

Programme Specification 2025-26

1.	Programme title	MSc Clinical Health Psychology and Wellbeing
2.	Awarding institution	Middlesex University
3a	Teaching institution	Middlesex University London
3b	Language of study	English

4a	Valid intake dates and mode of study
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Mode of Study	Cohort	Delivery Location	Duration
Full-time (FT)	Semester 1	Hendon	1 Years
Full-time (FT)	Semester 2	Hendon	1 Years
Part-time (PT)	Semester 1	Hendon	2 Years
Part-time (PT)	Semester 2	Hendon	2 Years
Full-time (FT)	Semester 1	Dubai	1 Years
Part-time (PT)	Semester 1	Dubai	2 Years

4c	Delivery method	On Campus/Blended Learning
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5. Professional/Statutory/Regulatory body (if applicable)
N/A

6.	Apprenticeship Standard (if applicable)	N/A
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7. Final qualification(s) available
Target Award Title(s)
MSc Clinical Health Psychology and Wellbeing
MSc Clinical Health Psychology and Wellbeing with Professional Practice
Exit Award Title(s)
PGCert Applied Psychology
PGDip Clinical Health Psychology and Wellbeing
PGDip Clinical Health Psychology and Wellbeing with Professional Practice

8. Academic year effective from	2025-26
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9. Criteria for admission to the programme

Students should possess at least a lower second class degree in an appropriate subject area (such as psychology, health studies, counselling, mental health, nursing, public health) which should include a research methods component. Particular consideration will be given to performance in undergraduate research methods modules or the dissertation. In addition to this, international students need to have obtained a minimum IELTS score of 7 with a minimum of 6.5 in each component.

Applicants who have extensive learning from experience, learning achievement from a previous course or prior certificated learning may apply for recognition of prior learning. A claim for this may be made for up to 50% of the taught credits (i.e. 60 credits) on the MSc Clinical Health Psychology and Wellbeing or MSc Clinical Health Psychology and Wellbeing with Professional Practice. The responsibility rests with the applicant for making a claim to have acquired knowledge and skill recognised. Prior learning is identified through systematic reflection on experience, the writing of clear statements about what was actually learned and the collection and collation of evidence to support those statements. The claim will be assessed against individual module learning outcomes.

The University aims to ensure that its admissions processes are fair, open and transparent and aims to admit students who, regardless of their background, demonstrate potential to successfully complete their chosen programme of study where a suitable place exists and where entry criteria are met. The University values diversity and is committed to equality in education and students are selected on the basis of their individual merits, abilities and aptitudes. The University ensures that the operation of admissions processes and application of entry criteria are undertaken in compliance with the Equality Act. We take a personalised and fair approach to how we make offers. We feel it is important that our applicants continue to aspire to achieving great results and we make offers which take into account information provided to us on the application form.

10. Aims of the programme

The programme aims to:

The MSc aims to examine the challenges, complexities and setbacks that life may present and how we may support people in managing these challenges. In particular, the programme focuses on physical and mental health and wellbeing, including the relationship between psychological variables and long-term health conditions, so that upon graduation students are equipped to apply for a range of roles within public health, charities, the health service or academia. The focus on practitioner skills development will enable students to apply clinical health psychology and therapeutic skills to work with clients in a range of settings. The MSc is guided by the goal of training students to become scientist-practitioners who engage in evidence-based, ethical and reflective practice and use theory and research to underpin their work. Students will therefore be equipped with advanced quantitative and qualitative research skills to carry out high quality research; ethical awareness to make consistent, transparent and fair decisions in complex situations; and proficiency to engage in reflective practice, including retrospection, self-evaluation and reorientation to transform their interactions with clients, and enhance their personal and professional development.

