as related to integrative psychotherapy, the role of UKCP and BACP and many others.</p> <p>Those subject areas are:</p> <ul style="list-style-type: none"> • Professional Issues in Practice • Critical Psychopathology • Cognitive Behavioural Therapy

Year 3 – Dissertation Pathway

Module title	
	<p>There is a growing professional and economic imperative for psychotherapists to be aware of the debate about the efficacy of psychotherapy and what works and for whom. How can the practice of psychotherapy be researched, outcomes be measured and what is the importance of context and environment in such research. A research-oriented approach entails practitioners being critical and reflexive so that they can build theory, engage as practitioner</p>

researchers and ensure their practice is informed by research.

The aims of this module are to enable students to understand how to construct and determine a research project and write a Masters-level dissertation and explore the principal approaches to both quantitative and qualitative research, and acquire an appreciation of their relevance to psychotherapy and counselling.



“ 'This MA has exposed me to a wide range of approaches, which has enabled me to collect pearls of knowledge that enhance my personal development and take my clinical practice to a whole new level.' ”

Farzana Numan, MA Psychotherapy & Counselling student

“ 'This course provided me with a sound basis on which to form my identity as a therapist. It has an open, integrative attitude towards varying theory and techniques, which afforded me to develop my interests without becoming dogmatic about orientation'. ”

Sara Rourke, MA Psychotherapy & Counselling alumna



Other Psychotherapy & Psychology courses

Psychology (Conversion) MSc

Convert your degree into a qualification accredited by the British Psychological Society.

(<https://www.regents.ac.uk/postgraduate/psychotherapy-psychology/msc-psychology>).

Marketing Psychology MSc

Uncover cutting-edge techniques for reaching customers and analysing their behaviour.

(<https://www.regents.ac.uk/postgraduate/marketing/msc-marketing-psychology>).

Contact Us

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All Contact Options (<https://www.regents.ac.uk/about/contact-us>)

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