GUIDELINES for the COUNSELLING PSYCHOLOGY PROGRAM
Department of Adult Education and Counselling Psychology, OISE/UT

June 2004

Counselling Psychology Program
AECP OISE/UT
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GUIDELINES FOR PROGRAMS IN COUNSELLING PSYCHOLOGY

The Program in Counselling Psychology is staffed by ten full-time faculty members. Each year the Program also draws upon the expertise of practitioners who are invited to teach both required and special topics courses.

**Full-time Faculty:** C. Chen, R. Gillis, M.A. Guttman, N. Josefowitz, C. MacKenzie, R. Moodley, N. Piran, M. Schneider, J. Silver L. Stermac, J. Watson

**Cross Appointed Faculty:** B. Burstow

**Coordinator of Internship and Counselling Services:** J. Silver

**Extramural Faculty:** D. Brecher, C. Campbell, K. Jasper, M. McIntyre, E. Meade, S. Minsky, D. Slonim, M. Rothstein, R. Warner

Students should refer to the *AECP Handbook and Guidelines* which contains important information about faculty advisors, availability of office space for students, and keys to the department. Other useful documents that will be of interest to students include:

- *Graduate Supervision: Guidelines for Students, Faculty and Administrators* (available at www.sgs.utoronto.ca/current/supervision/guidelines.pdf)
- University policies including the *Statement on the Protection of Freedom of Speech and Harassment: Statement on Prohibited Discrimination* can be found at www.utoronto.ca/govcncl/pap/index.htm (click on “policies”).

OISE/UT’s Education Commons provides email accounts with internet access for a one-time $10.00 fee. Students are strongly requested to set up an OISE/UT email account. It provides the program with an easy way to communicate with students and gives students access to the departmental listserves where important announcements are posted.

Upon admission, all students will be assigned a faculty advisor (see the *AECP Handbook* for more details). If you are in a program that requires a thesis, your faculty advisor may also be your thesis supervisor but this is not mandatory. Choosing a thesis supervisor is separate from being assigned an advisor, and is based on availability of individual faculty members and the goodness of fit between your interests and the faculty member’s.

COUNSELLING PSYCHOLOGY FOR PSYCHOLOGY SPECIALISTS

The Master’s and Doctoral Programs for Psychology Specialists are full-time programs designed for students interested in working in careers in psychological research and practice. The course of study prepares the student for registration as a Psychological Associate (Master’s level) or Psychologist (Doctoral level) in Ontario. The content covered in each degree is considered essential for professional training and is consistent with the American Psychological Association’s Guidelines for Accredited Doctoral Programs in Professional Psychology. The content areas include: counselling and psychotherapy, psychological assessment and intervention, cognitive/affective foundations, social foundations, biological foundations, advanced research methods, and history and systems of psychology.
Normally a full-time course load consists of 3 half-courses in each of the fall and winter semesters. A limited number of courses are offered in the summer sessions and intersessions. Notification of summer courses is posted in April. Students are responsible for ensuring that they meet the prerequisite and current requirements of their program. This may be done in consultation with their faculty advisor. Students should also consult the OISE/UT Bulletin and the School of Graduate Studies Calendar for guidelines.

All practicum and internship arrangements must be made in consultation with the Internship Coordinator. Students are encouraged to consult the Coordinator, Dr. J. Silver, as soon as possible after admission into their program of study. Upon acceptance students may begin their programs in July or September.

MASTER OF ARTS for Psychology Specialists

This is a full-time program in which students are required to complete 8 half-courses, a 500 hour practicum, and a thesis. The thesis is completed under the supervision of a full-time faculty member from the Counselling Program. Course work can usually be completed in three semesters and it is expected that all program requirements can be completed within two years.

Required Courses:

AEC1202H Personality Theories and Techniques of Counselling
AEC1203Y Practicum I: Interventions in Counselling Psychology (Full year course)
AEC1219H Ethical Issues in Professional Practice in Psychology
AEC1263H Seminar in Research Methods for M.A. Students (see Colloquium Series requirement*)
AEC3224H Individual Personality and Cognitive Assessment

*The Counselling Psychology Colloquium series is offered Monday 12:15 to 1:15 p.m. periodically throughout the academic terms. Starting with the year 2004/05, attendance for one academic year is compulsory for M.A. and Ph.D. students. Attendance at this series partially fulfills the course requirements for AEC1263H for M.A. students and AEC3218H for Ph.D. students. The colloquium series requirement must be taken prior to or concurrent with the above stated courses. All counselling students are encouraged to attend the colloquium series.

