

Yorkville University-Master of Arts Counselling Psychology

Course Descriptions 2011

PSYC6106

Biological, Developmental and Scientific Basis of Behaviour

Behaviour and biology are inextricably bound, despite the dichotomy suggested by the historical “nature vs. nurture” argument. This course explores the biological organization of the human central and peripheral nervous systems and related physiological functioning. Brain and sensory perception, the role of hormones, pheromones, and some drug effects are additionally discussed.

From birth, human development progresses through the phases of infancy, childhood, adolescence, adulthood, and old age. Each of these phases contains within it what might be regarded as the developmental tasks and milestones necessary to successfully mature into the next phase of development. The tasks and milestones of a normal developing life will be studied, with special attention given to gender differences, attachment and independence. This course emphasizes the growth and development of the individual over the course of a lifetime, the varying contexts of human development, and the processes underlying normal human development. (6 credits) Required

PSYC6113

Theories of Personality

Everybody has one, although how people in their almost infinite variety became the way they are has been a subject of theoretical speculation first in theology, then in philosophy, and, more recently, in psychology. Modern developments in counselling and psychotherapy trace their roots to personality development theories first conceived by Alfred Adler, Carl Jung, Sigmund Freud, Carl Rogers, B. F. Skinner, Harry Stack Sullivan, and others. Their views provide the subject matter for this course. Emphasis will be placed upon contemporary clinical expressions of these approaches. (3 credits) Required

PSYC6123

Psychological Assessment

Subjective, projective, and inventory assessment tools have been developed over the years as a means of assessing both normal and abnormal patterns of psychological functioning and pathology. Additional instruments have been developed as an aid to educational assessment and vocational counselling. This course will survey the major types of psychological tests, how they are administered, how they are constructed, and how the results might be interpreted for practical use. (3 credits) Required

PSYC6133

Psychopathology

Signs, symptoms, and etiology of certain commonly encountered conditions will be described in some detail following the Diagnostic and Statistical Manual of Mental Illness, 4 th Edition, (DSM-4 TR) conceptualization and definition of mental illness. Neurotic disorders (anxiety, depression, obsessive compulsive disorder (OCD), and paranoia) will be introduced with only minor attention paid to psychotic conditions. In addition, this course focuses on the eating disorders, substance abuse and its related disorders, and sleep disturbances. (3 credits) Required

PSYC6153

Counselling Methodologies – Humanistic and Psychodynamic Modalities

This course is a review of the most important contemporary psychodynamic and humanistic approaches of counselling and psychotherapy, focusing on: underlying philosophical assumptions, major concepts, view of personality, the therapeutic process, the counsellor's role, typical interventions, and targeted outcomes. The current approaches to counselling and psychotherapy selected for this course will also be explored with respect to the relations between theorists and their theories, as well as between counsellors and their clients. Cross-cultural and gender-related aspects will be considered for each of the counselling schools under study. Students will endeavour to recognize the links between theory and practice, between constructs and applied techniques or interventions. Students will integrate the course material from: the textbook, supplementary articles, professor's notes (online Course Manual), and online class discussions. Students will also be encouraged to conduct their own further research on topics of interest, by accessing library resources and pertinent professional internet sites. Students will examine the similarities and differences among approaches, and thus lay the foundation for the development of a personally meaningful approach to counselling. (3 credits) Required

PSYC6163

Counselling Methodologies – Behavioural and Cognitive Modalities

This course is a continuation of PSYC 6153, wherein the demeanor of the counsellor is applied to additional modalities. Based on experience students have acquired in thinking about how successful counselling is accomplished and why it works, the "counsellor-effect" factor is introduced. This course will emphasize the skills associated with effective interviewing, assessment and intervention. (3 credits) Required

PSYC6173

Cultural Differences in Counselling

The cultural differences that exist between peoples must be taken into account when structuring counselling interventions. Identity formation, world view, communication style and acculturation will be studied from the perspective of the significant cultural minorities found in Canada. This course is designed to enhance students' understanding of the role of personal, racial, social and cultural factors in multicultural counselling relationships and mental health service delivery. (3 credits) Required

PSYC6183

Marriage and Family Systems

This course is designed to provide the student with the skills and competencies necessary to effectively deal with the interpersonal and intrapersonal dynamics of intimate relationships and family systems. Family interaction and communication patterns, conflict resolution, the impact of children on relationships, and other factors that influence family systems will be introduced. The professor will focus on one of the major theoretical family systems frameworks. (3 credits) Required

PSYC6203

Ethical Standards for Mental Health Service Providers

Course content follows the standards for ethical conduct and practice set by the Canadian Psychological Association. In general, topics covered include the scope of practice issues, professional responsibility, privacy and confidentiality, record keeping, appropriate relationships during and after treatment (including sexual intimacies), third party relationships and responsibilities, advertising, continuing professional education, and interruption and termination of treatment. Issues of disaster response, electronic or telephonic delivery of service, child protection, and guidelines for the treatment of gay, lesbian, and bisexual clients will also be considered. (3 credits) Required

PSYC6213**Research Methodology**

This course provides students a realistic and practical opportunity to apply research methods knowledge to problems in counseling psychology. Content emphasis will be on sampling, experimental research, correlational research, program evaluation, small N designs, surveys, and ethics. Process emphasis will be on evaluating psychological research, developing ideas for research, communicating ideas, and teamwork. (3 credits) Required

PSYC6223**Group Counselling**

Groups are becoming increasingly popular as counselling interventions. Although this trend is partly driven by budget restrictions, the primary advantage of group counselling is that participants get the opportunity to learn from each other. This course will take a multi-media approach to introducing group counselling skills across diverse theoretical perspectives. A DVD and accompanying workbook present selections from a group counselling program and provide opportunities for observing a group in action, hearing counsellors' comments on the group process, examining cultural differences, and writing personal reflections. A comprehensive textbook, interactive discussion forums, and assignments complete the package – focussing on techniques for facilitating counselling groups for children, adolescents, and adults. Students will be expected to actively participate in e-groups during this course and critically examine their own experiences both as group members and facilitators. (3 credits) Required

PSYC7106**Practicum**

Each student in the program is required to successfully complete a twenty-hour per week minimum, fifteen consecutive weeks' practicum as a prerequisite to being awarded the Master of Arts degree in Counselling Psychology. The practicum carries six units of academic credit. Students must receive approval from the Director of Clinical Training before they may begin their practicum. Though didactic courses may be offered in either an on-line or in-class format, the practicum must be an in-person experience. (6 credits) Required

PSYC7206**Master's Case Presentation**

Students are required to present a case to faculty online which will serve as the practical equivalent of a major graduate paper. The case presentation should include the selection of a particular client, a scholarly analysis of the literature pertinent to the problem being studied, a supportable diagnosis, a plan of intervention, and the result of its implementation. Students will select clients and problems from among those encountered in their practicum, and are encouraged to complete their case presentation concurrent with the completion of the practicum. (6 credits) Required