

COURSE DESCRIPTION

APS 101: INTRODUCTION TO PSYCHOLOGY

Definition of Psychology. Nature and Scope of Psychology. Historical Growth of Psychology. Methods of Inquiry in Psychology. Heredity and Environment. Sensation and Perception. Learning and Motivation. Emotions, Frustrations and Conflict. Memory and Cognition. Abnormal Behaviour. Psychopathology and Psychotherapy. Social Psychology.

APS 102: SOCIAL PSYCHOLOGY

Definition of Social Psychology. Socialization and Roles. Self-insight. Social-insight. Social Cognition. Social Influence. Conformity. Compliance and Obedience. Communication. Attribution theory and Attributional biases. Attitude-formation and change. Cognitive Dissonance. Discrimination and Prejudice. Group Dynamics: Group-types, group relations, group thinking, and group action. Interpersonal attraction. – liking, love and marriage. Prosocial behaviour-altruism, antisocial behaviour – aggression. Power, Authority and Leadership.

APS 103: HISTORY AND SYSTEMS OF PSYCHOLOGY

Examination of the historical antecedents of modern psychology. Comparison of major historical systems and schools of psychology including: Structuralism, Gestalt Psychology, Behaviourism, Cognitive Psychology, Psychoanalytic Psychology and Functionalism. Perspectives in Psychology. Branches of Modern Psychology.

APS 106: INTRODUCTION TO LIFE CYCLE DEVELOPMENT

Psychobiological and sociocultural basis of behaviour. Theories of gender differences in behaviour. Development of gender stereotypes. Role participation and women's liberation movement. Understanding the psychology of power relations. Gender and psychology of violence. Women's movements. Gender and the work place. Gender and morality. Gender issues and the family. Developing health relationships between men and women.

APS 107: INTRODUCTION TO BIOLOGICAL PSYCHOLOGY

Meaning and scope. Historical concepts on the models of the brain. Biological bases of behaviour. Structure and function of the nerve cell. Molecular neurobiology and behavioural genetics. Electrical activity of the brain. Synaptic transmission and psychopharmacology. Organization of the nervous system. Sensory processes. Output system. Eating and drinking behaviour. Body temperature regulation. Sex and emotions. Biological rhythms and sleep. Language and cognition.

200 LEVEL

APS 201: PSYCHOLOGY OF PERSONALITY

Definition of Personality. Origins of Personality. Personality traits in various profiles. The social response aspects in personality development. Theories of personality development. Personality adjustment and maladjustment. The conforming versus non-conforming individual. Issues in personality development (cognitive processes, conditioning, identification, peer pressure, trial and error, modeling, methods of trait modification).

APS 203: CROSS-CULTURAL PSYCHOLOGY

Definition of Cross-Cultural Psychology. The subtle transaction between culture and behaviour. Culture and psychopathology. Culture and Sense of Self-Control and Situational Control of one's own behaviour. Need for achievement in one's own culture. Stages of moral development and management styles in work environment. Culture and Values.

APS 210: MOTIVATION AND EMOTION

Biological and sociological sources of needs. Consequences of gratification and frustration of needs. Maslow's hierarchy of needs. Physiological basis of emotions. Consideration of competency, security, creativity, frustration, aggression, love, sexuality and values (aesthetics). Theories of emotion. Biological, psychological and sociological determinants of human emotions. Theories of motivation emphasizing wants and desires. Instincts. Unlearned biological drives. Emotional state consequences of reward and punishment.

APS 212: CHILD PSYCHOLOGY

Introduction to child psychology. Historical perspectives on child psychology. Theories of child development. Stages of development: prenatal, infancy, early childhood, late childhood, adolescence. Areas of development: physical, cognitive, social, emotional, moral and personality. Factors influencing child development. Areas and methods of research on children. The child in context. Resilience in children

APS 213: INTRODUCTION TO COUNSELLING PSYCHOLOGY

Genesis and relevance of the modern counselling field. Definitions, goals and principles of psychological counselling. Major stages in the historical evolution of the modern counselling specialty. History of guidance practice in Kenyan schools. Vocational Psychology. Ways of disseminating career information in schools. Role and relevance of counselling and guidance in industrial, hospital, government and non-governmental organizations, and pastoral and family settings. Management and administration of counseling in school and non-school settings.

APS 214: HUMAN SEXUALITY

Definition of human sexuality. Research methods in human sexuality. Male and female sexual anatomy and physiology. Sexual arousal and response. Gender identity and gender roles. Relationships, intimacy and communication. Sexual orientations and behaviour patterns. Sexuality in childhood, adolescence, and adulthood. Sexual dysfunctions. Contraception and abortion. Sexually transmitted infections, including HIV/AIDS. A typical sexual variations. Sexual harassment, coercion and making responsible sexual decisions.