11. Programme learning outcomes

Programme - Knowledge and Understanding

On completion of this programme the successful student will have a knowledge and understanding of:
1. Clinical health psychology research and theory and how this may be applied to support behaviour change, management of long-term conditions, and wellbeing.
2. Contemporary issues related to clinical practice and interventions, including complex ethical dilemmas .
3. A range of approaches to psychotherapy and how these may be applied in practice to support mental health and wellbeing.
4. The complex impacts of psychological trauma on different groups and intervention approaches to ameliorating trauma.
5. A range of advanced quantitative and qualitative research methodologies and analytic techniques.
Programme - Skills
On completion of this programme the successful student will be able to:
6. Systematically discuss and critically evaluate high quality research evidence, theories and contemporary issues in clinical health psychology, counselling and psychotherapy, and trauma.
7. Select, apply and critically evaluate advanced research methodologies and data analytic techniques to be applied within the field of psychology.
8. Design, justify, and conduct innovative research that addresses contemporary issues in clinical health psychology and wellbeing.
9. Design interventions for application in health-related settings, and critique and appraise interventions and services in order to generate advanced recommendations for improvements.
10. Determine patients' needs, and formulate strategic decisions regarding their complex care needs through evidence-based reasoning.
11. Determine and develop appropriate counselling, clinical and practitioner skills to be applied in unpredictably complex contexts.
12. Develop an ethical and reflective approach to learning and practice in complex clinical health psychology contexts, and generate self-enhancement and career development goals.
13. Develop personal, professional and clinical skills working independently within a multidisciplinary team in a dynamic health context through a work placement.

12. Teaching/learning methods

Students will be actively involved in a range of learning and teaching approaches. Such active approaches aim to put them at the centre of their learning so they are involved and engaged in all aspects of their learning and assessment. A well-balanced mix of theory and practice is delivered by research active staff and/or practitioners via a range of teaching methods including:

- Live learning on campus - interactive sessions, seminars, workshops and labs, group work to stimulate communication, cooperation and discussion
- Academic support sessions – tutorials, assessment workshops, research supervision,

academic advisors supporting students to prioritise their health and wellbeing

- Independent study – flipped learning activities, key concept videos, prior reading or preparation for classes, data collection for projects, group work with other classmates

Learning on campus will focus on learner activity, including discussion and debates to enable students to share their thoughts and experiences, which will help direct the focus of sessions, making them co-leaders in their learning. Learner activity will also involve group tasks applying knowledge to practical problems. Students will work on case studies, individual case histories, and cognitive case formulations. They will practice communication and counselling skills through role play, and intervention design skills. This will allow them to apply learning beyond the classroom and encourage collaborative working and learning between students from different countries and cultures. Learning will be practice-led and will include a focus on employability. In particular, MSc Clinical Health Psychology and Wellbeing with Professional Practice will include learning on placement to support the development of personal, professional and clinical skills. Furthermore, teaching will be practice-informed and research-informed; students will learn the importance of practice being evidence-based, how to critically evaluate previous research evidence, and they will develop research skills and learn how to conduct research. Teaching will be delivered by research active psychologists, such as the programme leaders who are respective leads of the Drug and Alcohol Research Centre, and the Psychology, Health and Wellbeing Research Group.

Students' learning will be supported by use of existing and emerging learning technologies including a variety of platforms and packages. This will support their digital literacy and development of skills which are essential for learning and are highly valued by employers. These include but are not limited to: working flexibly, communication, understanding of IT, team working and creating shared understandings based on quality resources and access to global expertise.

Students will also engage in independent study to consolidate learning and this will be directed in many ways, in particular making use of the virtual learning environment, e.g. through the use of key concept videos; flipped learning activities such as preparation of a case study; forums, with the opportunity to post questions to discuss in class; as well as unsupervised group discussions and role play with peers in the sessions in the classroom.

Approx. number of timetabled hours per week (at each level of study, as appropriate), including on-campus and online hours FT 9PT 4.5

Approx. number of hours of independent study per week (at each level of study, as appropriate)FT 31PT 15.5

Approx. number of hours on placement (including placement, work-based learning or year abroad, as appropriate). FT 300 on the MSc with Professional PracticePT 300 on the MSc with Professional Practice

13. Employability

13a Development of graduate competencies

13b Employability development

Development of graduate competencies

The MSc is guided by the goal of training students to become scientist-practitioners who engage in evidence-based, ethical and reflective practice and use theory and research to underpin their work. Therefore, the programme aims to help students develop particular competencies that would allow them to work in a wide variety of clinical health psychology roles. These graduate competencies would allow the students to develop a range of professional, research and transferable skills and to understand theories, findings and research methods and apply them to practice. As such the emphasis is on training students in real world applications of psychology, health and wellbeing.

