

MONTFORT COLLEGE

Affiliated to Bengaluru North University

MSC IN COUNSELLING PSYCHOLOGY

PROGRAM OUTCOMES

At the successful completion of the Master's Program in Counselling Psychology under Bengaluru North University, students will be equipped to be professional counselling practitioners, researchers, and leaders in the field of mental health.

PROGRAM SPECIFIC OUTCOMES

A student who successfully completes the Master's Program in Counselling Psychology will be equipped to:

- Show conceptual understanding of various theories and techniques related to the field of counselling
- Show conceptual understanding of ethics
- Carry out qualitative and quantitative research
- Write for publication in scientific journals
- Be able to counsel almost anybody:
 - Be able to establish rapport with clients
 - Be able to explore the issue or problem
 - Be able to identify the problem areas
 - Be able to help the client resolve the issue or make appropriate referrals
- Teach in higher education settings
- Demonstrate basic and advanced counselling skills,
- Demonstrate referral skills, diagnostic skills, and assessment skills in their practice as counsellors
- Demonstrate an attitude of multiculturalism and inclusiveness
- Demonstrate ethics in their practice as counsellors and as researchers
- Show ability to bring about social change through social action
- Develop a sense of civic responsibility of conserving and protecting the environment
- Aspire to involve in policy changes
- Demonstrate a love for life-long, independent learning
- Demonstrate self-awareness and achieve self-growth

COURSE OUTCOMES

101 Counselling and Psychotherapy I

On successful completion of this course, students would:

- Have a good conceptual understanding of the major theories of counselling and psychotherapy
- Be able to apply these theories to describe, explain, and predict behaviour based on these theories
- Be able to understand the application of these theories in counselling settings
- Be able to evaluate the usefulness of the different theories in different contexts of counselling

102: Lifespan Development

On successful completion of this course, students would:

- Have an understanding of the normative developmental changes that take place across the lifespan
- Have a good conceptual understanding of the major theories of development
- Would be able to apply this knowledge to determine whether or not developmental milestones are being met in individuals of different ages
- Would be able to evaluate the usefulness of the different theories in different contexts

103: Quantitative Research

On successful completion of this course, students would:

- Have a good understanding of the process of quantitative research
- Have a good understanding of the various ethics that guide research
- Be able to carry out review of literature
- Be able to formulate research questions and hypotheses
- Be able to differentiate between the different types of sampling
- Be able to design experimental and non-experimental studies.

104: Psychopathology and Mental Health I

On successful completion of this course, students would:

- Be able to differentiate between normal and abnormal behaviour.
- Have an understanding of psychopathology and Mental Health Concepts
- Be able to examine the causes of psychopathology based on genetics, psychosocial, neurobiological and developmental perspectives.
- Be able to formulate diagnostic impression and treatment planning tailored to the needs of the individual client and to make appropriate referrals.

105SC: Process of Counselling

On successful completion of this course, students would:

- Be able to explain the process and challenges of counselling
- Have an understanding of and respect for the counsellor-counsellor interactions
- Have an understanding of the ethical and legal issues in counselling

- Be introduced to tele-mental health and various modes of online counselling.

106P: Counselling Skills

On successful completion of this course, students would:

- Be able to practice basic communication skills with their clients such as attending, opening communication, dialoguing and empathic presence
- Be able to practice active listening skills such as paraphrasing, summarizing, and reflection of meaning, reflection of feeling
- Be able to carry out an intake interview
- Be able to carry out a mental status examination
- Be able to carry out a diagnostic formulation
- Be able to conceptualize cases

107P: Assessments 1 and Computer Applications

On successful completion of this course, students would:

- Have practical experience in conducting psychological tests
- Be able to interpret scores of various assessments tools
- Be able to write a psychological report
- Be able to use the various programs of MS Office – MS Word, MS Excel, MS PowerPoint
- Be able to run basic descriptive statistics using SPSS
- Be able to run basic correlational statistics using SPSS
- Be able to run basic inferential statistics using SPSS
- Be able to interpret the results of the analysis

201: Theories of Counselling and Psychotherapy II

On successful completion of this course, students would:

- Have a good conceptual understanding of the major theories of counselling and psychotherapy
- Be able to apply these theories to describe, explain, and predict behaviour based on these theories
- Be able to understand the application of these theories in counselling settings
- Be able to evaluate the usefulness of the different theories in different contexts of counselling
- Have a good theoretical foundation for counselling and psychotherapy practice.
- Be able to conceptualize client problems from various theories.
- Be able to formulate diagnostic impressions
- Be able to plan treatment tailored to the needs of the individual client
- Be able to make appropriate referrals.

203: Qualitative Research

On successful completion of this course, students would:

- Have a good understanding of the process of qualitative research
- Have a good understanding of the various ethics that guide qualitative research
- Have a good understanding of the different paradigms of qualitative research
- Have an understanding of the criteria for evaluating qualitative research
- Have an understanding of how to formulate research questions
- Have an understanding of how to carry out in-depth qualitative interviews
- Have an understanding of how to carry out participant observation
- Have an understanding of how to carry out a focus group
- Have an understanding of qualitative data analysis

204: Group Counselling

On successful completion of this course, students would:

- Have a good understanding of the basic concepts of group counselling
- Have an understanding of the stages of group development
- Understand the different skills, techniques and strategies involved in group process, group guidance, group counselling,
- Have an understanding of the therapeutic group counselling process from a multi-theoretical and cross-cultural perspective.

