
	<b>BQA NCQF QUALIFICATION TEMPLATE</b>	Document No.	DNCQF.QIDD.GD02
		Issue No.	01
		Effective Date	04/02/2020

SECTION A: QUALIFICATION DETAILS													
<b>QUALIFICATION DEVELOPER (S)</b>		University of Botswana											
<b>TITLE</b>	Master of Arts in Mental Health Counselling										<b>NCQF LEVEL</b>	9	
<b>FIELD</b>	Health and Social Services		<b>SUB-FIELD</b>		Social Services				<b>CREDIT VALUE</b>	250			
New Qualification					✓	Review of Existing Qualification							
<b>SUB-FRAMEWORK</b>		General Education			TVET			Higher Education		✓			
<b>QUALIFICATION TYPE</b>	Certificate	I	II	III	IV	V	Diploma	Bachelor					
	Bachelor Honours			Post Graduate Certificate					Post Graduate Diploma				
	Masters					✓	Doctorate/ PhD						
RATIONALE AND PURPOSE OF THE QUALIFICATION													
<b>1.1 Rationale</b> <p>The need for mental health training and provision of services has been echoed globally both explicitly and implicitly in some cases. Through its Agenda 2063, Africa envisions “a strategic framework that aims to deliver on its goal for inclusive and sustainable development and is a concrete manifestation of the Pan African drive for unity, self-determination, freedom, progress and collective prosperity pursued under Pan Africanism and African Renaissance (The African Union Commission, 2020). This ideal reiterates the pillar of multicultural counselling and social justice which form a critical part of the mental health counselling program.</p>													

	<b>BQA NCQF QUALIFICATION TEMPLATE</b>	Document No.	DNCQF.QIDD.GD02
		Issue No.	01
		Effective Date	04/02/2020


The Sustainable Development Goal # 3 (SDG # 3) espouses healthy lives and promotion of well-being for all at all ages. For its targets it strives to strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and use of alcohol. It further aims at reducing death and injuries from road accidents. These mental health concerns form part of the mandate of trauma counselling, a major component of the mental health counselling program.

Botswana's Vision 2036, Botswana National Policy on Mental Health of 2003 section 6 (pp. 10-11) and the Botswana Health Policy synchronized with the philosophy of World Health Organization (WHO) and the UN mandate that all countries should improve the health and the quality of life of their citizenry. These policy frameworks and declarations by international organizations show the need for introducing mental health counselling training programs to prepare professional counsellors to respond to contemporary issues faced by society. Republic of Botswana National Policy on Mental Health of 2003 stipulates the need for:

- Providing effective education and information in mental health
- Providing adequate and relevant in-service training in mental health to all health care personnel and other non-health professionals
- Reducing the incidence of suicide through the initiation of suicide prevention programmes in schools and the community
- Improving the awareness of youth on mental health issues by strengthening Peer Approach to Counselling by Teens (PACT) to include a mental health component.
- Empowering voluntary and community agencies with mental health knowledge to strengthen community participation in mental health issues and encourage a positive attitude towards mental health.

The introduction of a master's degree in mental health counselling also comes at a time when the Human Resources Development Council (HRDC), (2019) released a list of top occupations that are in demand currently and in the future. The HRDC stated problem solving skills, critical thinking, cognitive flexibility, emotional intelligence, diversity, ethics and team work as the soft skills that are in high demand for the future. Mental health practitioners fit well in this category and together with psychologists they provide psychological assessment and care to the clientele. Thus, the introduction of the Master of Arts in mental health counselling degree will go a long way to alleviate biopsychosocial ills such as HIV and AIDS which the Sustainable Development Goals stipulate as a top priority area.

### **Purpose**

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		Issue No.	01
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The purpose of this qualification is to produce graduates with advanced knowledge, skills and competences to:

- Design, deliver information and evaluate mental health counselling services and activities.
- Provide training to pre- and in-service personnel across government and private sectors.
- Provide treatment to clients in diverse and multicultural settings and prevent mental illness.
- Attend to youth mental health issues in collaboration with existing organizations.
- Apply assessment procedures and diagnosis in various settings.
- Conduct research to inform his/her practice.


