



School of Graduate  
and Professional  
Education



# Master of Science (MS) in Counseling Psychology and Psychotherapy

Deree – The American College of Greece has a long and honored tradition in psychology since 1966, being the first school in Greece to award a BA in Psychology. Since 2005 our graduate program in applied psychology has been training ethical, competitive and well educated professionals who find their own distinctive place within the profession of counseling psychology and other related disciplines in the area of mental health.



Deree – The American College of Greece is accredited  
by the New England Commission of Higher Education.



# Master of Science (MS) in Counseling Psychology and Psychotherapy

## Overview

Counseling psychology is a branch of applied professional psychology concerned with the integration of different psychological theories and research traditions within the process of therapy.

The MS in Counseling Psychology and Psychotherapy balances theoretical perspectives with the application of techniques and approaches, aiming to train students who wish to work with a variety of client/patient groups in various settings. The program prepares participants to conduct assessment, prevention, and interventions for psychological difficulties, and to serve the profession by offering high-quality services based on theory, high ethical integrity, and empirically validated practices.

Students develop specialized knowledge and competencies, and gradually adopt a range of roles relating to the practice of counseling psychology. Professional skills are initially developed through pre-practicum experiences (as part of coursework) and, following, through the completion of at least 700 hours of supervised practical training in mental health settings.

## Student & Graduate Profile

The program is ideal for psychology graduates and practitioners who wish to pursue careers as counselors. Graduates of the program enter employment in a wide range of contexts, including: counseling in organizational or agency settings (mental health agencies/hospital units and education); counseling service management; counseling training; and, following further experience, private counseling practice.

## Program Structure

Students must successfully complete 17 graduate-level courses, 2 graduate-level experiential workshops, 3 practicum seminars, representing a total of 54 US credits, carry out at least 700 hours of practical training, and undertake at least 40 hours of personal counseling/psychotherapy.

In the **first year**, the program aims to provide the student with core theoretical and research knowledge in areas relating to counseling psychology. In the **second year**, students enroll in skill-based courses from different theoretical orientations, are assigned to supervised practicum(s) (700 hours) and complete the research thesis.

## Curriculum

### Required Courses

#### Year 1

Principles of Counseling & Personal Development  
Testing & Assessment  
Biological Basis of Behavior  
Professional & Ethical Issues in Counseling & Psychotherapy  
Qualitative Research  
Interviewing Techniques  
Advanced Analysis & Interpretation of Behavioral Data  
Program Design & Evaluation  
Group Counseling & Psychotherapy  
Advanced Psychopathology

#### Year 2

Counseling in Health Settings  
Psychology of Addictions  
Family & System Approaches to Counseling & Psychotherapy

Two of the following Intervention Courses:

- Humanistic & Existential Approaches to Counseling & Psychotherapy
- CBT Approaches to Counseling & Psychotherapy
- Psychodynamic Approaches to Counseling & Psychotherapy
- Short-Term Approaches to Counseling & Psychotherapy

### Experiential Workshops

Workshop on Crisis Intervention  
Diversity Workshop

### Thesis

**Practicum Seminars:** Practicum I-III

## Learning Outcomes

Upon successful completion of this program, participants should be ready to engage in counseling practice.

Specifically, they should be able to:

- Demonstrate in-depth knowledge of various models of psychotherapy, the capacity to critically evaluate and assess their effectiveness, and to execute integrative psychotherapeutic interventions.
- Diagnose and assess categories of mental distress, psychopathology, and problems in diverse individual, couple, and family systems, according to the current diagnostic systems.
- Construct an appropriate research design, collect data, and implement the necessary statistical techniques to answer research questions relevant to counseling psychology.
- Develop strategies and detailed plans for successful and ethical psychotherapeutic interventions with diverse client groups in various clinical contexts, including crisis intervention and case management assessment.
- Demonstrate critical awareness and willingness to continue their personal and professional development.

## Practicum Placement Opportunities

Practical training is undertaken within counseling agencies and/or organizations from our network of collaborators that offer counseling as part of their services. The practicum is supervised by licensed psychologists at the local training partners and by faculty supervisors. It enables students to gradually further develop their skills as a counselor by working with actual clients and gaining experience from working alongside and under the supervision of experienced colleagues. Students may opt to acquire training experience in a variety of settings with different populations:

- Our program operates its own counseling center that offers counseling and assessment services to the ACG community. MS candidates are enrolled as counseling trainees and offer services under the supervision of our clinical faculty.
- A number of short- and long-term training agreements are established each year with private and public institutions/organizations that offer counseling services and research opportunities.
- Collaborations with NGOs to support their work, provide our students with the opportunity for training in non-conventional venues and environments such as national abuse prevention programs and street work/counseling.

## Flexible Study & Course Duration

The program may be completed in two years (full-time) or up to four years (part-time). Classes run Mondays to Thursdays, 17:00-20:00. New students are admitted at the start of the fall, winter, and spring terms. Completing the program in two years is possible only for students who begin their studies in the fall term.

## Career Services

Deree graduate psychology students benefit both from the Deree Office of Career Services, which has helped thousands of graduates enter the job market since 1976, as well as from the Alba Graduate Business School career workshops and events.

## Admission to Program

In order to be considered for entry to the program, applicants should be at least 23 years old and should be able to demonstrate competence to undertake graduate work:

- A college or university degree in psychology. Applicants who do not have a first degree in psychology may opt to attend a graduate conversion course, leading to a Graduate Certificate in Psychology, prior to applying to the program.
- Evidence of proficiency in the English language: TOEFL, IELTS, Proficiency, or GCE
- Suitability for counseling: Evidence of personal maturity and resilience sufficient to cope with the emotional demands of counseling and psychotherapy will be sought during the personal interview and from references.

## Tuition & Scholarships

Deree strives to provide opportunities to students regardless of their ability to finance their education. For this reason, we offer scholarships to all applicants who have demonstrated exceptional academic performance. A discount policy is also available for organizations and ACG alumni.

## Why pursue an MS in Counseling Psychology and Psychotherapy at Deree

- Benefit from the program's integrated curriculum, which involves psychology theory, skills development, and practical experience, to grow into a self-reflective and ethical practitioner committed to professional development and to the maintenance of professional standards.
- Take a critical academic approach to theory, practice, and research in counseling psychology and psychotherapy, and be prepared to work as an independent professional.
- Acquire the methodological knowledge and skills needed to undertake a major piece of individual research.
- Gain professional experience through skill-based courses and supervised practicum in an array of collaborating organizations.



### Graduate Program Coordinator

**Dr. Fotini-Sonia Apergi** is an alumna of the Deree Psychology department and earned her PsyD in clinical psychology from Long Island University, C.W. Post, in New York, with a focus on family violence and developmental disabilities. In addition to teaching courses in her specialty, she coordinates the academic and clinical training and teaches the practicum seminars. Dr. Apergi also works as a private practitioner with children, adolescents, and adults, contributes as a consultant in educational units and presents

workshops related to issues of counseling in various settings. Her research interests lie in the area of child abuse and neglect, domestic and relationship violence.





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For more information on programs and online application  
visit our website: [www.acg.edu/graduate](http://www.acg.edu/graduate)  
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