ACU 201: METHODS AND TECHNIQUES OF SOCIAL SCIENCE RESEARCH (School Common Unit) (offered by department of Sociology)

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300 LEVEL

APS 304: ABNORMAL PSYCHOLOGY

Definition of Abnormal Psychology. Behaviour disorders: anxiety neurosis, obsessive-compulsive reactions, somatoform, personality, psychosexual, eating, affective, schizophrenic and dementia-related disorders. Recent clinical and experimental findings as they relate to major conceptions of mental illness. Origins, treatment, and case studies of common behavior disorders analyzed in the context of adaptive personality development. Behaviour disorders of childhood maladaptive groups. Drug dependency and their correlation to abnormal behaviour.

APS 313: INTRODUCTION TO GROUP COUNSELLING

Origin of group therapy. Theoretical approaches to group therapy. Formation of groups. Advantages of group therapy. Situation where group therapy is needed. Group therapy: techniques, advantages, challenges and ethical issues.

APS 307: THEORIES OF COUNSELLING

Conceptual definitions. Nature and role of theory in counselling and psychotherapy. Qualities of a good theory. Leading counselling and psychotherapy theories: Freudian psychoanalysis. Adler's individual psychology. Jung's analytical psychology. Ellis' rational emotive therapy. Roger's person-centred therapy. Frankl's logotherapy. Glasser's reality therapy. Beck's cognitive therapy. Cognitive behaviour modification. Common elements in counselling theories. Relevance to the African conditions.

APS: 315: PSYCHOLOGY AND CRIME

Key areas of criminological psychology. Evaluation of the range of contributions made by psychology to the theory, prevention, and treatment of criminal behaviour. The prevention and investigation of crime, and the understanding of criminal justice processes. Crime and individual differences. Criminal career research. Preventing criminality. Varieties of criminal behaviour. Courtroom processes. Crime prevention and investigation. Victims and lifestyles.

APS 319: PREMARITAL COUNSELLING

Basic conceptualizations. Young adulthood: identity and intimacy. Central characteristics of young adulthood. Liking, loving and close relationships. The life cycle of close relationships. Initial attraction and beginning. Building a close relationship. Mate selection theories. Conflict issues in mate selection. Gender and social behaviour. Cohabitation and trial marriages. Impression formation and management. Social influence and decision. Factors influencing marital choice prospects in Africa.

APS 320: COUNSELLING SPECIAL POPULATIONS

Meaning and scope. Categories of the special population. Special counselling needs for special populations: the military, the police, the exceptional child, the handicapped, the hyperactive client, the single-parent clientele, the nomadic, the elderly, the street-child, the bereaved, the retiree, the abused/the traumatized client, the prisoner, the AIDS/HIV client, the hospitalized, and the drug-addict. Problem of assessment and goal definition and realization. Ethical issues. Outcome evaluation

APS 322: ASSESSMENT PROCEDURES IN COUNSELLING

Definition of terms. Assessment tools: Reliability and validity. Ethical issues in psychological assessment. Factors influencing psychological assessment. Types of assessment techniques: interest

inventories, personality testing, intelligence testing. Interpretation and use of test scores. Practical application.

APS 323: BEHAVIOUR MODIFICATION

Definition and history of behaviour therapy movement. Contributions of learning theory to behaviour modification principles. Major intellectual roots of the behaviour modifications paradigm (Watson, Pavlov, Skinner, Thorndike and Bandura). Fundamental principles, stages and techniques of behaviour modification. Problems amenable to behaviour modification process. Cognitive behaviour modification paradigm – a bridge between behaviour therapy and cognitive therapies.

APS 324: EMOTIONS, PERSONAL MEANING AND COUNSELLING

Basic conceptualisations and Definitions. Emotion vs Reason. Emotion and Personal Meaning. Nature and Psychology of nasty emotions: anger, envy, and jealousy; existential emotions: Anxiety-fright, Guilt, and Shame; Emotions generated by unfavourable circumstances: Relief, Hope, and Sadness, and Depression; Emotions engendered by favourable life condition: Happiness, Pride, and Love; The emphatic emotions: Gratitude, Compassion, and those aroused by aesthetic experiences.

APS 325: INTRODUCTION TO FAMILY THERAPY

Historical background and basic conceptualizations. The concept of the family unit. The family life cycle. Families and their development; Theories of family therapy: Psychodynamic, Behavioural, Structural, Transgenerational, Constructivist, Narrative and Solution Focused. Common family problem. Family assessment skills Therapeutic techniques: Genograms, use of paradox, narrative therapy, reframing and positive connotation. Ethical issues in family therapy. Family stress and coping in Africa.

APS 327: SUBSTANCE ABUSE COUNSELLING

Definition of terms. Substance abuse and chemical dependence: process, diagnosis, treatment and prevention. Group therapy. Support groups in the treatment and rehabilitation of the chemically dependent. Effectiveness of recovery programs. Community responses to dependency problems.

APS 330: RESEARCH PROJECT

Students will undertake a supervised research project in one of their areas of interest. A completed report will be submitted for assessment at the end of the course. Students will be expected to display originality and mastery of content in their work. The submitted work must conform to the existing university requirements.