Graduate competencies such as communication, empathy and inclusion align to the BPS ethical guidelines and are taught and applied through role play and case studies in the modules Counselling and Psychotherapy in Applied Psychology and Applications & Practitioner Skills for Clinical Health Psychologists with (or without) Professional Practice (i.e. PSY4160 and PSY4170), and also communicating to diverse audiences through the use of visual methods on the Trauma Impacts and Interventions module. Resilience and adaptability are also developed in the Trauma Impacts and Interventions module. Furthermore, both resilience and adaptability, and problem solving and delivery are addressed across all modules through innovative assessments (e.g. identification of clinical skills of a therapeutic session) and role play (e.g. CBT role plays), and through students managing their workload and assessment deadlines. Students are also supported to become curious learners, through group discussions and debates and reflections on learning, and develop technological agility, by engaging with a variety of platforms and packages, so they can have a deeper critical lens when engaging with research literature and data.

Employability development

The MSc is designed with future employability in mind and prepares graduates for future training or careers. It provides students with the knowledge and skills relevant to understanding how psychology may be applied to supporting and improving health and wellbeing and to working with patients with physical and mental health conditions. The modules on this programme were uniquely developed to include employability by focusing on the development of skills that are important to employers. Students are therefore aware from the start of the programme that they would be developing skills that are transferable to the workplace and these are formalised in the programme learning outcomes and in each module. For example, the stated module aims on Applications & Practitioner Skills for Clinical Health Psychologists with (or without) Professional Practice (i.e. PSY4160 and PSY4170) include development of professional and clinical skills and preparation for future employability. Some of the employability skills learnt on this module include problem solving, analytical thinking and clinical reasoning which are achieved through the use of case studies, ethical awareness and working within one's competence, and treating others with respect and dignity through the use of real world examples from NHS organisations and engagement with the NHS values. These skills are evaluated in a practical portfolio assessment. Other modules such as Trauma Impacts and Interventions and Counselling and Psychotherapy in Applied Psychology prepare students for employability by enhancing their ability to be reflective and self-aware through the use of role play so students are asked to reflect on their role as a therapist and to consider other aspects of communication such as pitch, pace and tone of voice, and body language and posture. In the three research skills modules students use a variety of skills including project management, ethical decision making, data gathering and analysis, but they also use other skills such as communication, organisational, networking, time management and working under pressure.

To support the development of these employability skills all students on the MSc attend dedicated career sessions facilitated by research active staff and/or practitioners, and the employability service. For example, PSY4160 and PSY4170 include sessions on CVs, transferable skills and ethics, and students receive feedback on their CV and on a mock job interview. On PSY4160, students may also opt to undertake a work placement. The skills and

experience gained during this are fundamental to supporting their future employability, and their learning and development on placement is assessed.

Students therefore leave the MSc fully aware of their options for employment and many are in full-time employment before graduation. Although this MSc does not qualify graduates to practice as a Health Psychologist, Clinical Psychologist, Counselling Psychologist, a counsellor or therapist, many graduates from the programme have gone on to complete PhDs or further training in areas such as clinical psychology, counselling psychology, educational psychology, cognitive behavioural therapy, clinical associate in psychology, physician associate; and areas of public health such as smoking cessation advisors, obesity management, health promotion and research.

MSc Clinical Health Psychology and Wellbeing with Professional Practice students who take the Applications and Practitioner Skills for Clinical Health Psychologists with Professional Practice module (PSY4160) undertake an 8-week full-time equivalent placement in a health setting. Placements are available (e.g. smoking cessation, drugs service, chronic illness management, health promotion) or students may find their own placement (this must be approved by the module leader). Placements will normally take place around 4-5 days a week for at least 8 consecutive weeks after the taught part of the course ends (i.e. during the summer). However, some placements involve working 1 day a week during some of semester 2, increasing to around 3 days after teaching ends. This will depend on both student availability and the nature of the placement. Preparing for placement will involve attending the module and one-to-one meetings between the module leader and students to discuss interests and availability. Students will then be allocated to placements, will be interviewed and will meet key contacts in the organisation. Expectations, roles and responsibilities of students and organisations, and procedures for dealing with difficulties will be discussed with both parties. Health and safety and risk assessments will be conducted, and the placement will be approved by the employability service. The module leader will provide supervision and support throughout the process of preparing for, undertaking, evaluating and reflecting upon the placement. Also, as part of PSY4160 students will gain some insight into the world of work in health settings and are prepared and supported for this through workshops on clinical skills and practice, ethical and reflective practice and professional behaviour in employment settings and they will produce a CV and have a mock job interview. Support during the placement will also be provided by at least one key contact within the placement organisation. At the end of the placement the organisation will be asked to complete a brief report, and students will produce a final report.