205SC: Transactional analysis

On successful completion of this course, students would:

- Have an understanding of transactional analysis philosophy
- Have an understanding of the different concepts of TA
- Have an understanding the meaning of transaction, strokes, and time structuring
- Be able to apply this understanding to real world situations
- Have an understanding of life scripts and related concepts
- Have an understanding the different games that become involved in various transactions

206P: Counselling Techniques

On successful completion of this course, students would:

- Be able to apply counselling techniques from behavioural therapy
- Be able to apply counselling techniques from cognitive behavioural therapy
- Be able to apply counselling techniques from solution focussed brief therapy

207P: Assessment 2 And Academic Writing

On successful completion of this course, students would:

- Have practical experience in conducting psychological tests
- Be able to interpret scores of various assessments tools
- Be able to write a psychological report

- Be able to communicate the results of the assessment to clients
- Be able to write various types of psychological reports

301 Marriage and Family Therapy 1

On successful completion of this course, students would:

- Be able to demonstrate core knowledge and skills in systemic perspective that provides an understanding of family and other systems theories and major models of family and related interventions.
- Have an understanding of the rationale for selecting a family and other systems theories as appropriate modalities for family counselling.
- Be able to use/practice at least a few theories (Bowen's, Structural, Experiential) in their practicum

302 Educational Counselling 1

On successful completion of this course, students would:

- Have an understanding of the different techniques in an Educational counselling setting
- Have an understanding of the role of teachers and parents in counselling
- Have an understanding of the basics of career counselling.

303SC Workplace Counselling

On successful completion of this course, students would:

- Have an understanding of the various factors of work that influence work such as globalization and diversity
- Have an understanding of wellness issues in the workplace such as health, stress, burnout, etc
- Have an understanding of the different models for workplace counselling
- Have an understanding of the ethics related to workplace counselling
- Be able to apply this understanding in practice

3040E: Psychology for Everyday Living

On successful completion of this course, students would:

- Have an understanding of some general concepts of general psychology, social psychology, and positive psychology
- Be able to apply this understanding to their everyday lives
- Be able to apply this understanding to manage stress, emotions and time
- Be able to apply this understanding to make decisions and solve problems

305P Group Process Training

On successful completion of this course, students would:

- Be able to plan and work in groups using group processing skills
- Be able to carry out pre-group planning,

- be able to structure stages of group
- Be able to deal with problem situations in groups
- Be able to lead groups
- Demonstrate interpersonal processing skills

306P Supervised Practicum practicals

On successful completion of this course, students would:

- Have hands-on experience in counselling
- Demonstrate ability to conceptual cases
- Have hands-on experience in case management and treatment planning
- Demonstrate basic and advanced counselling skills,
- Demonstrate referral skills, diagnostic skills, and assessment skills in their practice as counsellors
- Demonstrate ethics in their practice as counsellors
- [Demonstrate a love for life-long, independent learning
- Demonstrate self-awareness and achieve self-growth

401 Marriage and Family Therapy 2

On successful completion of this course, students would:

- Be able to demonstrate core knowledge and skills in systemic perspective that provides an understanding of family and other systems theories and major models of family and related interventions.
- Have an understanding of the rationale for selecting a family and other systems theories as appropriate modalities for family counselling.
- Be able to use/practice at least a few theories in their practicum

402 Educational Counselling 2

On successful completion of this course, students would:

- Have an understanding of the different techniques in an Educational counselling setting
- Be able to use and suggest each counselling strategies for risk prevention in educational settings
- Have an understanding of the role of teachers and parents in counselling
- Be able to conduct psychoeducational programs for educational settings
- Have an understanding of the government laws and WHO policies on children and education.

403SC Positive Psychology

On successful completion of this course, students would:

- Be familiar with the positive and existential points of view.
- Have an understanding of the strength-based part of psychology

- Be able to practice certain positive psychology qualities such as mindfulness, happiness, resilience

404P Internship

On successful completion of this course, students would:

- Have hands-on experience in counselling
- Demonstrate ability to conceptual cases
- Have hands-on experience in case management and treatment planning
- Demonstrate basic and advanced counselling skills,
- Demonstrate referral skills, diagnostic skills, and assessment skills in their practice as counsellors
- Demonstrate an attitude of multiculturalism and inclusiveness
- Demonstrate ethics in their practice as counsellors
- Show ability to bring about social change through social action
- Develop a sense of civic responsibility of conserving and protecting the environment
- Aspire to involve in policy changes
- Demonstrate a love for life-long, independent learning
- Demonstrate self-awareness and achieve self-growth

405P Research

On successful completion of this course, students would:

- Be able to carry out extensive review of literature
 - Be able to formulate a research problem/ research question
 - Be able to write a research proposal
 - Be able to identify useful tools for research
 - Be able to collect data
 - Be able to analyze the collected data
 - Be able to interpret the results in light of the research problem/ research question
 - Be able to discuss the findings
 - Be able to write a research dissertation
 - Demonstrate ethics in their practice and research
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