

MA (COUNSELING PSYCHOLOGY)

COURSE DESCRIPTIONS

AMC 800: RESEARCH METHODS IN SOCIAL SCIENCES

Nature of scientific inquiry. Problem identification and definition. Review of related literature. Hypothesis formulation. Methods of counselling research (historical, developmental, surveys, correlation. Ex Post Facto, Experiments and Single Case, Action research, ethnogenic approach, triangulation or the multi-method procedures, Evaluation of counseling practice; process and outcome research). Design issues, Instrumentation (Development and Validation), Data collection strategy. Data analysis plan.

AMC 801: STATISTICS IN SOCIAL SCIENCES

Simple descriptive statistics (frequency tables, histograms, bar graph trends, frequency polygons, tabular representation of data, measures of central tendency and variability). Multidimensional analysis of data (Elementary linkage analysis, cluster approach to data processing. Inferential statistics. Parametric and non-parametric tests. Correlation procedures (simple correctional analysis, multiple correlations or regression. Point biserial, phi coefficient and tetra-chronic correlation). Degree of freedom. Rejection of a null hypothesis.

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/and narrative report of their experiences in the practicum.

APS 804: FUNDAMENTALS AND PROCESS OF COUNSELLING

Definition and explanation of terms. Historical background of counseling. The counselor as a person. The counsellor as a professional The counseling Relationship. Characteristics of a good counselor. Continuities and discontinuities in counseling and psychotherapy. Varieties of counseling procedures and delivery systems. Goals of Counselling. Therapeutic approaches to counseling. Counseling in different institutional and organizational settings. Overview of stages of counseling. Contemporary issues in the counselling practice; Cross cultural issues in counseling. Ethical issues in counseling.

APS 805: THEORIES OF COUNSELLING

Nature and scope, definition, functions and goals of counselling theories. Major counselling systems (Psychoanalysis, Individual Psychology, Transactional analysis; Rational-Emotive therapy; Behaviour Therapies, Gestalt Therapy; Person-centred Therapy; Human Resource Development; Logo-therapy and Cognitive Behaviour Modification). Common elements in counselling theories. Research and evaluation in theory building. Building a personal theory 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

Brief history and goals of counselling. Overview of the counselling model. The counselling relationship. Stages of counselling. Counselling and interviewing skills. Use of technology in counselling. Communication skills: attending, listening, understanding, empathy, Questioning, probing, summarizing. Dealing with challenging clients. Leverage. Empowering clients understand their problem, determine what they need and work for what they need.

APS 808: MARITAL AND FAMILY THERAPY

Historical introduction to marital and family therapy. Types and functions of marriages. Changes in family systems. Aspects of Marital Theory. A survey of major western family therapy theories. Why marriages break down. Issues and Mechanisms in the evolution of a successful marriage. Marital separation; Divorce mediation. Sexual problems in marriage. Foreign and indigenous approaches to marital therapy. Understanding family traumatization due to incest, alcohol and child abuse. Optimal family theory. Approach to intervention in marital conflicts over Family finances. Child and Family therapy in Africa.

APS 810: INTRODUCTION TO PSYCHOPATHOLOGY

Historical background to psychopathology. Overview of DSM-IV multi-axle assessment system. Bio-psycho-social model in understanding pathology; categories of pathological disorders: mood, anxiety, substance abuse, personality, sexual, developmental, substance abuse and impulse control disorders. Comorbidity of pathological disorders. African understanding of mental disorders. Treatment issues and future trends.

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 life style 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

Historical background on assessment and evaluation. Assessment and evaluation techniques in psychological practice. Assessment of pathology. Intellectual, personality, interest assessment techniques. Administration, processing and interpretation procedures. Report writing. Advantages, limitations and safeguards in testing. Ethical issues in testing.

APS 818: GROUP COUNSELLING

Introduction to group processes. Types of counselling groups. Formation and development of a group. Rules of group therapy. Theoretical approaches to group counselling. group leadership. Curative factors in group therapy. Techniques of group therapy. Challenges of group therapy. Ethical and professional issues in group practice.

APS 819: DEVELOPMENTAL PSYCHOLOGY

Key concepts. Theories of development. Developmental theories. Research methods in developmental psychology. Factors influencing development. Stages of development: prenatal, infancy, early childhood, middle childhood, adolescence, and adulthood. Aging, death and dying. Contemporary issues.

