

Indicative Modules

Therapeutic Counselling: This module introduces students to a range of theoretical approaches and applications in counselling and psychotherapy, with a focus on the Person Centred approach. Counselling theories and psychotherapy practice in different fields such as clinical, educational, organisational and health are covered. Teaching of these topics is informed by the most recent research and clinical practice experiences. Students engage in a range of role plays and simulated counselling and therapy sessions, and examine case studies, which enable an in depth understanding of the theoretical underpinning of counselling and psychotherapy and how they are put into practice.

Positive Psychology in Practice: This module introduces students to a range of problems, situations and contexts where positive psychology is applied, such as clinical, educational, organizational and health settings. Students will critically examine case studies and design their own interventions for individuals recovering from trauma or experiencing mental health issues, by breakdown reflecting elements of positive psychology interventions and considering the evidence base from recently published research. Students also learn about how positive psychology interventions can be applied most effectively in organisations, and examine and critique evidence-based interventions in a variety of group settings (e.g. to business employees, teachers and nursing staff).

Supervised Counselling Practice: This module provides students with the opportunity to gain knowledge and develop core skills to provide counselling and psychotherapy for a range of problems such as stress, depression, trauma, worry and anxiety disorders. Different counselling and psychotherapy approaches will be explored, and students will learn how apply those techniques in practice with clients under close supervision. This module increases self-awareness, develops skills to become a reflective practitioner, and promotes the acquisition of Positive Psychotherapy techniques and the understanding of how and when to use these in the counselling and therapeutic practice. In addition to the above, you will also develop competency in working with clients from diverse backgrounds, and in adhering to ethical standards and professional boundaries.



This programme is ideal for you if you are interested in practicing counselling and becoming a specialist in Positive Psychology. You will develop advanced counselling knowledge and skills, in addition to essential research skills. We'll support you as you explore the latest theories, research and interventions in positive psychology, whilst also developing your counselling skills through a supervised counselling placement of 120 hours. You will be able to apply the skills learnt on this MSc within health and social care settings, private practice, research and teaching, and management roles where working with people is the prime focus.

why choose this programme

Highly qualified
experienced and supportive
instructors

120 hour
supervised counselling placement

**Develop an advanced
critical knowledge**
of theories, research and
interventions in Positive Psychology

Conduct research
with the support of our specialized
research supervisors and full time
Psychology Technician, in a dedicated
Psychology Research Laboratory

Classes take place
on Friday evenings
and on Saturdays

Evaluation
through activities and tasks



“ Graduates can apply the skills learnt on this MSc within health and social care settings, private practice, research and teaching, and management roles where working with people is the prime focus. Our graduates can become members of the British Association for Counselling and Psychotherapy (BACP), the International Positive Psychology Association and the Hellenic Association of Positive Psychology (upon individual application). Some of our past graduates have remained with the University to pursue PhD research.



Apply Now!
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tel.: +30 2310 88 98 79
info@nyc.gr, www.nyc.gr



NYC ATHENS CAMPUS
ATHENS, SYNTAGMA



NYC THESSALONIKI CAMPUS
THESSALONIKI



UNIVERSITY OF NEW YORK
IN PRAGUE (UNYP)
PRAGUE



NEW YORK COLLEGE
THE INTERNATIONAL COLLEGE OF GREECE
The LEADING College
of University Studies in Greece:
The ONLY Greek College with expertise in founding and
operating Private Universities in Europe!

MSc Counselling and Positive Psychology

Elevate Lives
Empower Minds



NEW YORK COLLEGE
THE INTERNATIONAL COLLEGE OF GREECE

The **MSc Counselling and Positive Psychology** of the University of Bolton- Greater Manchester is an 18 month full-time programme. The programme involves the comprehensive study of core areas in positive psychology, including the latest theories, research and individual as well as group interventions. The programme also leads to an advanced understanding of the theoretical and ethical foundations of good counselling, as well as a 120 hour supervised counselling practice placement to advance practical skills in counselling with a focus on the person centred approach. Topics covered include Therapeutic Counselling, Research Methods in Counselling and Coaching, Foundations of Positive Psychology, Positive Psychology in Practice, Qualitative Inquiry, Supervised Counselling Practice and a research Dissertation in the final semester.

