

MASTER OF SCIENCE (MS) IN COUNSELING PSYCHOLOGY & PSYCHOTHERAPY

AP 6007 RESEARCH METHODS FOR MENTAL HEALTH PROVIDERS

3 US CREDITS

This course provides an overview of various research designs used for identifying causal or functional relationships and identifying themes and patterns with important human experiences. The course will begin with a focus on core concepts used in the construction and evaluation of research design. It will then be followed with a more in-depth analysis of various quantitative (e.g., test construction, quasi-experimental, experimental, randomly controlled trials) and qualitative designs and analyses (e.g., case studies, grounded theory, thematic analysis, descriptive).

AP 6010 PROGRAM DESIGN AND EVALUATION

3 US CREDITS

Program evaluation is the art and science of developing viable answers to questions like: Who is a program intended to serve? What are its goals? What does the program actually look like, who does it actually reach, and what are the outcomes for those who received the intervention? How can a program be improved to better meet its goals? What needs to be adapted for a different population or setting? Why should a program continue to be funded? Which intervention works better? Which is more cost-effective?

Evaluation covers a wide range of assessments, not just of individual programs, but of working coalitions, and institutional and governmental policies. Evaluators work with program staff and stakeholders to clarify a program's operational theory and goals, develop information to help tailor an intervention to a specific audience, document a program's specific activities, reach, and outcomes, and develop information about the impact of a program or policy on a specific community health concern.

Evaluation is critical in the development and maintenance of evidence-based practice. This course will cover the core knowledge and skills involved in program evaluation, provide hands-on experience in evaluation design, and provide exposure to some of the ethical and philosophical issues current in evaluation research.

The course will be conducted on face-to-face sessions. Course activities will be focused on giving students hands-on experience in the specific research skills and tools required for effective program design and evaluation.

AP 6029 MULTICULTURAL PERSPECTIVES 3 US CREDITS

Culture can represent a variety of experiences and ways people identify themselves, including race and ethnicity, class status, sexual orientation, disability status, gender and religion. This seminar-style course covers key principles, theories and applications of multiculturalism in counseling contexts. It examines several aspects of various cultural experiences as they impact the client, counselor and the client-counselor relationship.

AP 6034 GROUP COUNSELING AND 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.

MASTER OF SCIENCE (MS) IN COUNSELING PSYCHOLOGY & PSYCHOTHERAPY

AP 6039 THEORIES AND PRINCIPLES OF TREATMENT IN COUNSELING 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.

AP 6043 ADVANCED ANALYSIS AND INTERPRETATION OF BEHAVIORAL DATA

3 US CREDITS

An extension of basic concepts in statistics, this course is organized around advanced statistical topics such as analysis of variance (ANOVA), including single-factor independent measures and repeated measures designs, factorial ANOVA, multiple comparison procedures, the general linear model, linear and multiple regression, and some non-parametric tests. Also, the course covers material about factor analysis and ROC curve analysis. Emphasis is on the process of selecting an appropriate analysis for research data, carrying out the analysis with the use of specialized statistical software, interpreting the output, and using APA style to write results and conclusions. Computer-based analysis is implemented using the Windows version of the Statistical Package for the Social Sciences (SPSS).

AP 6045 ADVANCED PSYCHOPATHOLOGY

3 US CREDITS

The purpose of this course is to review and comprehensively examine the scientific evidence related to issues of description, classification and academic study of human mental distress. The course explores various theoretical approaches and evidence-based information about the cause and course of the various disorders.

The course reviews major clinical conditions of adulthood. After defining the term of psychopathology, as well as exploring the differentiation between normality and abnormality, all psychopathological syndromes will be reviewed. The course explores current theoretical, etiological, and therapeutic viewpoints. The emphasis of this review will be on comparing and contrasting different theoretical perspectives on each disorder, as well as reviewing the empirical literature in support of these perspectives. The clinical diagnostic criteria as these are stressed in the diagnostic manuals DSM-5 and ICD-10 will be elaborated, as well as the criteria for a meaningful differential diagnosis. The dimensional approach, as opposed to the categorical of DSM-5, will also be presented and critically discussed.

