

### **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.