

AP 6031 FAMILY COUNSELING

2 CREDITS

Course Description

This course presents principles of assessment and concepts for counseling a family or individuals as part of a family emotional system. It consists of a theory and practice approach focusing on levels of interactive functioning and relationship stress, including the formulation of therapeutic goals in conjunction with the “family life cycle” paradigm.

AP 6034 GROUP COUNSELING

3 CREDITS

Course Description

The course reviews the basic principles guiding group therapy as an approach to helping people alleviate their personal distress and appreciate how they may have been thwarting their own best efforts to understand themselves and to achieve their goals. The focus is on identifying the key aspects of group counseling that lead to change. Major strategies and techniques are reviewed as they apply to most counseling groups, therapeutic approaches, and settings.

AP 6035 APPLIED BEHAVIORAL ANALYSIS

3 CREDITS

Course Description

The course reviews the applications of the experimental analysis of behavior to problems of social importance with a variety of populations and settings. It aims at training students in the process of systematically applying interventions based upon the principles of behavior analysis to improve socially significant behaviors to a meaningful degree, and to demonstrate that the interventions employed are responsible for the improvement in behavior.

AP 6039 PRINCIPLES OF COUNSELING AND PERSONAL DEVELOPMENT

4 CREDITS

Course Description

The course examines the philosophy, main theories, practices, and principles of guidance counseling and psychotherapy. Topics include the counseling relationship, assessment and referral procedures, brief and long-term approaches, and legal, ethical, and diversity issues. The course involves both didactic and experiential learning modes and is designed to provide a bridge from theory to professional practice. An essential goal is to affect the awareness, knowledge base, and application of techniques, and to help the student determine career goals and assume professional ethical standards, roles, and responsibilities. Methods used include group interaction, self-disclosure, case studies, and role-playing. All experiential techniques aim at increasing self-awareness and thus enhancing the prospective counselor’s listening and guidance skills, as well as the ability for empathy and understanding.

AP 6040 CHILD AND ADOLESCENT INTERVENTIONS

3 CREDITS

Course Description

The purpose of the course is to provide a conceptual framework for interventions with children, adolescents and their families. The course reviews research and intervention skills/techniques stemming from the major theoretical approaches to child and adolescent counseling and psychotherapy.

AP 6045 ADVANCED PSYCHOPATHOLOGY

3 CREDITS

Course Description

The purpose of this course is to review and comprehensively examine the scientific evidence related to issues of description, classification and academic study of human mental distress. The course explores various theoretical approaches and evidence-based information about the cause and course of the various disorders.

AP 6046 THE PSYCHOLOGY OF ADDICTION

3 CREDITS

Course Description

This course introduces students to theories, techniques, and relevant research associated with the Psychology of Addiction. It surveys various aspects of addiction, namely substance abuse, eating disorders, gambling, self-injury, “love” addictions, and the Internet addiction encompassing both didactic and experiential approaches to addiction. It reviews DSM-IV diagnosis, assessment measures, treatment planning, and the application of empirically validated techniques to clinical situations focusing on addiction.

AP 6047 DEVELOPMENTAL DISABILITIES

3 CREDITS

Course Description

The course examines the nature of developmental disabilities (DDs), mental retardation, autism, learning disabilities, and related conditions from a biopsychosocial perspective. It explores the nature of the DDs service system and common issues in families of persons with DDs. Students explore specific processes necessary for effective work with persons with DDs and specific issues that need to be addressed in such counselling relationships.

**AP 6049 COGNITIVE BEHAVIORAL
APPROACHES TO COUNSELING**

2 CREDITS

Course Description

The focus of this course is to introduce students to the principles, theory and practice of Cognitive Behavior Therapy (CBT) to counseling individuals. It reviews the basic concepts, principles, techniques and new developments related to CBT. The course aims at helping the students develop a good theoretical understanding of this major school of thought in psychotherapy. It covers such areas as: Development and principles of CBT, CBT for Depression, CBT for Anxiety Disorders (in particular Panic Disorder), the role of therapeutic relationship in CBT, and schema-focused therapy.

AP 6052 DEVELOPMENTAL PSYCHOPATHOLOGY

3 CREDITS

Course Description

The course reviews major clinical syndromes of childhood and adolescence viewed within the context of normal development and explores current theoretical, diagnostic, etiological, and therapeutic viewpoints. The ideas of disability, pathology, and dysfunction and the contrasting ideas of ability, health, and functionality are considered in relation to each other.

AP 6053 PSYCHOLOGICAL TESTING AND ASSESSMENT

4 CREDITS

Course Description

This course has two parts: Part A provides students with the theoretical and practical basis for choosing and using the wide range of test and measurement data available to applied researchers. Particular emphasis is placed upon the criteria used to evaluate the adequacy of tests and assessments. Topics include reliability, validity, test construction and test adaptation for cross-cultural assessment. Part B is designed to cover the theory and practice of intellectual and personality assessment with an emphasis on the Wechsler scales, and the MMPI. Students administer, score, and interpret tests under supervision and are trained to write reports.