

MASTER OF SCIENCE (MS) IN COUNSELING PSYCHOLOGY & PSYCHOTHERAPY

AP 6010 PROGRAM DESIGN & EVALUATION

3 US CREDITS

This course covers research based program design, monitoring and proposal writing and provides an overview of the basic theoretical concepts and applied behavioral procedures used in the systematic determination of merit, worth, or significance of a particular therapeutic, educational, or other program, project or organization.

AP 6020 BIOLOGICAL BASIS OF BEHAVIOR

2 US CREDITS

This course provides an advanced level, review of the relationship of human physiology to behavior. The course begins with establishing an understanding of the micro & macro structure and functions of the central nervous system and their relationship to psychopharmacology, and then uses this foundation to explore specific topics, including emotion, anxiety, and related disorders, memory, learning, impulsivity, violence, and substance abuse.

AP 6021 PROFESSIONAL & ETHICAL ISSUES IN COUNSELING & PSYCHOTHERAPY

2 US CREDITS

The course cultivates professional awareness and introduces issues related to reflective practice. It covers such areas as professionalism, legal issues, statutes, administrative rules, and standards for practitioners in counseling and applied developmental psychology. It stresses the importance of recognizing one's professional limitations, making referrals in any area(s) considered outside the boundaries of one's professional capabilities.

AP 6022 DIVERSITY WORKSHOP

2 US CREDITS

This workshop aims at increasing self-awareness regarding diversity issues while preparing students to work competently with various groups representing diversity with respect to race, ethnicity, gender, socioeconomic status, disability, and sexual orientation in both therapeutic and preventive contexts.

AP 6023 QUALITATIVE RESEARCH

3 US CREDITS

A critical presentation of theory, method, and practice of qualitative research with an emphasis on its naturalistic and interpretive approach to the social world and human experience. A variety of research methods for data collection (case studies, interview, participant observation, life story) and analysis (phenomenological method, discourse analysis, grounded theory) are covered and linked to major theoretical paradigms ([post]positivism, hermeneutics, [post]constructivism, critical theory, and cultural studies methods).

AP 6034 GROUP COUNSELING & PSYCHOTHERAPY

3 US CREDITS

The course reviews the basic principles guiding group therapy as an approach to helping people alleviate their personal distress and appreciate how they may have been thwarting their own best efforts to understand themselves and to achieve their goals. The focus is on identifying the key aspects of group counseling that lead to change. Major strategies and techniques are reviewed, critically discussed and contrasted as they apply to most counseling groups, therapeutic approaches, and settings.

AP 6039 PRINCIPLES OF COUNSELING & PERSONAL DEVELOPMENT

4 US CREDITS

The course examines the philosophy, main theories, practices, and principles of counseling and psychotherapy. Topics include the counseling relationship, assessment and referral procedures, brief and long-term approaches, and legal, ethical, and diversity issues. The course involves both didactic and experiential learning modes and is designed to provide a bridge from theory to professional practice. An essential goal is to affect the awareness, knowledge base, and application of techniques, and to help the student determine career goals and assume professional ethical standards, roles, and responsibilities. Methods used include group interaction, self-disclosure, case studies, and role-playing. All experiential techniques aim at increasing self-awareness and thus enhancing the prospective counselor's listening and guidance skills, as well as the ability for empathy and understanding.

MASTER OF SCIENCE (MS) IN COUNSELING PSYCHOLOGY & PSYCHOTHERAPY

AP 6244 COUNSELING IN HEALTH SETTINGS

2 US CREDITS

Prerequisites:

AP 6039 PRINCIPLES OF COUNSELING & PERSONAL DEVELOPMENT

AP 6021 PROFESSIONAL & ETHICAL ISSUES IN COUNSELING & PSYCHOTHERAPY

This course is an introduction to the study of psychological factors in health and illness, and the role of the counselor in health settings. It examines the major models, research methods, interventions, and issues in health psychology and behavioral medicine. Topics include stress-illness, compliance, psycho-immunology, bereavement counseling, social support, and coping with disorders such as cardiovascular disease, pain, cancer, gastrointestinal disorders, diabetes, and obesity.

AP 6246 PSYCHOLOGY OF ADDICTIONS

2 US CREDITS

Prerequisites:

AP 6039 PRINCIPLES OF COUNSELING & PERSONAL DEVELOPMENT

AP 6021 PROFESSIONAL & ETHICAL ISSUES IN COUNSELING & PSYCHOTHERAPY

This course introduces students to theories, techniques, and relevant research associated with the Psychology of Addiction. It surveys various aspects of addiction, namely substance abuse, eating disorders, gambling, self-injury, "love" addictions, and the Internet addiction encompassing both didactic and experiential approaches to addiction. It reviews DSM-IV diagnosis, assessment measures, treatment planning, and the application of empirically validated techniques to clinical situations focusing on addiction.