13c Placement and work experience opportunities (if applicable)

N/A

13d Future careers / progression

Career opportunities in the field of clinical health psychology and wellbeing are rapidly expanding. Students may work in the health service, public health, charities, organisations and academia. Work may include helping people to manage and cope with long-term conditions such as diabetes, pain, stroke; health promotion in communities, schools or the workplace; designing and delivering interventions for weight loss, smoking cessation or to improve uptake of screening; promoting well-being and mental health; research and teaching. In addition, post-graduation, students may also pursue further postgraduate study, for example, to become a Psychological Wellbeing Practitioner, and those who have GBC with the BPS may also pursue further training to become, for example, a Counselling, Clinical, or Health psychologist.

14. Assessment methods

To foster a deep approach to learning, assessments focus on tasks students may not have encountered before, that don't involve memorisation or set procedures, but are real world tasks involving integration of knowledge from different areas. Emphasis is placed on the development of practitioner skills through reflections on PSY4240, PSY4115 and PSY4160/PSY4170, as well as a portfolio of skills on PSY4160/PSY4170, and a visual output on PSY4223. Emphasis is also placed on developing research skills through tasks involving different methods of communication such as a PowerPoint presentation on PSY4230, and a journal article on PSY4035.

15. Programme Structure (level of study, modules, credits and progression requirements)

Structure is indicative for Part-time routes.

Students must take all of the compulsory modules and choose following programme requirements from the optional modules.

Non-compensatable modules are noted below.

Available Pathways

MSc Clinical Health Psychology And Wellbeing with Professional Practice

MSc Clinical Health Psychology And Wellbeing

MSc Clinical Health Psychology And Wellbeing with Professional Practice

Year 1

Year 1 Level 7 FT and PT

Code	Type	Module Title	Credits at FHEQ Level
PSY4035	Compulsory	Research: Practice and Reporting 2025-26	60 at Level 7
PSY4223	Compulsory	Trauma Impacts and Interventions 2025-26	30 at Level 7
PSY4230	Compulsory	Statistical literacy for psychological science 2025-26	15 at Level 7
PSY4240	Compulsory	Qualitative Psychology in Practice 2025-26	15 at Level 7
PSY4115	Compulsory	Counselling and Psychotherapy in Applied Psychology 2025-26	30 at Level 7

Year 1 Level 7 FT and PT MSc Clinical Health Psychology and Wellbeing with Professional Practice

Code	Type	Module Title	Credits at FHEQ Level
PSY4160	Compulsory	Applications & Practitioner Skills for Clinical Health Psychologists with Professional Practice 2025-26	30 at Level 7

Year 2

Year 2 Level 7 PT

Code	Type	Module Title	Credits at FHEQ Level
PSY4035	Compulsory	Research: Practice and Reporting 2026-27	60 at Level 7
PSY4115	Compulsory	Counselling and Psychotherapy in Applied Psychology 2026-27	30 at Level 7

Year 2 Level 7 PT MSc Clinical Health Psychology and Wellbeing with Professional Practice

Code	Type	Module Title	Credits at FHEQ Level
PSY4160	Compulsory	Applications & Practitioner Skills for Clinical Health Psychologists with Professional Practice 2026-27	30 at Level 7

MSc Clinical Health Psychology And Wellbeing

Year 1

Year 1 Level 7 FT and PT

Code	Type	Module Title	Credits at FHEQ Level
PSY4035	Compulsory	Research: Practice and Reporting 2025-26	60 at Level 7
PSY4170	Compulsory	Applications & Practitioner Skills for Clinical Health Psychologists 2025-26	30 at Level 7

PSY4223	Compulsory	Trauma Impacts and Interventions 2025-26	30 at Level 7
PSY4230	Compulsory	Statistical literacy for psychological science 2025-26	15 at Level 7
PSY4240	Compulsory	Qualitative Psychology in Practice 2025-26	15 at Level 7
PSY4115	Compulsory	Counselling and Psychotherapy in Applied Psychology 2025-26	30 at Level 7

Year 2

Year 2 Level 7 PT

Code	Type	Module Title	Credits at FHEQ Level
PSY4170	Compulsory	Applications & Practitioner Skills for Clinical Health Psychologists 2026-27	30 at Level 7
PSY4223	Compulsory	Trauma Impacts and Interventions 2026-27	30 at Level 7
PSY4035	Compulsory	Research: Practice and Reporting 2026-27	60 at Level 7
PSY4115	Compulsory	Counselling and Psychotherapy in Applied Psychology 2026-27	30 at Level 7

*Please refer to your programme page on the website re availability of option modules

16. Programme-specific support for learning

Students have support in a number of areas including: 1. a psychology-dedicated librarian who delivers sessions on the MSc, 2. a team that supports numeracy, academic writing and language, including an assessment specific workshop on the MSc, 3. an employability service that provides support, including approving placements and delivering psychology specific careers sessions on the MSc, and 4. students also have a dedicated academic advisor from the academic team in the Psychology Department.

