PROGRAMME SPECIFICATION – POSTGRADUATE PROGRAMMES

KEY FACTS

<table>
<thead>
<tr>
<th>Programme name</th>
<th>Health Psychology</th>
</tr>
</thead>
<tbody>
<tr>
<td>Award</td>
<td>DPsych</td>
</tr>
<tr>
<td>School</td>
<td>School of Arts and Social Sciences</td>
</tr>
<tr>
<td>Department or equivalent</td>
<td>Department of Psychology</td>
</tr>
<tr>
<td>Programme code</td>
<td>DSDCPS</td>
</tr>
<tr>
<td>Type of study</td>
<td>Full Time Part Time</td>
</tr>
<tr>
<td>Total UK credits</td>
<td>550</td>
</tr>
<tr>
<td>Total ECTS</td>
<td>275</td>
</tr>
</tbody>
</table>

PROGRAMME SUMMARY

The Doctorate in Health Psychology programme aims to equip students with practical skills and sound theoretical principles in the practice of health psychology.

The criteria for training are laid down in standards of proficiency approved and published by the Health Professions Council (HPC). The programme is also accredited by the British Psychological Society (BPS). The academic requirements for Doctorate in Health Psychology at City University have been set to ensure that students are taught professional and research skills that meet the requirements of doctoral level.

The programme aims to provide professional and academic training that will enable trainees to work as health psychologists in a broad range of settings, including the NHS, charities, industry, government, private practice and academic and research settings, among others.

The trainee must have completed the minimum of 2 years full time supervised practice.

To qualify for the DPsych in Health Psychology, trainees must have completed all the assessments to an acceptable standard as judged by an internal and external examiner. The trainee will be required to present their portfolio of practice for examination and questioning. All modules are pass or fail, therefore there is no aggregation of marks. Trainees will be awarded an overall pass on successful completion of the modules. Trainees can then apply to the BPS for chartership and continue the DPsych pathway by extending the research thesis to 30,000 words plus two publishable journal articles. The extension to the thesis must include further studies at doctoral level that add to the applied knowledge in the trainee's chosen field of health psychology.

Trainees will be allowed one re sit of the examination of the portfolio of practice should they fail the first attempt. For minor amendments, the trainee can re submit the portfolio only. For major amendments, the trainee will have to resubmit the portfolio and have another viva.

The training provides support and guidance to trainees working in the field of health psychology who wish to obtain chartered status. It develops the trainee's practical skills and ability to integrate theory into practice. The training aims to develop trainees into independent and self-critical learners. The trainee will learn to become capable of
supporting the learning of others, leading and working effectively in groups, using a wide range of learning resources, undertaking innovative research tasks, communicating complex or contentious information clearly and effectively to specialists and non-specialists and acting as an effective consultant.

At the end of the training, the trainee will be able to work independently and ethically in all the chartered health psychologist core competencies and continue with their own professional development.

WHAT WILL I BE EXPECTED TO ACHIEVE?

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

Knowledge and understanding:
- Demonstrate an in depth and systematic understanding of a substantial body of health psychology practice knowledge.
- Demonstrate an in depth understanding of the BPS code of conduct and ethical approval procedures and the ability to manage ethical dilemmas.
- Have a comprehensive understanding of research methodologies in health psychology.

Skills:
- Act autonomously and adapt appropriate health psychology theory to practice.
- Critically evaluate and undertake an analysis of complex literature appropriate to the various theoretical models in health psychology.
- Develop independence and the capacity to be a self-guided critical learner.
- Critically reflect on own and other's practice in order to improve practice.
- Undertake a synthesis of literature that can contribute to the development of knowledge in health psychology.
- Synthesise health psychology knowledge and contribute to the development of practice.
- Have a level of conceptual understanding and critical capacities that will allow independent evaluation of research, advanced scholarship and methodologies and be able to argue alternative approaches.
- Act as a consultant health psychologist.
- Maintain and develop constructive and appropriate relationships with professional colleagues.
- Manage the implications of ethical dilemmas and practical barriers and work productively to develop solutions.
- Act independently and with originality in problem solving and be able to lead in planning and implementing tasks.
- Manage ethical dilemmas.
- Carry out consultancy within an agreed timeframe.
- Conduct health psychology research at doctoral level.
- Ability to plan, deliver and evaluate teaching/training programmes.
- Ability to acquire at least 2 additional health psychologist competences.
Values and attitudes:
- Critically evaluate oneself as a professional and the context of practice.
- Understand the parameters of professional practice in terms of behaviour and attitudes.
- Ensure compliance with legal and ethical practice.
- Highlight the importance of continued professional development.