THERAPEUTIC COUNSELLING



POSITIVE PSYCHOLOGY IN PRACTICE



120 HOUR SUPERVISED COUNSELLING PRACTICE



RESEARCH METHODS IN COUNSELLING AND COACHING



MANY CAREER PATHS

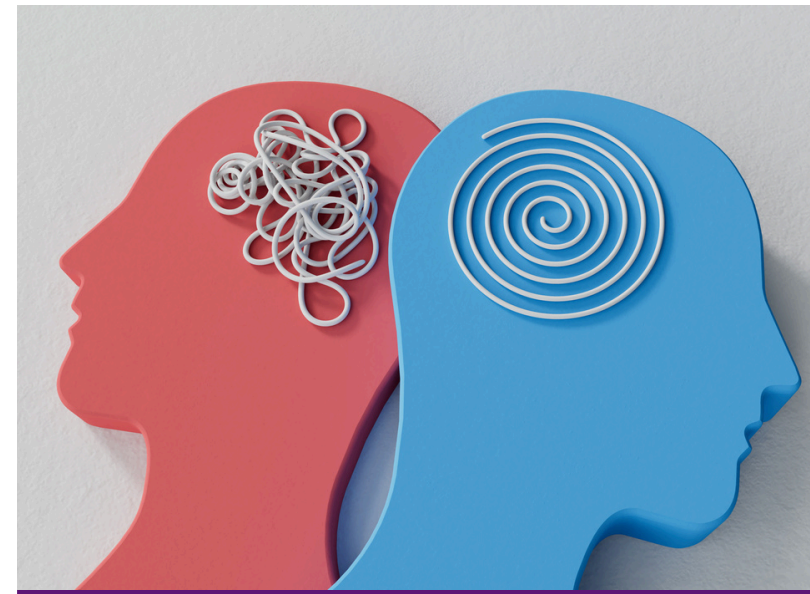


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Our expert team will encourage you to develop your intellectual and practical counselling skills to a very high professional standard. This course will also support the development of the personal and practical skills required for a successful career as a counselling practitioner and expert in Positive Psychology. We can also support you as you continue your academic career with a doctorate. Some of our past graduates have remained with the University to pursue PhD research in Positive Psychology and/or psychotherapeutic processes. Others have used the skills they developed during the course in private practice as psychologists, psychotherapists, in Human Resources Departments, as leadership coaches and in educational settings. With the support of our highly skilled, supportive and experienced course team, you will flourish and maximise your potential!

-Programme Leader: Antonia Svensson, PhD

Head of Psychology Department
Associate Dean, New York College



Programme Duration

18 months full-time

Classes take place
on Friday evenings & on Saturdays

GUARANTEES high level professionals IN PSYCHOLOGY

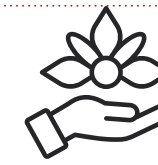


First of all, I would like to express my gratitude to my Programme Leader Dr Svensson for all her help and time advising and supporting me at the start of my Masters degree and throughout, whenever I faced any obstacle or challenge in fact. I was very happy to be an MSc in Counselling and Positive Psychology student at New York College. I really liked my studies and, in addition, I loved my tutors... Never before have I had the privilege of being taught by such high-level tutors!

Alla Veremchuk

MSc Counselling and Positive Psychology graduate

Programme Curriculum



Therapeutic Counselling



Foundations of Positive Psychology



Positive Psychology in Practice



Supervised Counselling Practice 1



Qualitative Inquiry



Research Methods for Counselling and Coaching



Positive Psychology Dissertation

University of Bolton Greater Manchester

IN THE 30 BEST UNIVERSITIES IN THE UK!
(Guardian 2024)

The state UNIVERSITY OF BOLTON is located in the Greater Manchester area of England with a history dating back to 1824. According to the Guardian (Best UK Universities 2024 – rankings), to UNIVERSITY OF BOLTON is ranked among the 30 best universities in the UK. Recently, the BBC highlighted the UNIVERSITY OF BOLTON as a model for UK Universities, regarding its operating standards for student safety from the Covid-19 pandemic and the UK Education Secretary Michelle Donelan, from the floor of the House of Commons, referred to the "amazing work the University is doing".

New York College has a franchise agreement under the Greek Ministry of Education legislation and the degree you will receive at the end of your studies is awarded by the University itself.

**Greater Manchester's No.1
University for Student Satisfaction
for the last 6 years**

