



UNIVERSITY
of
TECHNOLOGY,
MAURITIUS

School of Sustainable Development & Tourism

MA IN COUNSELLING (Part-Time)

PROGRAMME DOCUMENT

VERSION 2.0

MDC v2.0

Feb 2016

University of Technology, Mauritius
School of Sustainable Development & Tourism
La Tour Koenig, Pointe aux Sables, Mauritius
Tel: (230) 207 5250 Fax: (230) 234 6269
Website: www.utm.ac.mu

MA IN COUNSELLING

A. PROGRAMME INFORMATION

This two-year part-time Master of Arts course is designed to meet the needs of professionals and other graduates involved in counselling and other related fields, working in both the Public and the Private sectors, Parastatal bodies, NGO's and other Institutions. It is mainly geared towards those who are interested in the practical and theoretical issues related to counselling. It is thus designed to equip the students with the necessary knowledge and skills to work with people in need of counselling in institutions and situations arising in the various sectors of human life.

This course is intended for both, people seeking training in the field of counselling, and those who are already involved in counselling activities and who wish to enhance their knowledge and skills as practicing professionals in the various relevant sectors concerned, such as health, education, social and other welfare services among others.

B. PROGRAMME AIMS

The aim of this programme is to offer students a supportive and challenging learning environment that will enable them to develop personal qualities and professional knowledge, expertise and skills deemed necessary for competent practitioners interested in counselling within the society. It will support the professional development of those already involved in counselling while adding an academic dimension to their existing skills, with a view to make them more effective as counselling practitioners. It thus aims at providing the candidates with both the theoretical underpinnings of counselling as well as the practical training underlying the counselling profession.

C. PROGRAMME OBJECTIVES

The objectives of the programme are to:

- Develop an appreciation of the philosophies, theories and research concerning the various counselling approaches.
- Provide opportunities to investigate significant counselling issues through case studies. Demonstrate an in-depth understanding of the therapeutic process. Acquire critical understanding of the place and role of counselling in the Mauritian society.
- Understand the importance of the human context of the counselling environment.
- Recognize the need for personal development in relation to training as a counsellor.
- Appraise the importance of personal experience and values and attitudes in counselling practice.
- Explore the issues in relation to counselling in various settings: educational, health care, social, organisational and employment & retirement.
- Explain the importance of research methodology in counselling.
- Consider the relevance of ethical, social and cultural issues in the counselling process.

Part I - REGULATIONS

D. GENERAL ENTRY REQUIREMENTS

As per UTM 'Admissions Regulations' and 'Admission to Programmes of Study at Masters Level'

E. PROGRAMME ENTRY REQUIREMENTS

(i) A first degree in any area of the human sciences from an approved institution.

Or

(ii) Exceptionally candidates holding a Diploma in any areas of human sciences from an approved institution and with at least 3 years of relevant professional work experience may be admitted. Admission decisions will be made by the School on a case to case basis based on evidence submitted by the student.

F. PROGRAMME MODE AND DURATION

Part-Time: 2 Years comprising of 4 semesters.

Each academic year includes 2 semesters and each module comprises of 45 hours.

G. TEACHING AND LEARNING STRATEGIES

Students will be expected to attend all lectures and to participate in discussions and submit class assignments or attend class presentations. Various teaching methods: lectures, discussions, seminars, workshops, guest lectures, case studies, role modeling, and presentations, conferences, experiential work and practical demonstrations (where applicable) and tutorials will be used with active participation of students. Practicums will be conducted with small batches of students.

H. STUDENT SUPPORT AND GUIDANCE

Students will be provided with necessary support and guidance through lectures, other teaching, learning strategies as per section G, meetings with the Programme Coordinator and respective module conveners

I. ATTENDANCE REQUIREMENT

As per UTM Regulations

J. CREDIT SYSTEM

Each module except the Practicum is equivalent to three credits and one credit is equivalent to 15 hours. All modules will carry 100 marks and the dissertation will carry 300 marks (9 credits). Practicum will be assessed over 100 marks.

K. STUDENT PROGRESS AND ASSESSMENT

For the award of the Master of Arts, all modules must be passed with overall passes in the examinations, coursework and other forms of assessment.

Research Methods and Practicum component will be assessed by 100 % coursework. The dissertation will carry 300 marks (9 credits).

Research Methods in Counselling will be assessed 100% by coursework as follows: article critique, research proposal, mini project-based assignments including fieldwork and presentation.

Written examinations will be of 3 hours' duration. Continuous assessment will carry up to 50% of the total marks and will be based on seminars, case studies, class tests and/or assignments, etc.