This programme has been developed in accordance with the QAA Subject Benchmark for the discipline.

HOW WILL I LEARN?

The training uses a range of learning and teaching methods such as seminars, group work, group discussion, role play, trainee presentations, optional and core workshops, group supervision of practice and one to one supervision of practice.

The trainee will be allocated a main supervisor who is responsible for the trainee's professional development as a health psychologist and as pastoral support. A workplace contact must be identified by the trainee prior to the commencement of the training. Ideally the workplace contact will be a chartered psychologist but in some cases this may not be possible. If the workplace contact is not a chartered psychologist, s/he must have an expertise in the area in which the trainee specialises and have managerial experience. The workplace contact will have regular contact with the trainee and guide the trainee in their supervised practice. The supervisor will offer the trainee independent expertise and guidance in the stage 2 health psychology competencies. The supervisor will help the trainee to reflect on professional development and understand learning needs.

WHAT TYPES OF ASSESSMENT AND FEEDBACK CAN I EXPECT?

Assessment and Assessment Criteria

Assessment is via a presentation and examination of a portfolio of practice which includes:

<table>
<thead>
<tr>
<th>CORE COMPETENCE/MODULE</th>
<th>ASSESSMENT</th>
<th>LOCATION</th>
<th>CREDITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supervised practice</td>
<td>A workplace contract and work attendance record as evidence the trainee has completed at least 2-years of supervised practice by a Qualified Health Psychologist or pro-rata equivalent.</td>
<td>Practice Log</td>
<td>0</td>
</tr>
<tr>
<td>Supervision Plan (PSD001)</td>
<td>Original supervision plan plus any amendments</td>
<td>Practice Log</td>
<td>30</td>
</tr>
<tr>
<td>Course Name</td>
<td>Description</td>
<td>Document Type</td>
<td>Words</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------------------------------------------------------------</td>
<td>-----------------------------------</td>
<td>-------</td>
</tr>
<tr>
<td><strong>Generic Professional (PSD002)</strong></td>
<td>A Supplementary report (3,000 words) detailing how supervised practice has established the generic professional competence.</td>
<td>Bound research thesis (Section C)</td>
<td>70</td>
</tr>
<tr>
<td></td>
<td>A supervisor’s evaluation report or a workplace contact report.</td>
<td>Practice Log</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Attendance at core CPD workshops</td>
<td>Practice Log</td>
<td></td>
</tr>
<tr>
<td><strong>Consultancy (PSD007)</strong></td>
<td>A case study (3,000 words excluding appendices) with supporting evidence in appendices.</td>
<td>Bound research thesis (Section C)</td>
<td>50</td>
</tr>
<tr>
<td></td>
<td>A supervisor’s evaluation report or a workplace contact report.</td>
<td>Practice Log</td>
<td></td>
</tr>
<tr>
<td><strong>Training (PSD008)</strong></td>
<td>2 teaching and training case study (1 x 1000 &amp; 1 x 2000 words, excluding appendices) with supporting evidence in appendices.</td>
<td>Bound research thesis (Section C)</td>
<td>60</td>
</tr>
<tr>
<td></td>
<td>An observer’s report</td>
<td>Practice Log</td>
<td></td>
</tr>
<tr>
<td></td>
<td>A supervisor’s evaluation report or a workplace contact report.</td>
<td>Practice Log</td>
<td></td>
</tr>
<tr>
<td><strong>Behaviour Change (PSD009)</strong></td>
<td>A case study describing the process of conducting health psychology behaviour change interventions (3000 words excluding appendices) with supporting evidence in appendices.</td>
<td>Bound research thesis (Section C)</td>
<td>50</td>
</tr>
<tr>
<td></td>
<td>A supervisor’s evaluation report or a workplace contact report.</td>
<td>Practice Log</td>
<td></td>
</tr>
</tbody>
</table>
Assessment Criteria are descriptions, based on the intended learning outcomes, of the skills, knowledge or attitudes that you need to demonstrate in order to complete an assessment successfully, providing a mechanism by which the quality of an assessment can be measured. Grade-Related Criteria are descriptions of the level of skills, knowledge or attributes that you need to demonstrate in order achieve a certain grade or mark in an assessment, providing a mechanism by which the quality of an assessment can be measured and placed within the overall set of marks. Assessment Criteria and Grade-Related Criteria will be made available to you to support you in completing assessments. These may be provided in programme handbooks, module specifications, on the virtual learning environment or attached to a specific assessment task.

