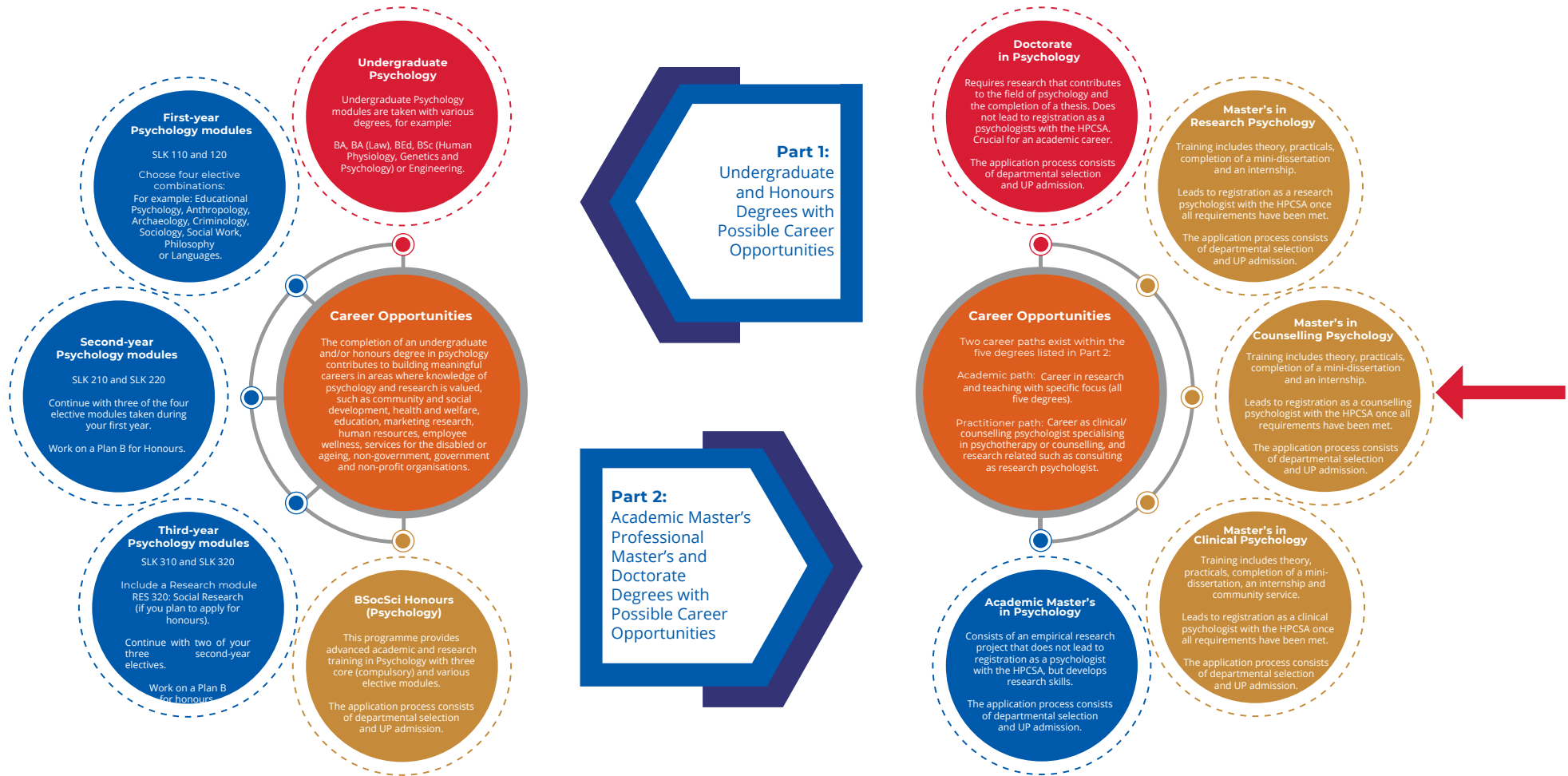


# Degree and Career Opportunities in Psychology

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# Information about the Professional MA Counselling Psychology Programme

## What is a Counselling Psychologist

Counselling Psychology is a specialist category within professional psychology that promotes the personal, social, and educational functioning, career functioning and well-being of individuals, couples, families, groups, organisations and communities. Counselling Psychologists assist people with normal developmental issues and also prevent and alleviate psychological and mental health disorders that range from mild to moderate severity. It includes competencies in psychological assessment, diagnosis, and formulation and draws on a holistic appreciation of people's lived experiences and sociocultural contexts. At the core is a focus on psychotherapeutic interventions that also take into consideration people's strengths and resources at both the community and individual levels.