### **ENTRY REQUIREMENTS (including access and inclusion)**

The minimum entry requirement for admission to Masters of Arts (Mental Health Counselling) shall be:


- Bachelor degree, NCQF Level 7 in Counselling
- Through recognition of prior learning (RPL) and Credit Accumulation and Transfer (CAT) in line with institutional and national policies.


## **SECTION B QUALIFICATION SPECIFICATION**


<b>GRADUATE PROFILE (LEARNING OUTCOMES)</b>	<b>ASSESSMENT CRITERIA</b>
LO1: Provide counselling services in <i>institutions</i> and a variety of community settings	AC1: Generate procedures followed in a counselling session AC2. Conduct a counselling session using basic counselling skills AC3 <i>Develop</i> an intake form, an informed consent form and treatment plan for counselling sessions AC4: Exhibit abilities to work with different clients
LO2: Design and manage counselling programmes and services in mental health settings	AC1: Plan, design, deliver, counselling programmes and activities to facilitate client's adjustment to different environments. AC 2: Monitor and evaluate counselling programmes and activities in agency and community settings

	<b>BQA NCQF QUALIFICATION TEMPLATE</b>	Document No.	DNCQF.QIDD.GD02
		Issue No.	01
		Effective Date	04/02/2020


	<p>AC3: Promote a comprehensive response to academic, social, career programmes, and personal needs</p> <p>AC 4: Deliver preventive and curative mental health services through individual and group therapy.</p> <p>AC 5: Manage mental health resources for equitable distribution across all ages in various settings</p>
<p>LO3: Provide access to clinical Mental Health services in health care facilities in both urban and rural settings</p>	<p>AC1: Apply clinical professional skills in assessing psychological problems of different clients.</p> <p>AC2: Applying different clinical approaches and techniques in interpreting and writing clinical reports</p> <p>AC3: Provide online mental health counselling platforms to reach a wide population</p> <p>AC:4: Conduct mental health campaigns to create awareness to the wide community.</p> <p>AC5: Identify and administer mental health based psycho-education programmes to populations in need.</p>
<p>LO4: Apply advanced consultation models and approaches in mental health settings</p>	<p>AC1: Establish an effective referral system and social support within the working environment</p> <p>AC2: Utilise a variety of consultation procedures in health and community setting</p> <p>AC3: Consult regularly with different stakeholders and helping professionals in responding to the psychosocial needs and concerns of learners and clients.</p>

	<b>BQA NCQF QUALIFICATION TEMPLATE</b>	Document No.	DNCQF.QIDD.GD02
		Issue No.	01
		Effective Date	04/02/2020


	<p>AC4: Apply various consultation theoretical models for effective delivery mental health services during collaboration with other stakeholders</p> <p>AC5: Deliver evidence based consultation practices to mitigate modern stakeholder challenges in the mental health arena.</p>
<p>LO5: Apply advanced skills in psychological assessment and diagnosis procedures in schools and community settings</p> 	<p>AC1: Administer non-psychometric and psychometric assessment/test to assess client's critical conditions</p> <p>AC2: Interpret test scores and write psychological reports to increase client care in mental health provision</p> <p>AC3: Utilize psychometric test results and other assessment reports to provide counselling to clients.</p> <p>AC 4: Design and administer culture sensitive psychological instruments to cater for local context</p>
<p>LO6: Utilize appropriate emerging technological approaches in providing counselling services</p>	<p>AC1: Apply appropriate technology software and gadgets in counselling</p> <p>AC2: Apply appropriate technology in conducting research</p> <p>AC3: Conduct technology based psychological instruments for effective intervention.</p> <p>AC 5: Appraise ethical and legal issues in the use of technology in the provision of counselling services</p>
<p>LO7: Advocate for various demographics within the community</p>	<p>AC1: Apply strong advocacy skills for client's well-being and quality of life.</p>

	<b>BQA NCQF QUALIFICATION TEMPLATE</b>	Document No.	DNCQF.QIDD.GD02
		Issue No.	01
		Effective Date	04/02/2020

