

Diploma in Psychology of Counselling, Year 2

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

DK108: *Diverse Perspectives in Counselling*

This module will include an examination of various types of therapeutic engagement such as Gestalt Counselling; Person-centred Counselling; Cognitive-Behavioural Counselling and Acceptance and Commitment Counselling; Jungian Counselling; Applied Behaviour Analysis, Mindfulness and Art Therapy.

Assessment: Assessment will be by a two-hour examination.

Weighting: 5 ECTS

Reading List: Reading list will be provided by the lecturer(s) on the Blackboard system.

DK 107: *Working with Groups*

This course will introduce to students to the various groups with which a counsellor/psychotherapist may work. There will be workshops on facilitating groups , working with alcohol and substance abuse as well as working with the bereaved. Other

three hour lectures/workshops in this module will include working with children, working with teenagers, working with those who have been bereaved, families, etc.

Assessment: Assessment will be by two hour examination.

Weighting: 5 ECTs

Reading List: Reading list will be provided by the lecturer(s) on the Blackboard system.

DK109: Personal Development and Awareness

It is thought that by this stage of the course, students will be more introspective and have gained the ability to undertake more intense reflection. The module firstly introduces the students to theories of Personal Development. Students will examine models of Race and culture and are encouraged to self-reflect on their own biases, assumptions and stereotypes. Issues of privilege, oppression and power are studied. Gender and sexuality are looked at, as is a brief look at family systems. The need for self-care, etc. is also reviewed.

The approach taken with this module will be through a combination of lectures, demonstrations and interactive group work which includes presentations and/or debates.

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 will be provided by the lecturer(s) 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.