

Diploma in Psychology of Counselling, Year 1

Counselling Psychology is a speciality field within the professional psychology realm. Counselling Psychology differentiates between other psychology arenas as its main focus is on the lifespan development and functioning of humans in all areas of life and their relationships, both personal and interpersonal.

This diploma programme runs over two years and is aimed at students who are interested in the field of counselling psychology. The programme is an introduction to counselling psychology which provides a good basic knowledge of the arenas within the field.

This programme would be of interest to students who would like to:

- Gain an understanding of the theories of how humans develop from in utero until the day we die, along with a study of the theories of how our personalities develop
- Acquire basic counselling skills which can be used by the students in their daily interactions with others
- Gain knowledge of the various therapeutic interventions there are along with the various types of groups that counselling psychologists work with
- And importantly have a look at one's own personal development, biases, assumptions, stereotypes, influences etc. and the learn the importance of the need to develop self-awareness and self-care

DK103: *Lifespan Development and Theory of Counselling*

This course will introduce to students how an individual develops psychologically, socially, cognitively and biologically from birth up until the older years. The overall objective of this course is to provide opportunities for students to find answers to the question "How did I develop to be the person I am today" and to learn the basic concepts of human development such as nature –v- nature along with historical theories of development. The students will also develop an understanding of Freud's, Eriksons, Piaget's and Kohlberg's theories of human development as well as the behavioural theorists such as Pavlov, Lorenz, Watson, Thorndike and Skinner. The attachment theories of Harlow, Bowlby, Ainsworth will also be investigated as will the work of social theorists such as Vgotsky and Bandura. A deeper look at the effects of the contexts within which we live will be looked at using Bronfenbrenner's Ecological Systems theory.

Assessment: Students will be assessed on each module either by assignments, which could include written assignments, skill training sessions, presentations, group work, etc. or by a two-hour examination.

All assignments are submitted via Blackboard through the Turnitin System. All assignments must be written in accordance to the Harvard Referencing System.

Weighting: 5 ECTs

Reading List: Reading List for all modules will be provided by the lecturer on the Blackboard system.

DK100: Counselling Skills and Practice 1

This module introduces the students to various counselling skills developed by theorists to enhance therapeutic relationship, alliance and communication. Research in the area is firstly looked at. The work in this module will include Carl Rogers basic conditions required to work with clients – empathy unconditional positive regard and congruence – along with his skills of paraphrasing, reflection, challenging, etc. Gestalt’s techniques such as the Empty Chair and Role Play will be studied along with Clara Hill’s and Gerald Egan’s work on stages of counselling, goal setting etc. Other techniques such as bulls eye/ wheel of life will be used in these sessions as well as basic mindfulness relaxation techniques. Types of questioning will also be studied such as using open questions, probing questions, etc.

Assessment: Students will be assessed on each module either by assignments, which could include written assignments, skill training sessions, presentations, group work, etc. or by a two-hour examination.

All assignments are submitted via Blackboard through the Turnitin System. All assignments must be written in accordance to the Harvard Referencing System.

Weighting: 5 ECTs

Reading List: Reading List for all modules will be provided by the lecturer on the Blackboard system.

DK104 : Personality Theory and Theory of Counselling

This course will introduce students to some of the theories of personality that have been developed by various theorists. Theorists studied include Freud, Jung, Adler, Rogers, Bowlby etc. Psycho-metric personality assessment tests will be observed in this module. Various learning styles will be studied and the students will also gain the opportunity to

look at some of the current neuropsychology studies on the influence of the brain on personality development, the influence of trauma on personality, etc.

Assessment: Students will be assessed on each module either by assignments, which could include written assignments, skill training sessions, presentations, group work, etc. or by a two-hour examination.

All assignments are submitted via Blackboard through the Turnitin System. All assignments must be written in accordance to the Harvard Referencing System.

Weighting: 5 ECTs

Reading List: Reading List for all modules will be provided by the lecturer on the Blackboard system.

Attendance: Due to the nature of the programme and the importance of student interaction with each other and the lecturers, a minimum attendance of 85% of classes for each module is mandatory for this programme. Students who do not meet these criteria will have to repeat the modules at a later stage.