Feedback on assessment

Feedback will be provided in line with our Assessment and Feedback Policy. In particular, you will normally be provided with feedback within three weeks of the submission deadline or assessment date. This would normally include a provisional grade or mark. For end of module examinations or an equivalent significant task (e.g. an end of module project), feedback will normally be provided within four weeks. The timescale for feedback on final year projects or dissertations may be longer. The full policy can be found at: https://www.city.ac.uk/__data/assets/pdf_file/0008/68921/assessment_and_feedback_policy.pdf

Assessment Regulations

In order to pass your Programme, you should complete successfully or be exempted from the relevant modules and assessments and will therefore acquire the required number of credits.

The Pass mark for each module is 50%.

If you fail an assessment component or a module, the following will apply:
1. Compensation: where you fail up to a total of 20 credits at first or resit attempt (15 for a Postgraduate Certificate), you may be allowed compensation if:
   - Compensation is permitted for the module involved (see the module specification), and
   - It can be demonstrated that you have satisfied all the Learning Outcomes of the modules in the Programme, and
   - A minimum overall mark of no more than 10 percentage points below the module pass mark has been achieved in the module to be compensated, and
   - An aggregate mark of 50% has been achieved overall.

If you receive a compensated pass in a module you shall be awarded the credit for that module. The original component marks shall be retained in the record of marks and the greater of the original module mark and the minimum pass mark for the module shall be used for the purpose of calculation towards the Award.

2. Resit: you will normally be offered one resit attempt. However, if you did not participate in the first assessment and have no extenuating circumstances, you may not be offered a resit.

If you are successful in the resit, you shall be awarded the credit for that module. The mark used for the purpose of calculation towards your Award shall be calculated from the original marks for the component(s) that you passed at first attempt and the minimum pass mark for the component(s) for which you took a resit.

If you do not satisfy your resit by the date specified you will not progress and the Assessment Board shall require that you withdraw from the Programme.

If you fail to meet the requirements for the Programme, but satisfy the requirements for a lower-level Award, then a lower qualification may be awarded as per the table below. If you fail to meet the requirements for the Programme and are not eligible for the award of a lower level qualification, the Assessment Board shall require that you withdraw from the Programme.

If you would like to know more about the way in which assessment works at City, please see the full version of the Assessment Regulations at: http://www.city.ac.uk/__data/assets/word_doc/0003/69249/s19.doc

### WHAT AWARD CAN I GET?

**Doctorate Degree:**

<table>
<thead>
<tr>
<th>HE Level</th>
<th>Credits</th>
<th>Weighting (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taught</td>
<td>8</td>
<td>260</td>
</tr>
<tr>
<td>Dissertation</td>
<td>8</td>
<td>290</td>
</tr>
</tbody>
</table>
WHAT WILL I STUDY?

Taught component

Trainees have to take 5 core modules worth 260 credits. In order to be awarded the DPsych trainees must complete a Research thesis in Health Psychology which is worth 290 credits.

Trainees must be working in a health psychology related area for the equivalent of 2 years full-time. Trainees must first complete a supervision plan with their supervisor ideally in the first 4 months of the course but no later than 6 months. The training and supervision provided by City University is concurrent with supervised practice. This health psychology practice will be supervised by a BPS trained Stage 2 supervisor.