AP 6053 PSYCHOLOGICAL TESTING AND ASSESSMENT

4 US CREDITS

This course has two parts: Part A provides students with the theoretical and practical basis for choosing and using the wide range of test and measurement data available to applied researchers. Particular emphasis is placed upon the criteria used to evaluate the adequacy of tests and assessments. Topics include reliability, validity, test construction and test adaptation for cross-cultural assessment. Part B is designed to cover the theory and practice of intellectual and personality assessment with an emphasis on the Wechsler scales, and the MMPI. Students administer, score, and interpret tests under supervision and are trained to write reports.

MASTER OF SCIENCE (MS) IN COUNSELING PSYCHOLOGY & PSYCHOTHERAPY

AP 6077 THEORIES OF LEARNING AND HUMAN DEVELOPMENT

3 US CREDITS

A critical presentation of stages, processes and milestones of normal cognitive, emotional and social development of children, with particular attention to the dynamic interplay between biological, psychological, and socio-cultural forces. Special emphasis is placed on the interdependence of developmental changes in the cognitive, emotional and social domains and on empirical research to integrate theoretical and applied perspectives.

AP 6086 BIOLOGICAL BASIS OF BEHAVIOR AND PSYCHOPHARMACOLOGY **3 US CREDITS**

An introduction to the nature and role of the biological processes that underlie our thoughts, feelings, and behaviors. The first part of the course focuses on describing the cells and organization of the nervous system, neurotransmission, neuroanatomy, and research methods for studying the brain. The second part of the course hones in on the physiological basis of memory, language, psychiatric disorders, decision making, emotion and stress. The third part of the course focuses on psychopharmacology and the physiological and behavioral impact of various common pharmacological interventions.

AP 6093 ETHICAL CONSIDERATIONS AND PROFESSIONAL DEVELOPMENT IN COUNSELING **3 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 6209 MENTAL HEALTH PRACTICE IN HEALTH SETTING

3 US CREDITS

Prerequisites:

AP 6039 THEORIES AND PRINCIPLES OF TREATMENT IN COUNSELING

AP 6093 ETHICAL ISSUES AND PROFESSIONAL DEVELOPMENT 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 6217 SUBSTANCE USE THEORY AND INTERVENTIONS

3 US CREDITS

Prerequisites:

AP 6039 THEORIES AND PRINCIPLES OF TREATMENT IN COUNSELING

AP 6093 ETHICAL ISSUES AND PROFESSIONAL DEVELOPMENT 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-5 diagnosis, assessment measures, treatment planning, and the application of empirically validated techniques to clinical situations focusing on addiction. It reviews DSM-5 diagnosis, assessment measures, treatment planning, the major etiological theoretical considerations, the neurobiological alterations caused by substance abuse, and the application of empirically validated techniques to clinical situations focusing on addiction. Furthermore, it focuses on relapse prevention and the empowerment of former addicts to remain abstinent.

MASTER OF SCIENCE (MS) IN COUNSELING PSYCHOLOGY & PSYCHOTHERAPY

AP 6542 PSYCHODYNAMIC APPROACHES TO THERAPY

3 US CREDITS

Prerequisites:

AP 6039 THEORIES AND PRINCIPLES OF TREATMENT IN COUNSELING
AP 6045 ADVANCED PSYCHOPATHOLOGY
AP 6093 ETHICAL ISSUES AND PROFESSIONAL DEVELOPMENT IN COUNSELING
AP 6029 MULTICULTURAL PERSPECTIVES

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.

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

AP 6549 CBT APPROACHES TO THERAPY

3 US CREDITS

Prerequisites:

AP 6039 THEORIES AND PRINCIPLES OF TREATMENT IN COUNSELING
AP 6045 ADVANCED PSYCHOPATHOLOGY
AP 6093 ETHICAL ISSUES AND PROFESSIONAL DEVELOPMENT IN COUNSELING
AP 6029 MULTICULTURAL PERSPECTIVES

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 AND SYSTEM APPROACHES TO THERAPY

3 US CREDITS

Prerequisites:

AP 6039 THEORIES AND PRINCIPLES OF TREATMENT IN COUNSELING
AP 6045 ADVANCED PSYCHOPATHOLOGY
AP 6093 ETHICAL ISSUES AND PROFESSIONAL DEVELOPMENT IN COUNSELING
AP 6029 MULTICULTURAL PERSPECTIVES

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.

