

# Options with an MA or PgD in Counselling and Psychotherapy

---

## What skills will you develop?

Counselling and Psychotherapy graduates are able to:

- show patience, tolerance and understanding to others
- establish strong and trusting relationships with others
- offer exceptional listening and observation skills
- remain highly ethically aware and work in complex and challenging situations
- operate with strict attention to the laws of data protection and confidentiality
- conduct themselves with a non-judgmental outlook
- support and guide individuals in considerable emotional distress
- compassionately help people to explore their difficulties and express their feelings
- help people to work towards deeper self-awareness and understanding

**These are just a sample of careers where a Counselling and Psychotherapy MA or PgD would provide relevant experience and allow direct entry.**

- Art/Creative Therapy
- Care Management
- Chaplaincy and Spiritual Care
- Counselling
- Equality and Diversity
- Family Support
- Mental Health Work
- Psychotherapy
- Residential Childcare
- Youth Work

**Recent Counselling and Psychotherapy graduates are working in:**

- Outdoor Therapy
- Private Counselling
- NHS/GP Practice
- Chaplaincy
- Residential Childcare
- Cancer Care

## What other career options are there?

Many employers seek graduates with a good degree (usually a 2.2 or higher), and over 80% of employers don't have a preference for the subject studied. These are some of the areas you could also consider. Some of these will involve further study or training:

- Administration
- Management
- Civil Service
- Local government
- Law
- HR
- Recruitment
- Banking
- Accountancy
- Finance
- Insurance
- Hospitality
- Events management
- Public Relations
- Marketing
- Sales and retail
- Advertising
- Charity and voluntary work
- Tourism
- Politics

**For more information about different sectors and job roles, including career-planning tools, the following websites are helpful:**

[Prospects](#)

[National Careers Service](#)

[TargetJobs](#)

[AllAboutCareers](#)

## What help is available from the University of Cumbria?

The Careers and Employability Service can support you with your career planning throughout your time at university, and for up to three years after you graduate. During this time, you can access our career hub, [My Career Enriched](#), which enables you to:

- search for graduate jobs, part-time work, work experience, placements and paid internships
- book one-to-one advice and guidance appointments
- book a practice interview
- book onto employability events
- CV/application review service

We also offer practical workshops on a range of employability topics, as well as advice and information about further study.

Students with a disability or health condition can request information and advice on finding disability confident employers, how to declare a disability, applying for work, and requesting adjustments in the recruitment process.

Access our range of careers information and resources on [My.Cumbria.ac.uk](http://My.Cumbria.ac.uk)

## Other useful sources of advice

[Targetpostgrad](#)

[FindAMasters](#)

[www.healthcareers.nhs.uk/explore-roles](http://www.healthcareers.nhs.uk/explore-roles)

[www.reed.co.uk/jobs/counselling-jobs](http://www.reed.co.uk/jobs/counselling-jobs)

[www.theguardian.com/careers/2017/may/25/thinking-of-a-career-in-therapy-here-are-your-options](http://www.theguardian.com/careers/2017/may/25/thinking-of-a-career-in-therapy-here-are-your-options)

[www.bacp.co.uk/careers/careers-in-counselling](http://www.bacp.co.uk/careers/careers-in-counselling)

The Careers & Employability Service accepts no responsibility for the use you make of the information in this handout. While we make every effort to ensure the accuracy of our content, the Careers & Employability Service does not make any warranty that this information or any onward links are complete, accurate or up-to-date.

© RP –August 2018(Updated August 2019/CB) - Careers & Employability Service, University of Cumbria