



Indicative Modules

Cognitive and Biological Perspectives (year 1)

This module aims to introduce and explore key issues in cognitive psychology and biopsychology and to provide a broad base of knowledge of cognitive and biopsychological theories and key research upon which other courses build. Topics covered include Attention, Memory, Perception, Neurotransmitters, Addiction and Motor/sensory systems.

Counselling Skills (year 2)

This module aims to develop a contemporary and cohesive understanding of counselling skills and practice, based on a person centered approach. Students acquire and develop counselling skills via in class role-play activities and exercises, with support and feedback from tutors. Students also develop an understanding of the appropriate application of counselling skills and ethical and professional standards.

Applied Experience (year 3)

This module provides final year students with a practical (internship) experience as part of an academic course. Students participate with professionals in applying the principles of psychology and/or psychotherapy. Applied experience teaches professional standards and helps students develop their employability skills and personal career plan. Students spend a half-day per week at their nominated organisation. At the end of the module students write up a portfolio of their experience and their progress is monitored closely. They are supported by the module leader and the placement coordinator.



The
British
Psychological
Society

ACCREDITED

This programme is ideal for you if you are interested in all three disciplines of mental health: Psychology, Psychotherapy and Counselling.

Our British Psychological Society accredited degree offers you the chance to learn about the interaction between these three disciplines and gain an in-depth appreciation of the diversity and scope of the perspectives involved.

Through this degree programme you will develop your knowledge and skills in psychological research and practice, alongside developing your psychotherapeutic skills. A highly specialized, supportive and experienced teaching team will guide you as you develop knowledge of the contemporary theories, methods and debates central to the three core elements. We'll support you as you explore psychology, gain specific counselling skills, and consider broader social and cultural issues that impact on the roles of psychologist, psychotherapist and counsellor, such as assumptions, stereotyping, diversity and prejudice. Throughout your degree we'll also focus on developing your knowledge and skills for conducting psychological research, and the ethical issues involved, with the support of our fully equipped Psychology Research Laboratory and full-time Psychology Technician.

why to choose this programme

Highly qualified,
experienced and supportive
instructors

**A degree focused
on developing practical skills,**
such as counselling skills and an
applied experience (internship)
placement in the final year

Programme flexibility
with full or part-time studies

Classes
in English or in Greek

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

Evaluation without
through activities and projects



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Graduates are equipped with many diverse skills to undertake different types of work in the field of mental health, or to progress to postgraduate training in any specialist area of Psychology, Psychotherapy and/ or Counselling. In particular the final year modules and the internship placement in the final year maximize practical abilities to apply knowledge gained through the programme thus ensuring academic, professional and employability skills are developed side by side. Some of our past graduates have remained with the University to pursue Masters and PhD research. Others have successfully completed postgraduate studies as prestigious Universities such as the U.K. and the Netherlands. Many of our graduates have used the skills they developed during the course in private practice as psychologists, psychotherapists, in Human Resources Departments and in educational settings.



Apply Now!

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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!

BSc (Hons) in Psychology, Psychotherapy and Counselling

Explore the Depths of Human Behavior



NEW YORK COLLEGE
THE INTERNATIONAL COLLEGE OF GREECE

The **BSc (Hons) Psychology, Psychotherapy and Counselling** of the University of Bolton- Greater Manchester is a three-year full-time programme which is accredited by the British Psychological Society (or alternatively a 4 year programme with Foundation year, and the option of completing all 4 years in Greek).

The programme involves the comprehensive study of core areas in psychology including Research Methods in Psychology, Personality and Developmental Psychology, Cognitive Psychology, Biopsychology and Social Psychology.

The programme also includes several modules focused on developing theoretical and practical skills in counselling and therapeutic processes. Topics covered include cognitive psychology, biopsychology, social psychology, developmental psychology, research methods in psychology, as well as courses in counselling concepts, skills and applications, and an applied experience internship in the final year.

EMPOWERING MINDS ENRICHING LIVES



RESEARCH
PROJECT



CRITICAL
ANALYSIS



COUNSELLING
SKILLS



APPLIED
EXPERIENCE
INTERNSHIP



MANY
CAREER PATHS



Programme Duration

Programme flexibility
with full or part-time studies.

Choice of morning or
evening classes.

Full time 3 years

4 years for the "with
Foundation Year" programme

Part Time Studies

Part-time studies last
4-5 years usually

CURRICULUM

Level 3 (Year 0)

- Academic Skills
- Perspectives in Psychology
- Key Studies in Psychology
- Research Methods in Social Sciences

Level 4 (Year 1)

- Introduction to Counselling Concepts
- Cognitive and Biopsychological Perspectives
- Contemporary Issues in Psychology
- Application of Psychology
- Introduction to Research Methods in Psychology
- Understanding the Person

Level 5 (Year 2)

- Counselling Skills
- Research Methods in Psychology
- Personality and Developmental Psychology
- Cognitive Psychology
- Biopsychology
- Social and Critical Psychology

Level 6 (Year 3)

- The Therapeutic Process
- Applications of Counselling Skills
- Psychology of Mental Health
- The Honours Project
- Applied Experience (optional)
- Psychology of Loss and Trauma (optional)
- Cyber Psychology and New Media (optional)

GUARANTEERING EXCELLENCE FORGING THE FUTURE OF PSYCHOLOGY

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



“As a graduate student of the British Psychological Society accredited degree in Psychology, Psychotherapy, and Counselling of Bolton university at New York College, I feel confident to share my student experience with you. I started my studies during the COVID19 quarantine therefore the classes were online for some time. Despite the difficulties the teachers were always making the lectures as interactive as possible, however going back into class on campus in the second year of my degree, made the learning experience reach its peak. It is reasonable that not every course appealed to me the same way, but generally I was excited with most of the courses and I found the labs very helpful and important for the understanding process. Moreover, as a student I tried to be as involved as possible in the activities and opportunities that NYC offers (clubs, seminars, guest speakers etc.), which I believe also played a major role in creating this unique experience for me. All in all, I think of NYC college as a family environment; something that the teachers and the rest of the staff members create, and I see myself coming back for further studies or perhaps even working one day at the college that has provided me with all the personal qualities, skills and knowledge that I will need for my next career steps.

Aliki Kekia,
BSc (Hons) Psychology, Psychotherapy and Counselling
University of Bolton at New York College, Athens Class of 2023