L. EVALUATION OF PERFORMANCE

Master of Arts	43 Credits
Postgraduate Diploma	31 Credits (including practicum)
Postgraduate Certificate	21 Credits

Grading

Grade	Marks x (%)
A	$70 \leq x \leq 100$
B	$60 \leq x < 70$
C	$50 \leq x < 60$
D	$40 \leq x < 50$
F	< 40
A-D	Pass
F	Fail

M. AWARD CLASSIFICATION

Overall weighted mark (%)

CPA \geq 70
 $60 \leq$ CPA $<$ 70
 $40 \leq$ CPA $<$ 60
CPA $<$ 40

Classification

Masters Degree with Distinction
Masters Degree with Merit
Masters Degree
No Award

N. PROGRAMME ORGANISATION AND MANAGEMENT

Assoc. Prof. Dr C. Bokhoree
Dr. S D Lukea Bhiwajee
Mrs T Makoondlall Chadee
Mrs. V Ramasamy Coolen

sbokhoree@umail.utm.ac.mu
sbhiwajee@umail.utm.ac.mu
t.m.chadee@umail.utm.ac.mu
vr.coolen@umail.utm.ac.mu

Part II - PROGRAMME STRUCTURE & SYLLABUS OUTLINE

O. PROGRAMME STRUCTURE - PART-TIME

PROGRAMME STRUCTURE AND PLAN - (PART- TIME)

YEAR 1							
Semester 1				Semester 2			
Code	Core Modules	Hrs L + T + P	Credits	Code	Core Modules	Hrs L + T + P	Credits
CNLG 5104B	Introduction to Counselling	2+1+0	3	CNLG 5321B	Youth And Sexuality Counselling	2+1+0	3
CNLG 5105B	Counselling Theory and Practice	2+1+0	3	PSY 5106B	Fundamentals of Human Development and Behavior	2+1+0	3
LWS 5403B	Professional Ethics & Law	2+1+0	3	CNLG 5401B	The Humanistic Approach to Counselling	2+1+0	3
				STAT 5302B	Research Methods in Counselling	1+1+1	3
YEAR 2							
Semester 1				Semester 2			
Code	Core Modules	Hrs L + T + P	Credits	Code	Core Modules	Hrs L + T + P	Credits
CNLG 5402B	The Psychodynamic Approach to Counselling	2+1+0	3	CNLG 5404B	Clinical Issues	2+1+0	3
CNLG 5403B	Cognitive Behavioural Approaches to Counselling	2+ 1+0	3	CNLG 5502B	Practicum	0+0+1	1
CNLG 5322B	Substance Abuse Counselling	2+ 1+0	3	DISS 5000	Dissertation		9
	Dissertation						

Q. NON-PRESCRIPTIVE MODULE OUTLINE

YEAR 1 SEMESTER 1

CNLG 5104B Introduction to Counselling

Introduction to social and psychological theories relating to counselling. Introduction to counselling, definition, relation to other helping therapies. The counselling relationship. The process of counselling. Qualities and skills of the counsellor. The social context of counselling. Overview of different counselling approaches: - psychodynamic, humanistic, cognitive-behavioral and feminist. Introduction to cultural, social, ethnic and religious implications in counselling.

CNLG 5105B Counselling Theory and Practice

Introduction to Theory, Basic Issues, Psychoanalytic Therapy, Adlerian Theory, Existential Theory, Person-centered Therapy, Gestalt Therapy, Reality Therapy, Behavior Therapy, Rational Emotive Behavioural Therapy and Cognitive/Behavioral Approaches, Feminist Therapy, Postmodern Approaches: Solution Focused therapy, Narrative therapy, Family Systems Therapy, Mindfulness-based therapies.

LWS 5403B Professional Ethics & Law

Values of counselling; Ethical principles of counselling; Ethical issues and dilemmas encountered by counsellors; Personal moral qualities; providing high standards of practice; Legal aspects in counselling; Understanding therapeutic contracts, roles and responsibility of the counsellor :the optimal boundary; Confidentiality; Accountability, registration and accreditation of counsellors; Issues of sex, gender, culture and ethnicity in counselling; Continued professional development, supervision and reflection in counselling

YEAR 1 SEMESTER 2

CNLG 5321B Youth And Sexuality Counselling

Theory of sexuality, Normal and abnormal sexual activity, Loss of sex drive, sexual expressions, sexual misconceptions, variations in gendered or sexual behaviour, infertility, sexual difficulty, life and love, adultery, frigidity, impotence, nymphomania, satyriasis, masturbation, exhibitionism, voyeurism, fellatio, cunnilingus, transexualism, homosexuality, rape, fetichism, bestiality, necrophilia, transvestism, paedophilia, sexual abuse, sadism, masochism, incest, children and sexuality, adolescent and sexuality Sexuality among different cultures. Sexual needs for the elderly and clients with physical and mental handicaps. Sexually transmitted diseases including AIDS. Youth Counselling : becoming proactive, making healthy choices, your body & wellness, goal-setting, time management, meaningful relationships, becoming the man/woman you want to be, study skills, death & loss, group counselling with youths.