	<p>AC2: Apply skills in serving the needs of people with a variety of mental health needs and other causes of distress.</p> <p>AC 3: Design tools for communication with local authorities to advance community mental health issues</p> <p>AC 4: Plan mental health programmes collaboratively with various legal and mental health stakeholders</p>
LO8: Demonstrate ethical conduct legal awareness in counselling practice	<p>AC1: Apply required ethical legal standards in counselling practice</p> <p>AC2: Participate in professional bodies to increase awareness on updated ethical standards</p> <p>AC3: Participate in the design and review of professional standards of practice</p> <p>AC4: Demonstrate competences in ethical and legal models of record keeping in counselling practice</p> <p>AC:5: Appraise mental health cases and provide verdicts with due diligence.</p>
LO9: Demonstrate emotional intelligence within clinical settings	<p>AC1: Apply control and restrain of emotion in working with people.</p> <p>AC2: Exhibit self-awareness in professional practice</p> <p>AC3: Engage in interpersonal exercises to identify emotional triggers that may impede effective therapy</p> <p>AC 4: Conduct a therapy session and identify emotional struggles for both therapist and client.</p>


	<b>BQA NCQF QUALIFICATION TEMPLATE</b>	Document No.	DNCQF.QIDD.GD02
		Issue No.	01
		Effective Date	04/02/2020

	AC5: Evaluate emotional patterns for various groups of clients during a counselling session
LO10: Conduct advanced independent/ scholarly research in various mental health counselling domains.	AC1: Write a research proposal, design research instruments, collect and analyse data. AC2: Conduct needs assessment and writes reports. AC3: Apply action research in the field of counselling. AC4: Present papers or research studies in professional conferences
LO11: Integrate various counselling theories and models into practice	AC1: Apply mastery specific counselling skills in the areas of trauma, crisis counselling and disaster management using various counselling theories and models and protocols. AC2: Apply a theory and its techniques during a counselling process. AC3: Collaborate with clients in mental health counselling using indigenous approaches in therapy. AC4: Align personal counselling philosophy with theoretical orientation to enhance therapeutic personal style AC5: Integrate various intervention approaches to cater for population diversity.


	<b>BQA NCQF QUALIFICATION TEMPLATE</b>	Document No.	DNCQF.QIDD.GD02
		Issue No.	01
		Effective Date	04/02/2020

<b>SECTION C</b>	<b>QUALIFICATION STRUCTURE</b>				
<b>COMPONENT</b>	<b>TITLE</b>	<b>Credits Per Relevant NCQF Level</b>			<b>Total</b> <b>(Per Subject/</b> <b>Course/</b> <b>Module/</b> <b>Units)</b>
		<b>Level [ ]</b>	<b>Level [ 9 ]</b>	<b>Level [ ]</b>	
<b>FUNDAMENTAL COMPONENT</b>  <i>Subjects/ Courses/ Modules/Units</i>	Foundations of Mental Health Counselling		5		5
	Human Development		5		5
	Multicultural Counselling		10		10
	Educational Research 1		10		10
	Theories of Counselling & Helping Relationships skills		10		10
<b>CORE COMPONENT</b>  <i>Subjects/Courses/ Modules/Units</i>	Clinical skills and laboratory practice		10		10
	Introduction to Clinical Mental Health Counselling		5		5
	Trauma, Disaster and Crisis		10		10
	Ethics and legal issues in Mental Health Counselling		10		10
	Diagnosis and Treatment Planning		10		10



	<b>BQA NCQF QUALIFICATION TEMPLATE</b>	Document No.	DNCQF.QIDD.GD02
		Issue No.	01
		Effective Date	04/02/2020

	Educational Research II		10		10
	Research methods and data analysis		10		10
	Group process and dynamics		10		10
	Human Sexuality		5		5
	Specialized Community counselling (marriage and family, pastoral or Substance abuse counselling)		10		10
	Psychological assessment and Testing		10		10
	Practicum in Mental Health		10		10
	Internship in Mental Health		45		45
	Dissertation		50		50
<b>ELECTIVE/ OPTIONAL COMPONENT</b>  <i>Subjects/Courses/ Modules/Units</i>	Career Development		5		5
	Counselling persons with special needs		5		5
	Seminars: Contemporary issues in counselling		5		5
<b>SUMMARY OF CREDIT DISTRIBUTION FOR EACH COMPONENT PER NCQF LEVEL</b>					
<b>TOTAL CREDITS PER NCQF LEVEL</b>					

