

Master of Science (MS) in Counseling Psychology & Psychotherapy

Learning Outcomes: Knowledge and Understanding, Cognitive Skills, Practical Skills, Transferable Skills	
1. Knowledge and Understanding	
Outcomes	<p>Upon completion of this program students should be able to demonstrate:</p> <ul style="list-style-type: none"> 1.a An understanding of several therapeutic approaches to counseling and psychotherapy and the theory that informs them, the research evidence that supports their effectiveness as well as the role of the therapeutic relationship. 1.b Describe the mechanisms of action for a variety of psychopharmacological agents and evaluate the role of psychopharmacology in counseling psychology. 1.c Integrate professional and personal development through self reflection and introspective awareness as evident by their ability to practice counseling and psychotherapy. 1.d Critically evaluate the application of differential diagnostic systems to assess and diagnose psychopathology. 1.e Understanding of the ethical and legal requirements of counseling and psychotherapy. 1.f Recognizing the complexity of socio-cultural and global diversity. 1.g Integrate and apply knowledge of career development and professional identity as a mental health professional. 1.h Integrate and apply knowledge of group and family work. 1.i Integrate and apply knowledge of research and program evaluation.
2. Cognitive Skills	
Outcomes	<p>Upon completion of this program students should be able to:</p> <ul style="list-style-type: none"> 2.a Evaluate the appropriateness of various counseling approaches to different cultures, values, and world-views of various clients and choose appropriate approaches based on the integration of several theoretical schools. 2.b Diagnose and assess, through the administration of widely-used psychological tests, categories of mental distress, psychopathology, and problems in living in diverse individuals, couple, families, and systems according to the current diagnostic systems. 2.c Apply basic research methods in psychology.
3. Practical Skills	
Outcomes	<p>Upon completion of this program students should be able to:</p> <ul style="list-style-type: none"> 3.a Establish professional relationships with diverse client groups that provide the necessary conditions for therapeutic change, as evident by their ability to provide a comprehensive framework for conceptualizing a therapeutic strategy. 3.b Construct the appropriate research design, collect data, and implement the necessary data analysis techniques to interpret data and answer research questions relevant to counseling psychology, which adds to the discipline. 3.c Demonstrate the ability and willingness to reflect on their clinical work and maintain a high level of self-awareness. 3.d Practice competently and ethically as a counselor. 3.e Observe, assess, interpret and discuss group and institutional dynamics operating in academic and counseling placement settings. 3.f Demonstrate and apply basic counseling skills to individuals, families and groups.

4. Transferable Skills

Outcomes

Upon completion of this program students should be able to:

- 4.a Display comprehensive communication skills as evident by their ability to maintain constructive and supportive relationships in individual and group settings.
- 4.b Prepare and deliver a presentation and communicate in writing.
- 4.c Work independently and as part of a group to develop and complete projects in both academic and clinical settings, following ethical and professional standards.
- 4.d Evaluate and critique research methodologies.
- 4.e Manage time, academic and professional responsibilities and deadlines efficiently.
- 4.f Develop a professional identity.