Students are encouraged to complete AEC1202H, AEC1203Y and AEC1263H early in their program. Two other courses may be selected from the list of optional courses at the end of the Guidelines. Courses may be selected from outside of the department as well. Note: AEC1203Y is a full year course, equivalent to two half courses.

Students intending to apply to the Ph.D degree following completion of the M.A. degree should plan their course work accordingly. In particular students may consider taking HDAP1287H (formerly CTL2004H) as a prerequisite for HDAP1288H (formerly CTL2808H) at the doctoral level.
DOCTOR OF PHILOSOPHY for Psychology Specialists

This is a full-time program in which students are required to complete a minimum of 8 half-courses, 500 hours of practicum, 2000 hours of internship, a written comprehensive examination, and a thesis. The internship requirement can be fulfilled as a full-time 12 month placement or as a part-time placement over a 24 month period (1000 hours in each).

Course work can usually be completed in four semesters. Students are expected to have completed a thesis proposal and to have formed their thesis committee by the end of the semester following the completion of course work.

Prerequisites: Students are expected to have completed courses in Personality Theories and Techniques in Counselling (AEC1202H), Practicum I: Interventions in Counselling Psychology (AEC1203Y), Ethical Issues in Professional Practice in Psychology (AEC1219H), Seminar in Research Methods for M.A. Students (AEC1263H), and Individual Personality and Cognitive Assessment (AEC3224H) or their equivalents at the Master’s level. These courses will be additional requirements for the Doctoral program for students who have not satisfied these prerequisites earlier. Please note that some courses may only be available in alternate years.

Required Courses:

(a) Counselling and Psychotherapy
   AEC3215H Seminar in Counselling Psychology: Part I
   AEC3217Y Practicum II: Interventions in Counselling Psychology (normally completed in the first year of the program)
   AEC3260H Psychopathology and Diagnosis

(b) Psychological Measurement/Assessment
   AEC3225H Assessment and Diagnosis of Personality and Psychopathology (normally completed in second year of program) (Full year course)

(c) Advanced Research Methods
   AEC3218H Research Seminar in Counselling (normally completed in the second year of the program) (see Colloquium series requirement*)
   HDAP1288H Intermediate Statistics and Research Design (HDAP1287H, formerly CTL2004H, or equivalent is prerequisite)

(d) History and Systems of Psychology
   HDP3204H Contemporary History and Systems in Human Development in Applied Psychology (available alternate years) Course 3204H may be waived if a similar course was completed at undergraduate level.

(e) Optional Courses: if applicable other courses may be selected from the list of optional courses at the end of the Guidelines. Courses may be selected from outside of the department as well.

*The Counselling Psychology Colloquium series is offered Monday 12:15 to 1:15 p.m. periodically throughout the academic terms. Starting with the year 2004/05, attendance for one academic year is compulsory for M.A. and Ph.D. students. Attendance at this series partially fulfills the course requirements for AECP1263 for M.A. students and AECP3218 for Ph.D. students. The colloquium series requirement
must be taken prior to or concurrent with the above stated courses. All counselling students are encouraged to attend the colloquium series.

**Comprehensive Examination:** A written comprehensive examination must be successfully completed prior to defending the Doctoral thesis. Examination times are posted in the department for the fall and spring terms. It is the students’ responsibility to schedule their own examination by registering with the program secretary (Julie Fung x2590). All reading lists and all other information may be obtained from the program secretary.

**Thesis:** All students must develop, complete, and defend in an oral examination, a doctoral dissertation. The content of the dissertation research may address theoretical issues applicable to counselling concerns and practice, relate to the development of programs in a variety of educational or applied settings, or in some other way contribute to the development and practice of counselling psychology. All Doctoral theses must be supervised by a full-time faculty member of the Counselling Psychology program.

**Annual Doctoral Report:** All Doctoral students are required to complete an Annual Doctoral Student Report by the first week of April in each year.

**COUNSELLING PSYCHOLOGY FOR COMMUNITY AND EDUCATIONAL SETTINGS**

The Master’s and Doctoral Programs for Community and Educational Settings are designed for students interested in a variety of positions in education and in the community and in professional positions in agencies offering psychological services. These programs can be pursued on a part-time or full-time basis. The Doctoral program, however, requires one year of full-time study. Please see the current University of Toronto guidelines for regulations about part-time and full-time study.

