

PHD (COUNSELING PSYCHOLOGY)

COURSE DESCRIPTIONS

APS 901 ADVANCED CLINICAL AND COUNSELING INTERNSHIP SKILLS

Meaning and Scope; The counseling process; Verbal and non-verbal communication; In-depth analysis of counseling skills; Stages of counseling relationship; Diagnosis and treatment planning; Group counseling and psychotherapy; Types of groups and leadership roles; Difference between Individual and group therapy; Key elements of pre- group planning; Developmental phases of group work in counseling; leadership skills in group counseling; Responses to ‘difficult’ clients; Multicultural competence; Transference and counter transference; Ethical Issues; Supervision and case presentation; Internship guidelines and expectations.

APS 902: THEORETICAL APPROACHES TO PSYCHOTHERAPY

Critical explorations of the psychodynamic, humanistic, existential, Cognitive and African psychotherapies; Psychoanalysis and psychotherapy; Humanistic approach and psychotherapy; integration of psychoanalytic and humanistic psychotherapy; Recent developments and advances in person-centered therapy after Rogers; Dimensions of Existential Therapeutic Practice; Brief Existential Therapies, Including Logo therapy. Daseinsanalysis as a Foundation for an Existential Therapy; Cognitive approach and psychotherapy; application of cognitive therapy in the treatment of anxiety and depression. Philosophical foundations of the above therapies: America and humanistic approach; British and existential approach. Ethical Issues

APS 903: ASSESSMENT AND DIAGNOSIS OF PERSONALITY PSYCHOPATHOLOGY

Defining psychopathology; types of psychopathology; Assessment tools for various psychopathologies including personality-related psychopathology, depression, suicide; anxiety and others; The clinical interview: the Mental status examination; The role of hypothesis formulation and hypothesis testing in assessment and diagnosis of psychopathology; Empirical and theoretical bases of DSM and ICD ; Case formulations and treatment plans with different populations (children, adolescents, adults) Ethical, and cultural issues in assessment and diagnosis of psychopathology.

APS 907: COUNSELING, STRESS AND TRAUMA MANAGEMENT

Introduction to stress, behavior and disease; History and theories of stress; General and specific issues in stress management; Biopsychosocial basis of stress management; Role of cognition in stress creation and reduction; Stress management and prevention programs for individuals, families, and organizations; Stress management interventions, levels, types and outcomes; New directions in stress management. Experiential training in coping with stress; The psychology of trauma and refugee predicament; Notion of trauma grievance; Special issues in treatment of trauma: The case of rape; Handling traumatized groups; Identificatory processes in trauma; Psychological assessment of post-traumatic states; Advanced techniques of trauma management; Role of debriefing; Vicarious trauma and self-care for service providers. Ethical Issues

APS 909: FAMILY PSYCHOLOGY AND THERAPY

Definition, History and Scope. Distinction between family psychology and family therapy. Family systems theory and practice. Human sexuality. The family as an interpersonal organism and a psychosocial organization, African theory of family Development. Invisible loyalties in the African family context. Adoptive and blended families. Characteristic stress of single-parent families. Family behaviour in illness. The problem of refugee families in Africa. Family stability and life style habits- smoking, alcoholism, STDS, unwanted pregnancy, promiscuity, drug problems etc. Family and the adversarial system. Family assessment. Family research methods. Current theories of family therapy and the notion of evidence- based practice. Ethical Issues

APS 914 AFRICAN PSYCHOTHERAPY

Distinction between African traditional medicine, African traditional healing, and African Psychotherapy, Nature of the post-colonial context of modern African psychotherapy. The synoptic theory of the African self. The idea of opacity of humans and the presence of sinister substances in negative relationships in Africa. Divination practices and other pragmatics of questioning misfortune and uncertainty in African healing systems. Idioms of explanation in African healing systems. The psychology and phenomenology of dreaming in Africa. Gates of stress in African communities. Hope-healing communities in contemporary Africa. African approach to marriage therapy. African approach to truth and reconciliation. Child and family therapy in African approach to truth and reconciliation. Child and family therapy in Africa. Memory healing processes and community intervention in grief work in Africa. The role of music, costume and artifacts in African Traditional Healing. Ethical Issues

APS 917 ADVANCED GROUP WORK

Advanced group work in counseling and psychotherapy. Key elements of pre group planning. Preparing client and therapist for group process. Major theories of therapy group development. Theoretical objectives in group work in counseling. Theories of group development. Developmental phases of group work in counseling. Theories of connections between individual and group dynamics that can facilitate a dual focus: individual and group. Reframing processes in group therapy. Major emotional dynamics such as anxiety, hostility, identification, empathy and transference in group psychotherapy. Therapist's role in group development. Ethical issues.

APS 918: PSYCHOPHARMACOLOGY

Meaning and Scope; Significance of Psychopharmacology for Psychologists; Classification of Psycho-active drugs and their effects; Biological basis of effects of psycho-active drugs; Pharmacological aspects of Psycho-active Drugs; Classification and use of Psychotropic drugs in treatment and rehabilitation; Drugs and substances of Abuse; Causal and treatment models of drugs and substances of abuse; Drug policies in Kenya and other countries across the World.

