



Diploma in Counselling Psychology

Course Contents

Introduction to Counselling Psychology

Overview of the counselling profession, counselling and consultation processes and services, introduction to counselling theories, and preparation of counsellors, including the development of a professional identity as a professional counsellor. Definitions, Aims and Objectives of modern counselling.

Theories of Individual Counselling

Examination of several contemporary individual intervention approaches based on specific behavioural, cognitive, humanistic / experiential, and psychodynamic frameworks. Consideration of how each approach is used in applications such as clinical, educational, occupational, social, marriage and family counselling etc. Guidance and Counselling Strategies such as Psychoanalytic Strategies, Perceptual and Phenomenal Strategies, Behaviouristic Strategies, Cognitive Strategies, Humanistic Strategies, Vocational Counselling Strategies, Educational Counselling Strategies, Special Field Strategies. Transactional Analysis.

Human Communication

Interpersonal processes fundamental to the development of psychotherapeutic counselling strategies, with an emphasis on processes underlying verbal and nonverbal communication and the use of clinical skills applicable to interviewing, assessment, and intervention. Basic Communication / Micro-communication Skills.

Adult and Family Development

Exploration of the biological, psychological, and social developmental tasks and life events of the adult years, including family and vocational perspectives. Focus on socio-cultural, gender, and family issues salient to relationships, separation, non-traditional and blended families, and geropsychology.

Behavioural Intervention

Principles and techniques of behaviour acquisition and intervention. Emphasis on respondent and operant conditioning. Ethical and professional considerations.

Cognitive Intervention

Cognitive theories of psychopathology and adaptive change. Illustration, demonstration, and practice of techniques of cognitive intervention.

Dynamic Intervention

Principles of psychodynamic and contemporary psychoanalytic psychotherapies, including object relations and self-psychology perspectives. Development of the ability to recognize and respond to conscious, preconscious and unconscious states, defences, and transference and countertransference dynamics.

Theories of Family Counselling

Focus on major systemic and non-systemic orientations in relationship, couples, and family counselling. Attention to the psychodynamics of relationships and transcultural family systems, communications theory, and the role of family of origin in individual and family functioning. Students will relate their own family dynamics to the literature.

Theories of Group Counselling

Focus on the major approaches to group counselling. Emphasis on small and large group processes and involvement in in-group experiential activities designed to relate the clinical process to theoretical explanations.

Techniques of Group Counselling

Focus on the development of clinical skills necessary for effective group counselling.

Theories of Developmental Counselling with Children and Adolescents

Focus on the major approaches to therapeutic interventions with children and adolescents. Attention to developmental issues and tasks necessary for competent counselling with children and adolescents, including biological, psychological, social, and cultural processes that influence or disrupt normal development.

Techniques of Child and Adolescent Counselling

Focus on the development of clinical skills necessary for effective preventive, therapeutic, and consultative interventions with and related to children and adolescents.

Sexual Disorders**Introduction to Sports Psychology / Sports Stress****Cross Cultural Issues in Counselling**

Focus on attitudes and issues arising from different values and cultural assumptions, which affect therapeutic intervention. Attention to cultural sub-groupings of ethnicity, socioeconomic status, gender, sexual orientation, religion, relationship status, age, disability, and other demographics as they relate to the counselling process

Treatment Planning and Counselling Skills Training**Counselling Skills Training**

Planning a counselling session, behaviour analysis, relaxation treatment strategies, stress management strategies, imaginative strategies (Guided Imagery, Neuro Linguistic Programming – NLP techniques)

Clinical Ethics

Contemporary professional ethics relative to counselling practice. Professional codes of ethics.

Psychopathology and Diagnostic Interviewing

Examination of major types of psychopathology. Techniques of intake interviewing and determining mental status to formulate a differential diagnosis based upon the Diagnostic and Statistical Manual of Mental Disorders.

Treatment Planning

Focus on alternative ways of integrating clinical information in order to develop practical and effective treatment plans. Relationships among client factors (e.g., diagnostic, personality, cultural, and developmental), therapist factors, and various interventions.