Normally a full-time course load consists of 3 half-courses each semester of the fall and winter term. A limited number of courses are offered in the summer session. Notification of summer courses is posted in April. Students are responsible for ensuring that they meet the prerequisite and current requirements of their program. This may be done in consultation with their faculty advisor. Students should also consult the OISE/UT Bulletin and the School of Graduate Studies Calendar for guidelines.

All practicum and internship arrangements must be made in consultation with the Internship Coordinator, J. Silver. Part-time students should note that the counselling practicum requires one or two days per week on site, and many of the optional courses in the program are not offered after hours. Students are encouraged to consult the Coordinator as soon as possible after admission into their program of study. Upon acceptance students may begin their programs in July or September.
MASTER OF EDUCATION for Community and Educational Settings

Students are required to complete 10 half-courses, a written comprehensive examination, and a minimum of a 250 hour practicum. The program can be pursued on a part-time or full-time basis.

Students intending to apply to the Doctoral program following completion of the Master’s program should plan their course work accordingly, in particular to include a research course.

Required courses:

- AEC1202H Personality Theories and Techniques of Counselling
- AEC1203Y Practicum I: Interventions in Counselling Psychology (Full year Course)
- AEC1214H Research Seminar in Multicultural Studies
- AEC1219H Ethical Issues in Professional Practice in Psychology
- AEC1261H Group Work in Counselling

Four optional courses to be chosen from the list at the end of the Guidelines. Students may, if they wish, choose up to three courses outside of Counselling Psychology.

Note: AEC1203Y is a full year course, equivalent to two half courses.

Comprehensive Examination: Examination times are posted in the department and on the departmental website for the fall, spring, and summer terms (usually shortly after the last day of classes for each term). It is the students’ responsibility to schedule their own examination by registering with Todd Will x2342. The registration form can be found at:
http://www.oise.utoronto.ca/depts/aecdcp/PDFforms/CP/M.Ed._Comp_Exam_Registration_Form.pdf
The exam questions can be obtained from the department.

DOCTOR OF EDUCATION for Community and Educational Settings

Prerequisites: Students are expected to have completed courses in Personality Theories and Techniques in Counselling (AEC1202), Practicum I: Interventions in Counselling Psychology (AEC1203), Ethical Issues in Professional Practice in Psychology (AEC1219), Group Work in Counselling (AEC1261) and Multicultural Counselling (AEC1214) or their equivalents at the Masters Level. Doctoral students who have not satisfied all of these requirements will have additional requirements. This program may be pursued on a part-time or full-time basis but students are required to complete one year of full-time study during the program. Please see current University of Toronto guidelines for regulations about part-time and full-time study.

Students are required to complete a minimum of 8 half-courses, a 500 hour practicum, a 500 hour internship and a thesis. A minimum of 5 courses must be at the Doctoral level in Counselling Psychology.
Required courses:

AEC3215H  Seminar in Counselling Psychology: Part I
AEC3217Y  Practicum II: Interventions in Counselling Psychology (normally completed in first year of program)
AEC3218H  Research Seminar in Counselling (normally completed when students are prepared to develop their thesis proposal)

Note: AEC3217 is a full course, equivalent to two half courses.

In addition, students are required to take one of the following research courses (normally completed prior to enrolling in AEC3218H):

AEC1103H  Introduction to Research Methods in Adult Education
AEC1263H  Seminar in Research Methods for M.A. Students
AEC3211H  Counselling and Researching in Context: Critical Perspectives on Counselling and Health Promotion Research
AEC3233H  Research Seminar in Career Development
AEC1405H  Introduction to Qualitative Research

Three courses could be taken from the options listed at the end of the Guidelines. Students may also select courses from other departments/programs.

Thesis: Students must develop, complete, and defend a Doctoral dissertation in an oral examination. The content of the dissertation research may address theoretical issues applicable to counselling concerns and practice, relate to the development of programs in a variety of educational or applied settings, or in some other way contribute to the development and practice of counselling psychology. All Doctoral theses must be supervised by a full-time faculty member of the Counselling Psychology Program.

All doctoral students are required to complete an Annual Doctoral Student Report by the first week of April in each year.

GUIDANCE AND COUNSELLING

This program is designed to meet the need for well-prepared practitioners in the field of Guidance and Counselling in the schools. The program may be pursued on a part-time or full-time basis.

