

Course Descriptions of MSc Counseling Psychology

CPSYC501 Ethics, Theories and Strategies in Counselling Psychology

The main objective of this course is to familiarize the students with the ethical guidelines followed by psychologists, the skills of active listening and effective communication with their clients, and the basic techniques used from the main theoretical orientations of the field (Dynamic, Humanistic, Cognitive-Behavioural, etc). Emphasis will be placed on the basic characteristics of the psychotherapeutic process, the importance of the therapeutic relationship, empathic skills, intrapersonal issues, the functions of the Counselling Psychologist, and the stages of the therapeutic process, from the intake interview to the end. Furthermore, the course will provide an overview of important aspects of the process such as self-knowledge, personal development and developing a personal therapeutic model.

During the course, there will be in-class exercises, movie viewings and a significant amount of role-playing in order to apply everything learned. The course will also give great emphasis on critical thinking and giving and receiving valuable feedback.

CPSYC502 Statistics and Research Methodology

This course describes the known experimental methods. The goals of the course are for the student to learn how research is planned, carried out, communicated and critiqued. This course will concentrate on developing general research skills that can be applied within any area of psychology, but will focus specifically on Counselling Psychology. These skills include knowledge of experimental design, statistics, report writing, and ethical standards of research. Another goal of the course is to develop the capacity for critically evaluating "scientific evidence" that is communicated in journals, magazines, newspapers, and news programmes. Mastery of the material covered should enable students to evaluate the adequacy of research findings reported by others, design research studies of their own, collect and analyze data, and write APA-style research reports.

CPSYC504 Multicultural Counselling

The Association for Multicultural Counselling and Development (AMCD) lists Multicultural Counselling Competencies grouped by attitudes, beliefs, knowledge, and skills in areas related to awareness of our own cultural values and biases, awareness of client's worldview, and culturally appropriate intervention strategies

(Arredondo, et al., 1996). The purpose of this course is to provide students an opportunity to gain multicultural competency as professional counselors. Students will be asked to reflect on internalized messages regarding other groups and challenged to make new decisions in an effort to bring behaviors and attitudes into congruence with professional standards. While we cannot be held accountable for messages embedded in our past, we can and must be held accountable for current and future responses to events in contemporary living and practice. Students will be exposed to current issues in broad diversity constructs: culture, national origin, language, physical appearance and ability, sexual orientation, spirituality, SES, etc.

CPSYC506 Psychopathology

This course will provide an in-depth review of a broad spectrum of psychopathological disorders as defined in the DSM-IV. The review will include the aetiology, prevalence & incidence, signs & symptoms, and criteria for differential diagnosis. The emphasis will be on comparing and contrasting different theoretical perspectives on each disorder, as well as reviewing the empirical literature in support of these theoretical perspectives.

CPSYC505 Psychological Assessment

The course will focus on basic and advanced psychological assessment and testing skills. Basic skills include “behavioural observation;” clinical (and diagnostic) interviewing, and test selection, administration, and scoring. Advanced skills include the use and interpretation of a battery of psychological tests, the identification of relevant and salient developmental and cultural factors that affect the assessment and testing process, and the integration of test and non-test data into a comprehensive, integrative psychological assessment report. Commonly used *objective* tests (e.g., MMPI-2, MCMI-III) will be covered in-depth. Commonly used *objective* tests (e.g., MMPI-2, MCMI-III) will be covered as will commonly used *projective* tests (e.g., Rorschach, TAT) . Development of effective consultation and test interpretation feedback skills will be emphasized throughout the course.

In reaching the goals and objectives of the course, the students will not only develop an appreciation of the technical aspects of testing, but also a healthy, realistic appreciation of the “real world” professional practice of psychological assessment. An integrative, “scientist-practitioner” model will be emphasized. A variety of teaching methods will be used, including interactive lecture, small group discussions, and in-class learning activities (e.g., behavioural observation of videos, profile analyses, case consultations).

CPSYC508 Counselling in Schools/Educational Settings

As the foundation course for those planning to enter school counselling, this course covers organization, planning, management, and evaluation of comprehensive school counselling programs; appropriate roles and functions of school counsellors at various school levels, coordination of professional services; and professional issues such as ethics and associations as they specifically relate to school counselling are included.

Upon successful completion of the course, students will be able to master topics like the following:

- history, philosophy, and current trends in school counselling and educational systems;
- relationship of the school counselling program to the academic and student services program in the school;
- role, function, and professional identity of the school counselor in relation to the roles of other professionals and support personnel in the school;
- strategies of leadership designed to enhance the learning environment of schools;
- knowledge of the school setting, environment, and pre-K—12 curriculum;
- current issues, policies, laws, and legislation relevant to school counselling;
- the role of racial, ethnic, and cultural heritage, nationality, socioeconomic status, family structure, age, gender, sexual orientation, religious and spiritual beliefs, occupation, physical and mental status, and equity issues in school counselling;
- knowledge and understanding of community, environmental, and institutional opportunities that enhance, as well as barriers that impede student academic, career, and personal/social success and overall development;

CPSYC507 Basic Counselling Skills

Provides the foundation for all practicum and internship experiences. Students learn communication and interpersonal skills under faculty supervision. Demonstration of these skills is a prerequisite for enrolment in practicum (CPSYC 517 and CPSYC518). Students will examine their intrapersonal issues and interpersonal styles and will follow Ethical Standards. Supervised application of a number of interviewing skills is the primary focus. Students can expect to examine their intrapersonal issues and concerns. They should be able to demonstrate the ability to express and understand their own personal dynamics and development, including strengths, sensitivities, defences and limitations.

