

Module 1 : Psychological Theories and Perspectives

This module introduces the history and systems of Psychology. Students will have a broad overview of the diverse fields of the psychological discipline. Students will also be exposed to the important theories and concepts concerning developmental psychology, social psychology, cognitive psychology and abnormal psychology.

Module 2 : Family Systems Therapy

This module introduces candidates to Family Systems Theory and its therapeutic techniques, with the focus on the relational aspects of human problems. The works of Alfred Adler, Murray Bowen, Virginia Satir and other family therapists are emphasised and applied to understanding a wide range of human behaviours, where family relationships are seen as an important factor in the psychological well-being.

Candidates are taught how to adopt the “systems” perspective into their work as counsellors and therapists by developing a greater understanding of the formal intervention techniques, strengths and limitations of this approach, and the challenges they might encounter in applying these in clinical practice.

Module 3 : Counselling Skills

This module focuses on equipping students with the counselling skills necessary for a counsellor. Students will acquire skills in attending, active listening, paraphrasing, summarising, reducing resistance and promoting change through psychotherapy.

Module 4 : Counselling Methods

Students will learn the different approaches to the major methods of psychotherapy. The module focuses onto the techniques, concepts, strengths and weaknesses of the diverse approaches in psychoanalytic therapy, Cognitive Behaviour therapy, and Client centred therapy.

Module 5 : Counselling Ethics

This module trains students to develop a keen understanding legal and ethical framework in counselling. Topics will include confidentiality, malpractice, cultural issues, multiple relationships, discrimination and organizational regulations.