During the supervised practice, trainees must complete a practice log documenting evidence and learning related to health psychology competencies. At the end of a minimum of 2 years of supervised practice, they must write a supplementary report summarising their generic professional skills. The supervised practice is supported by workshops, seven of which are compulsory. Trainees must attend 80% of the core workshops. However in some cases, this may be less, if the trainee has already demonstrated evidence of the core skills prior to the workshop. Optional units are provided in the City University team’s areas of expertise. The City University team place an emphasis on acquiring interventional skills for the optional units. Trainees must meet with their supervisor at least 6 times a year. A record of supervision and outcomes must be recorded by the trainee. Trainees must demonstrate competence in a further 5 areas (research, consultancy, training and 2 optional units) and write case studies with supporting evidence. Trainees will be given feedback on the competencies and assessment throughout the 2 years. They will be formally assessed at the end of a minimum of 2 years full time supervised practice. The minimum registration period is 2 years and the maximum period is 4 years.

<table>
<thead>
<tr>
<th>Module Title</th>
<th>SITS Code</th>
<th>Module Credits</th>
<th>Core/Elective</th>
<th>Can be Compensated?</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supervision Plan for Health Psychology</td>
<td>PSD001</td>
<td>30</td>
<td>C</td>
<td>N</td>
<td>8</td>
</tr>
<tr>
<td>Generic Professional Skills for Health Psychology</td>
<td>PSD002</td>
<td>70</td>
<td>C</td>
<td>N</td>
<td>8</td>
</tr>
<tr>
<td>Consultancy Skills for Health Psychology</td>
<td>PSD007</td>
<td>50</td>
<td>C</td>
<td>N</td>
<td>8</td>
</tr>
<tr>
<td>Training Skills for Health Psychology</td>
<td>PSD008</td>
<td>60</td>
<td>C</td>
<td>N</td>
<td>8</td>
</tr>
<tr>
<td>Behaviour Change</td>
<td>PSD009</td>
<td>50</td>
<td>C</td>
<td>N</td>
<td>8</td>
</tr>
</tbody>
</table>

Dissertation component

1) The trainee must have completed the minimum of 2 years full time supervised practice.
2) To qualify for the DPsych in Health Psychology, trainees must have completed all the assessments to an acceptable standard as judged by an internal and external examiner. The trainee will be required to present their portfolio of practice for examination and questioning. All modules are pass or fail, therefore there is no aggregation of marks. Trainees will be awarded an overall pass on successful completion of the modules. Trainees can then apply to the BPS for chartership and continue the DPsych pathway by extending the research thesis to 40-45,000 words. The extension to the thesis must include further studies at doctoral level that add to the applied knowledge in the trainee’s chosen field of health psychology.

To be eligible for the DPsych trainees must complete a Research thesis in Health Psychology which is worth 290 credits.

Students must complete a Health Psychology Research Project worth 290 credits.

<table>
<thead>
<tr>
<th>Module Title</th>
<th>SITS Code</th>
<th>Module Credits</th>
<th>Core/Elective</th>
<th>Can be Compensated?</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>DPsych Health Psychology Thesis</td>
<td>PSD010</td>
<td>290</td>
<td>C</td>
<td>N</td>
<td>8</td>
</tr>
</tbody>
</table>

TO WHAT KIND OF CAREER MIGHT I GO ON?

If you would like more information on the Careers support available at City, please go to: http://www.city.ac.uk/careers/for-students-and-recent-graduates.

WILL I GET ANY PROFESSIONAL RECOGNITION?

Accrediting Body: British Psychological Society
Approved by the Health Professions Council

Nature of Accreditation

The programme is accredited with the BPS. The award meets the requirements for chartering with the British Psychological Society.
The programme is approved by the HPC. The award meets the requirements for application for registration with the HPC.
The programme was visited and approved by the BPS and the HPC in 2012.

HOW DO I ENTER THE PROGRAMME?

The programme is accredited by the BPS as providing Stage 2 training in order to become a Chartered Health Psychologist.

Entry Requirements

BSc in Psychology, (minimum 2:1), giving Graduate Basis for Chartership (GBR) with the British Psychological Society (BPS).
MSc in Health Psychology accredited by the BPS (minimum 60 or higher on
dissertation component).

   English language: Students whose first language is not English require a
minimum of IELTS 6.5 (with no less than 6.0 in the writing element).
   12 months professional experience in research or a health psychology related
area is desirable.
   An arrangement to practice as a health psychologist trainee. This can be either
paid or voluntary.
   A workplace contact who is ideally a chartered psychologist.
   A police check (Criminal Records Bureau).