AP 6591 THESIS IN COUNSELING PSYCHOLOGY

4 US CREDITS

Prerequisites:

AP 6010 PROGRAM DESIGN & EVALUATION

AP 6021 ETHICS

AP 6023 QUALITATIVE RESEARCH

AP 6043 ADVANCED ANALYSIS AND INTERPRETATION OF BEHAVIORAL DATA

AP 6053 TESTING & ASSESSMENT

A Thesis is undertaken by all students working individually and in consultation with a selected instructor who acts as their thesis advisor. Students are expected to develop their ideas and design a study based on their appreciation of the relevant literature. Students are required to present a research thesis proposal protocol to a three-member thesis committee and gain approval before proceeding with their study and collection of data for their Thesis. Research protocols involving the participation of human subject are also submitted to the Human Research Ethics Committee for approval.

Students work closely with their thesis advisor on the completion of the thesis, which is evaluated by two additional readers. An oral defense of the thesis is scheduled after its submission. The thesis should demonstrate in-depth knowledge of the topic, evidenced by a thorough literature review and display of critical thinking skills, and by the demonstration of basic competencies in research design, data analysis, and interpretation.

AP 6542 PSYCHODYNAMIC APPROACHES TO COUNSELING & PSYCHOTHERAPY

3 US CREDITS

Prerequisites:

AP 6039 PRINCIPLES OF COUNSELING & PERSONAL DEVELOPMENT

AP 6021 PROFESSIONAL & ETHICAL ISSUES IN COUNSELING & PSYCHOTHERAPY

AP 6022 DIVERSITY WORKSHOP

AP 6224 INTERVIEWING TECHNIQUES

AP 6045 ADVANCED PSYCHOPATHOLOGY

The course reviews major humanistic and psychodynamic theories and clinical approaches in counseling, psychotherapy and clinical practice. It also provides students with a history of the development of psychoanalytic theory and the innovations in clinical practice. Humanistic theories since Carl Rogers' client centered approach up to now are also presented and discussed.

Through the use of audiovisual equipment and the thorough presentation and analysis of clinical cases, students will have the chance to learn how psychodynamic and humanistic counseling is conducted and will be introduced to the major techniques of those approaches. The course reviews also defense mechanisms, transference, empathy and other important clinical constructs and examines the way they function and interfere with the therapeutic relationship.

MASTER OF SCIENCE (MS) IN COUNSELING PSYCHOLOGY & PSYCHOTHERAPY

AP 6549 CBT APPROACHES TO COUNSELING & PSYCHOTHERAPY

3 US CREDITS

Prerequisites:

- AP 6039 PRINCIPLES OF COUNSELING & PERSONAL DEVELOPMENT
- AP 6021 PROFESSIONAL & ETHICAL ISSUES IN COUNSELING & PSYCHOTHERAPY
- AP 6022 DIVERSITY WORKSHOP
- AP 6224 INTERVIEWING TECHNIQUES
- AP 6045 ADVANCED PSYCHOPATHOLOGY

The focus of this course is to introduce students to the principles, theory and practice of Cognitive Behavior Therapy (CBT) to counseling individuals. It reviews the basic concepts, principles, techniques and new developments related to CBT. The course aims at helping the students develop a good theoretical understanding of this major school of thought in psychotherapy. It covers such areas as: Development and principles of CBT, CBT for Depression, CBT for Anxiety Disorders, the role of therapeutic relationship in CBT, and schema-focused therapy.

AP 6556 FAMILY & SYSTEM APPROACHES TO COUNSELING & PSYCHOTHERAPY

3 US CREDITS

Prerequisites:

- AP 6039 PRINCIPLES OF COUNSELING & PERSONAL DEVELOPMENT
- AP 6021 PROFESSIONAL & ETHICAL ISSUES IN COUNSELING & PSYCHOTHERAPY
- AP 6022 DIVERSITY WORKSHOP
- AP 6224 INTERVIEWING TECHNIQUES
- AP 6045 ADVANCED PSYCHOPATHOLOGY

This course presents principles of assessment and concepts for counseling a family or individuals as part of a family emotional system. It consists of a theory and practice approach focusing on levels of interactive functioning and relationship stress, including the formulation of therapeutic goals in conjunction with the "family life cycle" paradigm.