PSY 5106B Fundamentals of Human Development and Behaviour

Overview of life-span human development; Theoretical foundations in human development; Development of psychology and human behaviors across the life-span (11 stages); Death, dying, and bereavement; Strategies for facilitating life-span development: Racial /Ethnic identity development, Developmental challenges across the life-span; Counselling from a life-span perspective: Developmentally appropriate concerns observed in a counselling setting, Impact of mental illness and other diagnosable symptoms on an individual's development; Counselling approaches across human life-span development, Impact of culture on an individual's development.

CNLG 5401B The Humanistic Approach to Counselling

Defining the therapeutic alliance; Fundamental conditions in the counselling relationship; An overview of the humanistic framework; Carl Rogers and Person-centered counselling; Gestalt Theory and practice; Existential philosophy and practice; Transactional analysis; Transpersonal Therapy; Humanistic approaches and multicultural issues; Comparing and contrasting different humanistic theories and approaches

STAT 5302B Research Methods in Counselling

Qualitative and Quantitative Research methods; the scientific method; analysis of existing literature on approaches to research; the need for research in counselling; understanding and using research in counselling; skills and processes in research design; negotiation; individual research projects; data collection and analysis; writing of reports; comparative approaches to research methodology in counselling; research background to counselling

YEAR 2 SEMESTER 1

CNLG 5402B Psychodynamic Approach to Counselling

Sigmund Freud; Key concepts: View of human nature, Structure of personality, Consciousness and the Unconscious, Anxiety, Ego-Defense Mechanisms, Development of personality: Psychosexual, Psychosocial: Comparison; The Therapeutic process: therapist function and role, Client's experience in therapy, therapeutic relationship; Application: therapeutic techniques and procedures: maintaining the analytic framework, Free association, Interpretation, Dream Analysis, Resistance, Transference & Countertransference; Carl Jung on the Development of personality; Contemporary trends: Object Relations Theory, Self-Psychology, Relational Psychoanalysis; The trend towards brief, time-limited Psychodynamic therapy; Psychoanalytic therapy from a multicultural perspective.

CNLG 5403B Cognitive Behavioural Approaches to Counselling

Fundamentals of Rational Emotive Behavioural Therapy; Teaching the ABC framework in Rational Emotive Behavioural Therapy, Concept of rationality versus irrationality; Conceptualization of psychological disturbance /distress versus health; Theory of therapeutic change; distinguishing between healthy and unhealthy negative emotions;; Disputing strategies; Use of therapeutic strategies and techniques in Rational Emotive Behavioural Therapy ; Fundamentals of Cognitive Behavioural Therapy ; Engagement, assessment and formulation in Cognitive Behavioural Therapy; Cognitive Behavioural Therapy interventions; Cognitive Behavioural Therapy for anxiety disorders; Cognitive Behavioural Therapy for depression and suicide; Cognitive Behavioural Therapy for Psychosis; Ethical issues in Rational Emotive Behavioural Therapy and Cognitive Behavioural Therapy .

CNLG 5322B Substance Abuse Counselling

Introduction to addiction and substance abuse. Sociological and psychological theories explaining addiction. Substance of abuse and their effects Alcohol, tobacco. Marijuana, cocaine, tranquilisers, Barbiturates, Hallucinogens, Inhalants, Steroids, Opiates. Designer drugs, Skills and knowledge-based counselling expertise to deal with addicts. Prevention of addictive behaviours.

YEAR 2 SEMESTER 2

CNLG 5404B Clinical issues

Beliefs about ill-health and counselling. Promoting coping and resilience in the patient, Introduction to human anatomy and physiology. Introduction to physical diseases – emphasis on psychosomatic illnesses. Introduction to mental illnesses: - neurotic, psychotic: phobias, oppressive, compulsive behavior etc, mood disorders, suicide .Counselling for loss, terminal care, bereavement, euthanasia and palliative care. Counselling for the promotion of health and prevention of ill-health, suicide prevention, Sources of stress, effects of stress, destructive & constructive responses to stress.

CNLG 5502B Practicum

Formation of Practicum: supervision resources, client record system; Identification of client and Rationale; Ethical & Legal considerations; Analysis of Practicum site; Client case presentations: observations & critiques.

DISS 5000 Dissertation

A 15 000 – 18 000 words dissertation will have to be submitted at the end of the semester. The work submitted should conform to the School's Postgraduate Dissertation Guidelines.