Normally a full-time course load consists of 3 half-courses in each of the fall and winter semesters. A limited number of courses are offered in the summer session. Notification of summer courses is posted in April. Students are responsible for ensuring that they meet the prerequisite and current requirements of their program. This may be done in consultation with their faculty advisor. Students should also consult the OISE/UT Bulletin and the School of Graduate Studies Calendar for guidelines.
Students intending to apply to the Doctoral program following completion of the Master’s program should plan their course work accordingly, in particular to include a research course.

All practicum and internship arrangements must be made in consultation with the Internship Coordinator. Part-time students should note that the counselling practicum requires one or two days per week on site, and many of the optional courses in the program are not offered after hours. Students are encouraged to consult the Coordinator as soon as possible after admission into their program of study. Upon acceptance students may begin their programs in July or September.

MASTER OF EDUCATION for Guidance and Counselling

Students are required to complete 10 half-courses, a written comprehensive examination, and a 250 hour practicum.

Required courses:

AEC1202H Theories and Techniques of Counselling
AEC1203Y Practicum in Counselling (Full year Course)
AEC1261H Group Work in Counselling
AEC1262H Educational and Psychological Testing for Counselling
AEC1266H Career Counselling and Development: Transition from School to Work

Note: AEC1203Y is a full course equivalent to two half courses

Four courses could be taken from the list of optional courses at the end of the Guidelines. Students may also select courses from other departments/programs.

Comprehensive Examination: Examination times are posted in the department and on the departmental website for the fall, spring, and summer terms (usually shortly after the last day of classes for each term). It is the students’ responsibility to schedule their own examination by registering with Todd Will x2342. The registration form can be found at:

http://www.oise.utoronto.ca/depts/aecdep/PDFforms/CP/M.Ed._Comp_Exam_Registration_Form.pdf

The exam questions can be obtained from the department.

OPTIONAL COURSES

The following are courses from which students can choose their options. Please note that some of these are required courses for certain degree programs. Please refer to annual course schedules for confirmation as some courses are not offered in 2003-2004.

AEC1103H Introduction to Research Methods in Adult Education
AEC1145H Participatory Research in the Community and the Workplace
AEC1148H An Introduction to Workplace, Organization and Economic Democracy
AEC1156H Power and Difference in the Workplace
AEC1173H Creativity and Wellness: Learning to Thrive
AEC1214H Research Seminar in Multicultural Counselling and Psychotherapy
HDP1223H Depression in the Schools: Assessment, Prevention, and Intervention
AEC1228H Individual and Group Psychotherapy: Family and Marital Counselling
AEC1253H Feminist Issues in Counselling Psychology and Psychotherapy
AEC1263H Seminar in Research Methods for M.A. Students
AEC1266H Career Counselling and Development: Transition from School to Work
AEC1268H Career Counselling and Development: Transitions in Adulthood
AEC1269H Use of Guided Imagery in Counselling and Psychotherapy
AEC1278H Cognitive Therapy
AEC1289H Community Mental Health
AEC1405H Introduction to Qualitative Research (Part I)
AEC1406H Introduction to Qualitative Research (Part II)
CTL1602H Introduction to Computer Applications in Education
HDP1287H Elements of Statistics (formerly CTL2004H)
HDP1288H Intermediate Statistics and Research Design Research (formerly CTL2808H)
AEC3173H Effecting Change: Creating Wellness
AEC3211H Counselling and Researching in Context: Critical Perspectives on Counselling and Health Promotion
AEC1400H Understanding Basic Quantitative Data
AEC1400H Aging--Community Mental Health and Social Policy Perspectives

The following AEC1275 “Special Topics in Counselling Psychology” will be offered in Fall-Winter 2004-2005:

AEC1275H Career Counselling Strategies (Visiting Professor John Stuart)

The following courses will be offered in Summer and Intersession 2004:

AEC1202H Personality Theory and Techniques of Counselling Psychology (D. Brecher)
AEC1219H Ethical Issues in Professional Practice in Psychology (M. Schneider)
AEC1245H Brief Counselling Strategies (R. Warner)
AEC1228H Individual and Group Psychotherapy: Family and Marital Counselling (E. Meade)
AEC1268H Career Counselling and Development: Transitions in Adulthood (C. Chen)
HDP3204H Contemporary History and Systems in Human Development in Applied Psychology (R. Volpe)

The following AEC1275 “Special Topics in Counselling Psychology” will also be offered in Summer and Intersession 2004:

AEC1275H School Violence, the Child and the Adolescent: Strategies for the Counselling and Behaviour Management of Maladjusted Youth in Schools (R. Duck)