CPSYC503 Counselling in Health-related issues

This course aims to provide exposure to the field of health psychology, which is concerned with the roles of behavioral/lifestyle, psychological and social factors on health, illness and chronic disease. This course will further expand one's knowledge of the importance and significance of psychology in health, illnesses, and chronic conditions. It will also provide a theoretical foundation (biopsychosocial) for exploring the relationship/interaction between biological, social, cognitive, emotive, and behavioral dimensions within the reviewed topics, areas, and/or persons. This course will examine various medical conditions from the

etiology, prevention, and treatment but from a health psychology perspective. The course will address four general subject areas: 1) attitudes, behavior, and lifestyle factors affecting disease prevention and development; 2) stress and the related psychological and social processes associated with disease development and progression; 3) social and psychological factors involved in the illness experience; and 4) long-term social and psychological implications of chronic illness (e.g., heart disease, cancer). The course will finally address the basic counselling skills required for effective practice by healthcare professionals across many subfields.

CPSYC509 Career Counselling

Career counselling and career development are a specialty area that set apart the field of Counselling Psychology from other mental health professions. Career development theory and career counselling may assist the public and our clients in finding a sense of meaning and economic empowerment through the world of work. Because work and career provide access to power, opportunity, and resources, career counselling and career development theory can play a critical role in the distribution of resources, opportunity, and power at the local, national, and international levels.

CPSYC510 Counselling with Children and Adolescents

The course is intended to educate students on the counselling techniques that are successful in the treatment of children and adolescents. The unique counselling needs of children and adolescents are identified. Current techniques as well as more traditional approaches will be taught and role-played. The student will demonstrate, through in-class discussion and role play, knowledge and application of techniques discussed in class and covered in the readings.

CPSYC511 Counselling with Couples and Families

The course will explore the nature of marriage and family therapy, and contemporary issues that the counsellor is likely to encounter. The course will also investigate the basics of family and marriage structure, and look at ways of working successfully with these relationships. Upon successful completion of the course, students will be able to understand the nature of marital and family relationships, understand the nature of change in these relationships and employ techniques of pacing and reframing to assist people in moving forward.

CPSYC512 Thesis I, CPSYC516 Thesis II, CPSYC519 Thesis III και CPSYC520 Thesis IV

The series of four courses are required for the Master of Science degree in Counselling Psychology. The purpose of these courses is to complete a capstone project in counselling psychology, culminating students' experiences in the programme and providing validation of the students as master practitioners. Based upon the thesis proposal and feedback, students should be prepared to complete their thesis writing and successfully defend their theses before graduating.

CPSYC513 Special Issues in Counselling Psychology

Staff, Visiting Scholars and Invited Speakers will address issues not otherwise covered in the rest of the academic modules. Indicative issues to be covered include:

- Psychopharmacology
- Intimacy, Sexuality and Gender
- Addiction Counselling
- Foundations of Play Therapy
- Psychology of Grief and Loss
- Trauma Counselling and Interpersonal Violence
- Learning Disabilities (Assessment and Practice)
- Applied Behavioral Analysis
- Other topics can be added according to interest and availability

CPSYC514 Group Counselling

This course will study the theory and practice of group psychotherapy, focusing on understanding and developing advanced group leadership skills. Discussion and materials related to groups of elders, children, and other diverse populations will be offered. Common critical incidents and special problems in group structure and development, including the recognition and management of "the antigroup", will be addressed. Ethical, legal, and professional concerns and issues of diversity will be discussed. Students will be offered both didactic and experiential presentations on group development, process, and dynamics through lecture, videos, class discussion, and demonstrations of selected theoretical approaches in which students may elect to participate as both "group members" and "co-therapists". Students will complete a final project of designing a specialized group for a chosen population.

CPSYC515 Pre-Practicum

Through didactic lectures, discussions, instructor modelling of counselling skills, and student role-play, the course will assist students in the integration and application of knowledge from theory, skills, and other pre-candidacy content. Students will engage in individual counselling relationships with one volunteer client in the Counselling Center. Each session will be audio- and/or video-taped. In addition to analyzing their own work and completing a written review of each taped session, students will be responsible for orally presenting their work in class and receiving feedback from peers and supervisor. Supervision will address the (1) students' individual issues which may be adversely impacting their delivery of counselling services, (2) the continued development of clinical skills in the application of counselling theory to actual counselling situations, (3) the conceptualization of cases, (4) the ability to diagnose with the DSM-V and apply these descriptive classifications to the unique needs of their clients, (5) the appropriate use of a treatment plan, developed in conjunction with the client and the supervisor. Students will also complete a written case report for each client.

CPSYC517 Practicum Plus 500 Hours of Placement and CPSYC518 Practicum Plus 500 Hours of Placement

Completion of 1000 practicum hours at different practicum placements. Pre-requisite is Pre-Practicum (C.PSYC 515 and CPSYC507)