

## **COUNSELLING PSYCHOLOGY.**

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Counselling Psychology is a programme that is specially designed to fulfil the demand for knowledge and skills in counselling psychology for professionals with an interest in counselling. The programme provides professional and practical qualification in real - life counselling expertise for people practising counselling psychology including in organisations, health including hospitals and hospices, social welfare including pastors of religion, social workers and in education, community and rehabilitation, and human resource management. There is augmented growth in psychological counselling as a result of increased demand for psychological services in many different settings. Counselling psychology seeks to alleviate and resolve human issues as well as improve psychological, social, mental and general life. These include: at the workplace, industries, hospitals, prisons, places of worship, schools and other areas. Counselling psychologists will be needed to assist people handle various situations such as addiction, stress, marriage and family issues, youth and work related issues. The objectives of the programme are to ensure an advanced level of knowledge about major approaches to counselling psychology; to provide training in counselling practice and develop skills for application in workplace, health, education; and to advance research, ethical and professional issues in counselling as a profession.

### **Head Of Thematic Area**

[Dr. Geoffrey Wango](#) [8]



[Mrs. Wachira](#) [9],



[Mrs. Muthami](#) [10],



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[Mr. Ndero](#) [11],



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[Mr. Kihoro](#) [12].



**Research Projects Of Thematic Area**

**Degree Programmes/Course Units Linked To Thematic Area**

**DIPLOMA PROGRAMME IN COUNSELLING PSYCHOLOGY**

- CPY 001: Introduction to Psychology
- CPY 002: Interviewing Techniques for Individuals and Groups
- CPY 003: Lifespan Development
- CPY 004: Health Psychology
- CPY 005: Introduction to Theories of Personality
- CPY 007: Introduction to Social Psychology
- CPY 008: Psychotherapeutic Approaches
- CPY 010: Fundamentals of Counselling
- CPY 011: Research Methods and Basic Statistics
- CPY 012: Group Counselling
- CPY 016: Psychological Disorders

**DEGREE PROGRAMME**

- CPY 116: Psychology of Human Development
- CPY 202: Human Sexuality
- CPY 204: Psychology of Aging
- CPY 205: Personality Psychology
- CPY 206: Psychology of Adjustment

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| CPY 207: | Cognitive Psychology                               |
| CPY 208: | Abnormal Psychology                                |
| CPY 302: | Vocational Guidance                                |
| CPY 303: | Addictive Disorders                                |
| CPY 304: | Theories and Techniques of Counselling             |
| CPY 307: | Behaviour Modification                             |
| CPY 309: | Deviant Behaviour                                  |
| CPY 310: | Fundamentals of Counselling                        |
| CPY 311: | Stress Management                                  |
| CPY 312: | Psychology of Communication                        |
| CPY 314: | Gender Psychology                                  |
| CPY 316: | Human Sexuality                                    |
| CPY 403: | Counselling of the Youth                           |
| CPY 404: | Counselling Terminally ill                         |
| CPY 405: | Group Counselling                                  |
| CPY 406: | Family Marital & Sex Counselling                   |
| CPY 407: | Community Counselling                              |
| CPY 408: | Counselling Families of Persons with Special Needs |
| CPY 410: | Counselling Persons with Addictive Disorders       |
| CPY 412: | Counselling Outcome, Issues, Trends and Ethics     |
| CPY 413: | Psychology of the Family                           |
| CPY 416: | Introduction to Counselling                        |

### **Possible Career Opportunities**

- Counsellors in Schools,
- Churches,
- Prisons,
- Mental Health Institutions,
- Family Rehabilitation centres.

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### **Links:**

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