400 LEVEL

APS 408: PSYCHOTHERAPY IN AFRICA

The African Worldview. Distinction between African Psychotherapy and Psychotherapy in Africa. African traditional medicine and African psychotherapy. Sources of the modern African identity. Trends in contemporary African psychotherapy. Hope healing processes in modern Africa. Sources of gain in African grief therapy. Family therapy in Africa. Multiculturalism and the culture impasse problem in the psychological adaptation of the modern African youth.

APS 415: CORRECTIONAL COUNSELLING

Critical analysis of the historical, contemporary, and future role of offender rehabilitation within the criminal justice system. Rehabilitation of offender: The ideal model and the Kenyan practice. Criminal justice process: intervention points and service agencies. Juvenile justice process. Problems of coercion, accountability and multi-agency co-ordination. Criminal lifestyles and resistance.

APS 416: INTRODUCTION TO SKILLS AND TECHNIQUES OF COUNSELLING

General approaches to counseling skills and techniques. Building the therapeutic relationship. Stages of the counseling process. Basic skills in counseling: listening, paraphrasing, clarifying, questioning. Advanced skills: confrontation and summarizing. Ethical issues. Micro counselling practice. Peer counseling.

APS 418: LIFE STYLE DISEASES AND REHABILITATION

Basic conceptualizations. Classification of life style diseases. Samples of life style diseases: substance abuse, alcoholism, STDs, stress disorders, impulsivity or poor self control, poor anger management, suggestibility and gullibility, the excessive appetite and/or acute self starvation, perseveration, Type A behaviour pattern. Rehabilitation approaches: nutritional therapy, behaviour therapy, self management, anger management (Meichenbaum's model). Executive stress management.

APS 421: COUNSELING PRACTICUM /APS 428: COUNSELLING PRACTICUM SUPERVISION

Each candidate is to attach himself/herself to a personally negotiated and certified work setting for purposes of supervised field counselling practice. Each student is expected to submit, for grading, a report of their experiences following guidelines provided by the department.

APS 422: LOSS AND GRIEF COUNSELLING

Definition of terms. Types of loss. Reaction to loss across the life span. Effects of loss. Recovery from loss. Stages of the grieving process. Forms of grieving and therapeutic effects. Factors influencing the grief process. Cultural influences of the grieving process. Counselling the bereaved. Problems in grieving and recovery.

APS 423: COUNSELLING CHILDREN AND ADOLESCENTS

Issues in child and adolescent psychopathology. Types of childhood and adolescent disorders. Causes of childhood disorders: developmental, family, school, peers, media and environmental factors. Types and causes of adolescent disorders. Assessment procedures of child and adolescent disorders. Intervention strategies. Techniques of child and adolescent therapy. Play and Art therapy. Ethical considerations in counseling children and adolescents.

APS 424: PROFESSIONAL ISSUES AND ETHICS

Introduction to professional ethics. Values and ethics in the helping relationship. Client rights and counselor responsibilities. Confidentiality. Managing boundaries and multiple relationships. Professional competence and training. Multicultural perspectives. Ethical issues in group work. Ethical issues in marital and family therapy. Supervision and consultation.

APS 425: CRISIS INTERVENTION AND COUNSELLING

Definition of terms. Approaches to crisis intervention; Types of crisis: PTSD, violence, sexual assault, bereavement; Crisis in institutions; Crisis hostage negotiation; Crisis intervention skills; Assessment models; The ABC model of crisis intervention, Debriefing. Trauma management. Ethical Issues.

APS 426: HIV AND AIDS COUNSELLING

Overview of human sexuality. Sexually transmitted infections: types, treatment. Historical background of HIV/AIDS. Prevalence of HIV /AIDS. Predisposing factors. Transmission and symptoms. Prevention and treatment. Voluntary Counseling and Testing. Pre testing and post test counseling. Theories of behavior change. Ethical and legal issues in HIV/AIDS counseling.

APS 429: INTRODUCTION TO COUNSELING PRACTICUM

Definition and benefits of counselling practicum; introduction to practicum sites and dynamics; Counsellor professional identity; professional counselling forms: client intake form; client consent form; client case note form; Clinical record-keeping; case conceptualisation and micro-counselling: adolescence model cases; children's models cases; HIV model cases; couple/family model cases; academic/career model cases; drug dependence model cases; mental disorders model cases; model cases in other areas; videotaping and presentation of client work; seminar presentation skills; group facilitation review and practice; supervision during practicum; self-care and dealing with therapeutic failure; practicum report writing.

APS 431: PSYCHOLOGY OF HEALTH, STRESS AND COPING

Biological, psychological and sociological determinants of human emotions. Stressors and responses to stress. Stress and its correlation to psychosomatic illnesses. An evaluation of stress-causing emotions such as anger, grief, anxiety, and romantic love. The relationship between stress, coping and adaptation. Manifestation of stress in functional and somatic disorders. Managing stress through biofeedback and relaxation training.