AP 6560 HUMANISTIC & EXISTENTIAL APPROACHES TO COUNSELING & PSYCHOTHERAPY

3 US CREDITS

Prerequisites:

- AP 6039 PRINCIPLES OF COUNSELING & PERSONAL DEVELOPMENT
- AP 6021 PROFESSIONAL & ETHICAL ISSUES IN COUNSELING & PSYCHOTHERAPY
- AP 6022 DIVERSITY WORKSHOP
- AP 6224 INTERVIEWING TECHNIQUES
- AP 6045 ADVANCED PSYCHOPATHOLOGY

This course presents principles of assessment and concepts for counseling a family or individuals as part of a family emotional system. It consists of a theory and practice approach focusing on levels of interactive functioning and relationship stress, including the formulation of therapeutic goals in conjunction with the "family life cycle" paradigm.

AP 6585 SHORT TERM APPROACHES TO COUNSELING & PSYCHOTHERAPY

3 US CREDITS

Prerequisites:

- AP 6039 PRINCIPLES OF COUNSELING & PERSONAL DEVELOPMENT
- AP 6021 PROFESSIONAL & ETHICAL ISSUES IN COUNSELING & PSYCHOTHERAPY
- AP 6022 DIVERSITY WORKSHOP
- AP 6224 INTERVIEWING TECHNIQUES
- AP 6045 ADVANCED Psychopathology

In the last decade there has emerged a strong need for the design and implementation of brief psychosocial interventions focused on specific themes and/or symptoms. This course attempts to respond to this well-delineated and increasing need, as well as to the need for focused counseling interventions. Short-term psychotherapy (brief psychotherapy, time-limited psychotherapy) is examined from a variety of theoretical and clinical perspectives, that share the emphasis on clearly focused interventions and rapid conflict resolution. During the course, three of these approaches to short term psychotherapy will be included: Solution Focused Therapy, the Core Conflictual Relationship Theme Model and Acceptance and Commitment Therapy. The course's structure is based upon the belief that an effective counselor must first be knowledgeable and skilled in various modalities, and, second, s/he must have develop a wide array of techniques, so as to meet adequately the client/patient's specific needs. Skill building, critical thinking and utilization of empirical support are emphasized.

MASTER OF SCIENCE (MS) IN COUNSELING PSYCHOLOGY & PSYCHOTHERAPY

AP 6590 CAREER COUNSELING

3 US CREDITS

Career counseling and career development are a specialty area that set apart the field of counseling from other mental health professions. The purpose of this course is to provide students with an understanding of career development and the role of the career counselor, with an emphasis on developmental life planning.

AP 6601 PRACTICUM I

2 US CREDITS

Prerequisites:

- AP 6039 PRINCIPLES OF COUNSELING & PERSONAL DEVELOPMENT
- AP 6021 PROFESSIONAL & ETHICAL ISSUES IN COUNSELING & PSYCHOTHERAPY
- AP 6022 DIVERSITY WORKSHOP
- AP 6224 INTERVIEWING TECHNIQUES
- AP 6045 ADVANCED PSYCHOPATHOLOGY
- AP 6034 GROUP Counseling & Psychotherapy

AP 6702 PRACTICUM II

1 US CREDIT

Prerequisites:

- AP 6039 PRINCIPLES OF COUNSELING & PERSONAL DEVELOPMENT
- AP 6021 PROFESSIONAL & ETHICAL ISSUES IN COUNSELING & PSYCHOTHERAPY
- AP 6022 DIVERSITY WORKSHOP
- AP 6224 INTERVIEWING TECHNIQUES
- AP 6045 ADVANCED PSYCHOPATHOLOGY
- AP 6034 GROUP COUNSELING & PSYCHOTHERAPY
- AP 6601 PRACTICUM I

AP 6803 PRACTICUM III

1 US CREDIT

Prerequisites:

- AP 6039 PRINCIPLES OF COUNSELING & PERSONAL DEVELOPMENT
- AP 6021 PROFESSIONAL & ETHICAL ISSUES IN COUNSELING & PSYCHOTHERAPY
- AP 6022 DIVERSITY WORKSHOP
- AP 6224 INTERVIEWING TECHNIQUES
- AP 6045 ADVANCED PSYCHOPATHOLOGY
- AP 6034 GROUP COUNSELING & PSYCHOTHERAPY
- AP 6601 PRACTICUM I
- AP 6702 PRACTICUM II

The practicum seminars are designed to provide supervision and consultation for the practicum experience along with discussion of professional development issues and responsibilities as a counseling psychologist. Topics examined through the consultation process include: case conceptualization, professional development, peer supervision, quality assurance, legal and ethical considerations, institutional dynamics.