APS 919: PSYCHOLOGY OF HIV/AIDS, LOSS AND WELLNESS.

Psychology of loss, grief and mourning. Theories of people's response to loss and bereavement. Restoration strategies in times of loss and bereavement. Psychology of shame, negative attribution and illusory correlation in HIV and other related infections. Emerging issues in HIV/AIDS. Decision-making therapy in HIV/AIDS in Africa. Memory and narrative healing process in HIV counseling. Compassion fatigue in caring for people with HIV/AIDS in Africa. Theories of psychological wellness. Threats to psychological wellness. Self-management strategies in maintaining wellness. The psychologies of exhaustion and replenishment. Current emphasis in ameliorative policies and practices on empowerment. Approaches to counseling when bad things happen to rational people. Ethical Issues

APS 920: CROSS-CULTURAL COUNSELLING PSYCHOLOGY

Advanced exploration of cross-cultural counseling psychology. Distinction between psychology, cross-cultural psychology and cultural psychology. The idea of the multicultural imagination. A cross-cultural view of positive mental health. Therapeutic goals of cross-cultural psychology work. Awareness of cultural Variation in Non-verbal Communication. Understanding life stages across cultures. Parental images across cultures. Key issues in transcultural interventions. Approaches to multicultural counseling . cross-cultural differences in therapeutic relationship. Skills for communicating with patients from different backgrounds. A framework for assessment in multicultural counseling. Ethical Issues

APS 921 ADVANCED PRACTICUM IN COUNSELLING/APS 923: PRACTICUM SUPERVISION

Following the completion of course-work, each student will proceed to his/her Counseling internship experience for a period of 2 continuous semesters (Internship I and Internship II). Internship I will be carried out in a clinical setting where the student will have a chance to utilize the medical model while Internship II maybe carried out in a non-clinical setting. The practicum experience shall involve closely supervised Counseling work in a recognized institution or human service organization. Students shall be expected to develop an intervention program addressing an identified need in at least one of their internship sites. Students will be required to present to the department a Counseling experience report at the end of the Internship experience. Grading will be based on: continuous evaluation by the University lecturer during weekly supervision, on-site evaluation report by the University lecturer, the evaluation of the site program development and the student's final report.

APS 922: DOCTORAL THESIS

This involves a well designed field research on a counseling problem approved by the department the report of which will be embodied in a thesis. Four copies of the completed report shall be submitted to the University for Examination.

APS 924: MEASUREMENT AND EVALUATION OF COUNSELLING INTERVENTIONS

General concepts and major research areas in the field of Counseling and Psychotherapy; Types of research in Counseling and Psychotherapy; Role of theory in counseling research; Literature review in measurement and evaluation of counseling interventions; methods in the measurement and evaluation of counseling interventions; counseling research process: Research Problem identification and planning; Designs in counseling research; Sampling in counseling research; Instrumentation; Validity and reliability in measurement and evaluation of counseling interventions; Strategies for data collection: client data; process data; outcome data; Methodological triangulation; Ethics in counseling research; Developing a proposal to measure and evaluate counseling interventions.

APS 925: DATA MANAGEMENT AND ANALYSIS IN COUNSELLING INTERVENTION STUDIES

Conceptualization and management of data in counseling practice; Ethics in management of client data. Coding and entry of client data, treatment process and outcome data; Data analysis in counseling intervention studies; data analysis in single case designs; Quantitative methods: Descriptive statistics; Inferential statistics: Testing hypothesis in counseling research; Parametric and non-parametric tests: Characteristics of specific tests: Choosing statistical test for your research; Qualitative methods of data analysis in counseling psychology: Practical use of computer software for quantitative and qualitative data analysis: Methods of data presentation; Presenting data using the APA format; Writing psychological reports.

APS 926: ADVANCED TECHNIQUES IN FAMILY THERAPY

Marital and Family Communication Skills; Narrative and integrative approaches; Clinical Assessment skills in Family Therapy; The Genogram; Family Puppet Interview; Creating Analogous Situations; Value Clarification; Value Assessment Comparison; Dream Analysis in Family Therapy; Empty Chair in Family Therapy; Sculpting and Art Therapy; Family Choreography; Family Sociogram; Role Rehearsal; Ecomap: Mapping a Family Network; Marriage Contract Game. Ethical Issues

APS 927 ASSESSMENT AND TREATMENT FOR CHEMICAL AND NON CHEMICAL ADDICTIONS

The nature and process of addiction; Types of chemical and non-chemical addictions: A Bio-Psycho-Social approach to understanding of addictions; Diagnosis, interventions and management of non-chemical addictions: family therapy in non-chemical addiction; programs development for non-chemical addictions;. Assessment and diagnosis in treatment of chemical addictions; Understanding and treating the chemically dependent family; case management and treatment planning; Relapse prevention and on- going care; Ethical issues in addiction intervention. Awareness and Prevention Programs; Management of drug abuse at the work place; program development on addiction prevention.