	<b>BQA NCQF QUALIFICATION TEMPLATE</b>	Document No.	DNCQF.QIDD.GD02
		Issue No.	01
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<b>NCQF Level</b>	<b>Credit Value</b>
<b>Fundamentals Level 9</b>	<b>40</b>
<b>Core level 9</b>	<b>205</b>
<b>Electives/options level 9</b>	<b>5</b>
<b>TOTAL CREDITS</b>	<b>250</b>

**Rules of Combination:**

*(Please Indicate combinations for the different constituent components of the qualification)*

All candidates shall take 40 credits fundamentals, 205 credits for core courses and one 5 credits option in order to fulfill the requirements of the Master of Arts in Mental Health Counselling.

**ASSESSMENT ARRANGEMENTS**

Formative: Formative assessment with weighting 70%.

Summative: assessment with weighting 30%


Assessors should be BQA accredited

**MODERATION ARRANGEMENTS**

There shall be both internal and external moderation in accordance with applicable institutional policies and regulations.

External Moderators may not necessarily be accredited with BQA but with the qualification authorities in their respective countries.

**RECOGNITION OF PRIOR LEARNING**

	<b>BQA NCQF QUALIFICATION TEMPLATE</b>	Document No.	DNCQF.QIDD.GD02
		Issue No.	01
		Effective Date	04/02/2020

There is provision for an award through Recognition of Prior Learning (RPL) in line with institutional and national policies.

### ***CREDIT ACCUMULATION AND TRANSFER***

There is provision for an award through Credit Accumulation and Transfer (CAT) in line with institutional and national policies.

### ***PROGRESSION PATHWAYS (LEARNING AND EMPLOYMENT)***

#### **Learning**

##### **1.0. Horizontal Articulation**

- Masters of Arts in Mental Health Counselling
- Masters of Arts in Counselling Psychology
- Masters of Arts in Clinical Psychology

##### **1.1. Vertical Articulation**

- Doctor of Philosophy in Mental Health Counselling)
- Doctor of Philosophy in Marriage and Family counselling
- Doctor of Philosophy in Pastoral and Spiritual counselling
- Doctor of Philosophy in Counsellor Education and Supervision
- Doctor of Philosophy in Counselling Psychology


#### **Employment**

- Professional Counsellor (Community agency)
- Mental Health Counsellor (private practitioner)
- Mental Health Specialist (trauma in a hospital setting)

### ***QUALIFICATION AWARD AND CERTIFICATION***

#### **1.0. Award**

To be awarded a Master of Arts in Mental Health Counselling qualification a candidate must have a minimum of 250 credits.

	<b>BQA NCQF QUALIFICATION TEMPLATE</b>	Document No.	DNCQF.QIDD.GD02
		Issue No.	01
		Effective Date	04/02/2020

## Certification

Candidates meeting the prescribed requirements will be awarded Master of Arts (Mental Health Counselling) and will be issued a certificate and an official certified transcript.

## REGIONAL AND INTERNATIONAL COMPARABILITY

i). University of Pretoria's 2-year M.Ed. in Learner Support, Guidance and Counselling and produces graduates who teach at the university level, provide learner support, and work as counsellors, and research scholars.

(ii). University of Florida offers a Master of Education (Mental Health Counselling).

The similarities between the M.Ed Learner Support in Pretoria and the M.Ed Mental Health Counselling is that both provide modules in counselling course work. They are both housed in the Faculties of Education hence the title of the degree. However, the Mental Health Counselling qualification in Florida, emphasizes more on the clinical aspects rather than the research component which is regarded as a significant aspect. The M.Ed in Pretoria, leans more towards counselling in educational settings, while the mental health is more agency and community based. This qualification compares more favourably with the qualification in Florida in terms of the main exit level outcomes, domains and assessment strategies.

The qualification generally compares well with all the qualifications studied in terms of focus/domains, exit outcomes, assessment strategies and employment pathways.

## REVIEW PERIOD

The qualification shall be reviewed after 5 years.