BA (COUNSELING PSYCHOLOGY)

COURSE DESCRIPTION

APS 101: INTRODUCTION TO PSYCHOLOGY

APS 102: SOCIAL PSYCHOLOGY

APS 103: HISTORY AND SYSTEMS OF PSYCHOLOGY
Examination of the historical antecedents of modern psychology. Comparison of major historical systems and schools of psychology including: Structuralism, Gestalt Psychology, Behaviourism, Cognitive Psychology, Psychoanalytic Psychology and Functionalism. Perspectives in Psychology. Branches of Modern Psychology.

APS 106: INTRODUCTION TO LIFE CYCLE DEVELOPMENT

APS 107: INTRODUCTION TO BIOLOGICAL PSYCHOLOGY
200 LEVEL

APS 201: PSYCHOLOGY OF PERSONALITY

APS 203: CROSS-CULTURAL PSYCHOLOGY

APS 210: MOTIVATION AND EMOTION

APS 212: CHILD PSYCHOLOGY

APS 213: INTRODUCTION TO COUNSELLING PSYCHOLOGY

APS 214: HUMAN SEXUALITY
ACU 201: METHODS AND TECHNIQUES OF SOCIAL SCIENCE RESEARCH (School Common Unit) (offered by department of Sociology)

ACU 201: METHODS AND TECHNIQUES OF SOCIAL SCIENCE RESEARCH (School Common Unit) (offered by department of Sociology)
300 LEVEL

**APS 304: ABNORMAL PSYCHOLOGY**

**APS 313: INTRODUCTION TO GROUP COUNSELLING**

**APS 307: THEORIES OF COUNSELLING**

**APS: 315: PSYCHOLOGY AND CRIME**

**APS 319: PREMARITAL COUNSELLING**

**APS 320: COUNSELLING SPECIAL POPULATIONS**
Meaning and scope. Categories of the special population. Special counselling needs for special populations: the military, the police, the exceptional child, the handicapped, the hyperactive client, the single-parent clientele, the nomadic, the elderly, the street-child, the bereaved, the retiree, the abused/the traumatized client, the prisoner, the AIDS/HIV client, the hospitalized, and the drug-addict. Problem of assessment and goal definition and realization. Ethical issues. Outcome evaluation

**APS 322: ASSESSMENT PROCEDURES IN COUNSELLING**
inventories, personality testing, intelligence testing. Interpretation and use of test scores. Practical application.

**APS 323: BEHAVIOUR MODIFICATION**

**APS 324: EMOTIONS, PERSONAL MEANING AND COUNSELLING**

**APS 325: INTRODUCTION TO FAMILY THERAPY**

**APS 327: SUBSTANCE ABUSE COUNSELLING**

**APS 330: RESEARCH PROJECT**
Students will undertake a supervised research project in one of their areas of interest. A completed report will be submitted for assessment at the end of the course. Students will be expected to display originality and mastery of content in their work. The submitted work must conform to the existing university requirements.
400 LEVEL

APS 408: PSYCHOTHERAPY IN AFRICA

APS 415: CORRECTIONAL COUNSELLING

APS 416: INTRODUCTION TO SKILLS AND TECHNIQUES OF COUNSELLING

APS 418: LIFE STYLE DISEASES AND REHABILITATION
Basic conceptualizations. Classification of life style diseases. Samples of life style diseases: substance abuse, alcoholism, STDs, stress disorders, impulsivity or poor self control, poor anger management, suggestibility and gullibility, the excessive appetite and/or acute self starvation, perseveration, Type A behaviour pattern. Rehabilitation approaches: nutritional therapy, behaviour therapy, self management, anger management (Meichenbaum’s model). Executive stress management.

APS 421: COUNSELING PRACTICUM / APS 428: COUNSELLING PRACTICUM SUPERVISION
Each candidate is to attach himself/herself to a personally negotiated and certified work setting for purposes of supervised field counselling practice. Each student is expected to submit, for grading, a report of their experiences following guidelines provided by the department.

APS 422: LOSS AND GRIEF COUNSELLING

APS 423: COUNSELLING CHILDREN AND ADOLESCENTS
APS 424: PROFESSIONAL ISSUES AND ETHICS

APS 425: CRISIS INTERVENTION AND COUNSELLING
Definition of terms. Approaches to crisis intervention; Types of crisis: PTSD, violence, sexual assault, bereavement; Crisis in institutions; Crisis hostage negotiation; Crisis intervention skills; Assessment models; The ABC model of crisis intervention, Debriefing. Trauma management. Ethical Issues.

APS 426: HIV AND AIDS COUNSELLING

APS 429: INTRODUCTION TO COUNSELING PRACTICUM
Definition and benefits of counselling practicum; introduction to practicum sites and dynamics; Counsellor professional identity; professional counselling forms: client intake form; client consent form; client case note form; Clinical record-keeping; case conceptualisation and micro-counselling: adolescence model cases; children’s models cases; HIV model cases; couple/family model cases; academic/career model cases; drug dependence model cases; mental disorders model cases; model cases in other areas; videotaping and presentation of client work; seminar presentation skills; group facilitation review and practice; supervision during practicum; self-care and dealing with therapeutic failure; practicum report writing.

APS 431: PSYCHOLOGY OF HEALTH, STRESS AND COPING