

# Advanced Diploma in Counselling Psychology

## Modules Synopses

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### **Module 1 : Introduction to Psychology**

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 : Interpersonal Skills**

This module teaches students to understand and apply the skills of effective communication in a wide variety of contexts and situations. Students will understand subjects such as self-awareness, personal and interpersonal power, attitudes, values and perceptions in communication, verbal and non-verbal strategies.

### **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.

### **Module 6 : Group Counselling**

This module exposes students to the benefits and disadvantages of group counselling. Students will acquire skills to facilitate group counselling, understand the dynamics of group counselling and learn to manage issues arising from group counselling.

### **Module 7 : Crisis intervention**

Students will acquire skills to identify and assess the different types of crisis such as suicide intervention and counselling dangerous clients. This module trains the students to employ the different intervention methods when counselling a person in a crisis situation.

### **Module 8 : Addiction intervention**

This module helps students gain an in-depth understanding of the different forms of addiction and the social impact they create. The module will focus on assessing the stages and cycles of addiction and train students to implement strategies to break the cycle in order to promote change. Students will also learn the techniques of relapse prevention and working with the addict's family.

## **Module 9 : Counselling Children**

This module will help students develop an understanding to the different emotional and behavioural issues children go through when dealing with grief, loss, academic issues, peer pressure and broken families. Students will acquire skills to counsel children in home and educational settings and be able to apply techniques such as Art therapy and Play therapy to help children express themselves.

## **Module 10 : Supervised Practicum**

Students will be attached to counselling centre to observe and gain experience in counselling under the supervision of a senior counsellor. They are required to submit a report at the end of this attachment.

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*Updated on 8<sup>th</sup> January 2011*