MA (COUNSELING PSYCHOLOGY)

COURSE DESCRIPTIONS

AMC 800: RESEARCH METHODS IN SOCIAL SCIENCES

AMC 801: STATISTICS IN SOCIAL SCIENCES

APS 802: RESEARCH PROJECT
This involves field research by each student on a counselling problem the report of which is to be embodied in a thesis. Four copies of the report are to be submitted for examination

APS 803: COUNSELLING FIELD PRACTICUM /APS 822: COUNSELLING PRACTICUM SUPERVISION
Each candidate is to attach himself/herself to a personally negotiated and certified work setting for purposes of a supervised counselling practice. Each is expected to submit for grading a typed verbatim or/narrative report of their experiences in the practicum.

APS 804: FUNDAMENTALS AND PROCESS OF COUNSELLING

APS 805: THEORIES OF COUNSELLING
**EPS 827: THEORIES OF PERSONALITY**

Historical introduction to Personality theory. Definition of key terms (personality, theory). Functions and key properties of an ideal theory. Major personality theories for counselling work (psychoanalytic, ego psychology, analytical psychology, and social-analytical theories, the personological and phenomenological/humanistic theories, the stimulus-response learning, the behavioural, cognitive and social learning theories and field theory, African perspective on personality theory). Overview of personality theory.

**APS 807: COUNSELLING SKILLS AND TECHNIQUES**


**APS 808: MARITAL AND FAMILY THERAPY**


**APS 810: INTRODUCTION TO PSYCHOPATHOLOGY**


**APS 813: ADDICTION COUNSELLING AND PSYCHOTHERAPY**

Key concepts. History of addiction studies. The addiction process. Nature of addiction disorders. Types of addiction disorders. Concept of co morbidity and common co morbid disorders. Physiological and psychological effects of alcohol and other substances. Disease model of alcoholism. Approaches to lifestyle rehabilitation: Narrative and behaviour therapy; treatment models such as Alcoholic and narcotic Anonymous. Residential, outpatient, family and individual therapies.

**APS 814: LOSS AND GRIEF COUNSELLING**

Loss, grief, bereavement and mourning: conceptual foundations. Major phases of bereavement. The course of normal grief. Major bereavement theories (depression models of grief; stress models of grief; bereavement as a psychosocial transition). Loss and recovery. Major moderating variables in loss and
grief. Types of loss. Health consequences of marital bereavement. Determinants of adjustment to loss and
grief. Counselling and therapy of the bereaved.

APS 816: PROFESSIONAL AND ETHICAL ISSUES IN COUNSELLING
Critical examination of various professional and ethical dilemmas in counselling practice and research. Ethical issues in child and adolescent counselling. Ethical issues with special needs clients such as the disabled, the elderly and those in prison. Issues of confidentiality. Privileged communication. Clients’ rights. Dual relationships. Counsellor and communities needs. Sample of ethical guidelines.

APS 817: PSYCHOLOGICAL ASSESSMENT AND EVALUATION

APS 818: GROUP COUNSELLING

APS 819: DEVELOPMENTAL PSYCHOLOGY