17. HECos code(s)

100495: Counselling

17. HECos code(s)

100985: Health Psychology

18. Relevant QAA subject benchmark(s)

19. University Regulations

This programme will run in line with general University Regulations: [Policies | Middlesex University](#)

This programme will run in line with general University Regulations:
<https://www.mdx.ac.uk/about-us/policies/>

20. Reference points

Middlesex University Regulations for Taught Programmes
2031 Learning Framework Operationalising the Principles: for Postgraduate Taught Programmes
Graduate competencies
Quality Assurance Agency (QAA) Frameworks for Higher Education Qualifications
QAA Quality Code for Higher Education
QAA Master's Degree Characteristics Statement
QAA Psychology subject benchmark statement
Health and Care Professions Council Standards of Proficiency: Practitioner Psychologists
External Examiner's feedback and reports
Students' feedback from student voice groups, PTES and module evaluation surveys
Middlesex University Learning and Teaching Policies and Strategies

21. Other information *(if applicable)*

Please note programme specifications provide a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve if they take full advantage of the learning opportunities that are provided. More detailed information about the programme can be found in the rest of your programme handbook and the university regulations.

Curriculum map for MSc Clinical Health Psychology and Wellbeing / MSc Clinical Health Psychology and Wellbeing with Professional Practice

Programme learning outcomes

Knowledge and understanding

A1	Clinical health psychology research and theory and how this may be applied to support behaviour change, management of long-term conditions, and wellbeing
A2	Contemporary issues related to clinical practice and interventions, including complex ethical dilemmas
A3	A range of approaches to psychotherapy and how these may be applied in practice to support mental health and wellbeing
A4	The complex impacts of psychological trauma on different groups and intervention approaches to ameliorating trauma
A5	A range of advanced quantitative and qualitative research methodologies and analytic techniques

Skills

B1	Systematically discuss and critically evaluate high quality research evidence, theories and contemporary issues in clinical health psychology, counselling and psychotherapy, and trauma
B2	Select, apply and critically evaluate advanced research methodologies and data analytic techniques to be applied within the field of psychology
B3	Design, justify, and conduct innovative research that addresses contemporary issues in clinical health psychology and wellbeing
B4	Design interventions for application in health-related settings, and critique and appraise interventions and services in order to generate advanced recommendations for improvements
B5	Determine patients' needs, and formulate strategic decisions regarding their complex care needs through evidence-based reasoning
B6	Determine and develop appropriate counselling, clinical and practitioner skills to be applied in unpredictably complex contexts
B7	Develop an ethical and reflective approach to learning and practice in complex clinical health psychology contexts, and generate self-enhancement and career development goals
B8	Develop personal, professional and clinical skills working independently within a multidisciplinary team in a dynamic health context through a work placement (MSc Clinical Health Psychology and Wellbeing with Professional Practice only)

Programme learning outcomes - Highest level achieved by graduates

A 1	A 2	A 3	A 4	A 5	B 1	B 2	B 3	B 4	B 5	B 6	B 7	B 8
7	7	7	7	7	7	7	7	7	7	7	7	7

Mapping by level of study and module

Module Title	Module Code by Level of study	A 1	A 2	A 3	A 4	A 5	B 1	B 2	B 3	B 4	B 5	B 6	B 7	B 8
Level of study 7 (year 1 full-time, years 1 & 2 part-time)														
Applications and Practitioner Skills for Clinical Health Psychologists with Professional Practice.	PSY4160	x	x	x			x			x	x	x	x	x
Applications and Practitioner Skills for Clinical Health Psychologists.	PSY4170	x	x	x			x			x	x	x	x	
Trauma impacts & interventions	PSY4223		x		x		x			x		x	x	
Statistical literacy for psychological science	PSY4230					x		x						

Qualitative psychology in practice	PSY4240					x		x					x	
Counselling & psychotherapy in Applied Psychology	PSY4115	x	x	x	x		x				x	x	x	
Research: practice and reporting	PSY4035					x	x	x	x				x	