### Programme Description

This programme provides advanced academic and practical education and training to equip selected students to practice as a Counselling Psychologist and leads the student to apply for an internship in Counselling Psychology and, thereafter, undergo a Professional Board Exam in Counselling Psychology. After successful completion of the Professional Board Exam, students can apply to the Professional Board for Psychology of the HPCSA for registration as a Counselling Psychologist. Such registration will be subject to professional conditions and requirements stipulated by the Professional Board for Psychology and the HPCSA at the time of registration.

### Road to becoming a Counselling Psychologist in South Africa:

To practice as a Counselling Psychologist in South Africa, students must complete a Master's programme (i.e., MA, MSc, or MSocSci) in Counselling Psychology at a tertiary institution in South Africa, accredited with the Health Professions Council of South Africa (HPCSA). This is done through two phases:

#### Phase 1: Academic Year 1 or "M1" [Unpaid] entails:

- HPCSA registration category: "Student Psychologist"
- Takes place at UP, an institution accredited for the MA Counselling Psychology programme

#### Phase 2: Internship Year or "M2" [Paid by Internship Site] entails:

- HPCSA registration category: "Intern Psychologist"
- Takes place at a site accredited for internships in Counselling Psychology
- Internships are secured by means of an application and selection process typical of standard employment processes
- It is also possible to create a tailor-made internship programme, which the HPCSA must approve

### Application Period:

- 01 April to 31 May (annually)

### Application Criteria:

- BSocSci Honours or BA Honours in Psychology **or** a relevant honours programme (not educational or industrial psychology)
- A cumulative weighted average of at least 70% for the honours programme

### Admission into the Programme through the Selection Process:

- Admission into the programme is by selection only
- All applications are evaluated by a selection committee, and shortlisted
- Shortlisted applicants are invited to participate in a selection process
- Through the selection process, suitable applicants are identified for admission
- Selection is highly competitive, with only a small number of places available each year for the admission of students
- Given the competitive nature of this programme, all applicants are encouraged to apply to as many institutions as possible that offer this programme
- Due to the large number of applications received by UP each year, applicants are not provided with any feedback should their application be unsuccessful

### Structure:

- The programme comprises one year of full-time academic study and one year of professional training; 50% of the programme entails advanced theoretical and practical coursework; and 50% entails a research component, which takes the form of a mini-dissertation
- In addition, the programme entails a period of professional internship in Counselling Psychology

### Admission into the Programme Requires Registration for the Following Modules:

#### Year 1:

##### SLK 807: Professional Practice & Ethics

This module is concerned with the values, scope and identity of the profession of Counselling Psychology and focuses on professional ethics and legal frameworks. African epistemologies, Diversity issues in Psychotherapy and Private Practice and Business Practice are included.

##### SLK 809: Therapeutic Intervention

In this module, students are exposed to various models of therapeutic intervention (CBT, Brief Psychodynamic Therapy, Narrative Therapy, Person Centred, Positive Psychology) as well as models of therapy integration. The aim is to equip students with knowledge and skills to enhance psychological well-being as well as address psychological distress.

##### SLK 810: Community Psychology

In this module, students will develop skills to implement psychological intervention programmes (e.g., life skills programmes) within social communities that will enable them to interpret the role of a community consultant.

##### SLK 811: Psychological Assessment

This module focuses on the process of psychological assessment, including knowledge of psychopathology, psycho-diagnostics, neuropsychology and various assessment techniques. These include the administration, scoring and interpretation of psychometric assessment techniques within various contexts.

##### SLK 812: Counselling Psychology Practical

In this module students will do practical work at various institutions under supervision. Practical work will allow the integration and application of theoretical knowledge.

##### VOS 895: Mini-Dissertation Counselling Psychology

In addition to receiving theoretical and practical training and participating in workshops, the student has to successfully complete a mini-dissertation under the guidance of a research supervisor.

#### Year 2:

##### SLK 813: Internship for Counselling Psychology

The aim of this module is to equip students to conduct independent and relevant research and to ensure that students are capable of critically evaluating research within the Humanities and Social Sciences, broadly, and Psychology, in particular. You have a maximum of 3 years to complete this module

##### VOS 895: Mini-Dissertation Counselling Psychology

In addition to receiving theoretical and practical training and participating in workshops, the student has to successfully complete a mini-dissertation under the guidance of a research supervisor.

### Career Opportunities:

In South Africa, Counselling Psychologists work in diverse areas and settings, such as:

- State and semi-state organisations
- Rehabilitation sites, hospitals, clinics
- Academic institutions (Student Counselling Centres)
- Private practice
- Consultancy, research and policy development
- Correctional services,
- Career and assessment services
- Programme development, implementation and evaluation