MASTER OF SCIENCE (MS) IN COUNSELING PSYCHOLOGY & PSYCHOTHERAPY

AP 6560 HUMANISTIC AND EXISTENTIAL APPROACHES TO THERAPY

3 US CREDITS

Prerequisites:

AP 6039 THEORIES AND PRINCIPLES OF TREATMENT IN COUNSELING
AP 6045 ADVANCED PSYCHOPATHOLOGY
AP 6093 ETHICAL ISSUES AND PROFESSIONAL DEVELOPMENT IN COUNSELING
AP 6029 MULTICULTURAL PERSPECTIVES

This course is a study of the Third Force in psychology with emphasis on the emergence of the Third Force movement, the works of Maslow, Frankl, Rogers, May, and Yalom, and their contribution to clinical practice. The course focuses on the key elements of humanistic/ existential psychotherapy and how these elements are exemplified in understanding personality, psychopathology, and psychotherapy. Special emphasis is placed on how existential philosophy illuminates the human situation; this emphasis is then explored relative to how psychotherapy can be utilized within an humanistic/ existential framework. In the pursuit of these areas of study an important aim will be the enhancement of student self-awareness. Case material will be drawn upon throughout the course to concretize the theory being studied.

AP 6585 THIRD WAVE APPROACHES TO THERAPY

3 US CREDITS

Prerequisites:

AP 6039 THEORIES AND PRINCIPLES OF TREATMENT IN COUNSELING
AP 6045 ADVANCED PSYCHOPATHOLOGY
AP 6093 ETHICAL ISSUES AND PROFESSIONAL DEVELOPMENT IN COUNSELING
AP 6029 MULTICULTURAL PERSPECTIVES
AP 6224 INTERVIEWING TECHNIQUES

In the last decade, a growing need has emerged for the design and implementation of brief psychosocial interventions focused on specific themes and/or symptoms. This course addresses this well-delineated need, by introducing students to the principles, strategies, and techniques of brief, symptom-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: Interpersonal Therapy (IPT), Mindfulness Based Interventions, and Dynamic Interpersonal Therapy (DYT) and mentalization. The course's structure is based upon the belief that an effective counselor must first be knowledgeable and skilled in various modalities, and, second, they must have developed 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.

AP 6590 CAREER COUNSELING

3 US CREDITS

Prerequisites:

AP 6039 THEORIES AND PRINCIPLES OF TREATMENT IN COUNSELING
AP 6045 ADVANCED PSYCHOPATHOLOGY
AP 6093 ETHICAL ISSUES AND PROFESSIONAL DEVELOPMENT IN COUNSELING
AP 6029 MULTICULTURAL PERSPECTIVES

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.

MASTER OF SCIENCE (MS) IN COUNSELING PSYCHOLOGY & PSYCHOTHERAPY

AP 6591 THESIS

4 US CREDITS

Prerequisites:

AP 6007 RESEARCH METHODS

AP 6043 ADVANCED ANALYSIS AND INTERPRETATION OF BEHAVIORAL DATA

AP 6093 ETHICAL ISSUES AND PROFESSIONAL DEVELOPMENT IN COUNSELING

AP 6053 TESTING AND ASSESSMENT

AP 6010 PROGRAM DESIGN AND EVALUATION

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 6601 PRACTICUM I

2 US CREDITS

AP 6787 INTERNSHIP I

2 US CREDITS

Prerequisites:

Successful completion of AP 6601 PRACTICUM I

AP 6888 INTERNSHIP II

2 US CREDITS

Prerequisites:

Successful completion of AP 6601 PRACTICUM I and AP 6787 INTERNSHIP I

The practicum and internship 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.