DEPARTMENT OF ADULT EDUCATION
AND COUNSELLING PSYCHOLOGY

2010-2011
COUNSELLING PSYCHOLOGY
PROGRAM GUIDELINES

Published July 15 2010
# 2010-2011
Counselling Psychology
Program Guidelines

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# 2010-2011
## Counselling Psychology
## Program Guidelines

### Your OISE Contact List:

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<thead>
<tr>
<th>Department</th>
<th>7th floor, OISE</th>
</tr>
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<tbody>
<tr>
<td><strong>Department Chair</strong></td>
<td>978-0727</td>
</tr>
<tr>
<td>Dr. Jeanne Watson</td>
<td>Room 7-212</td>
</tr>
<tr>
<td><strong>Department Associate Chair</strong></td>
<td>978-0890</td>
</tr>
<tr>
<td>Dr. Nancy Jackson</td>
<td>Room 7-108</td>
</tr>
<tr>
<td><strong>Program Coordinator for 2010-2011</strong></td>
<td>978-0718</td>
</tr>
<tr>
<td>Dr. Charles Chen</td>
<td>Room 7-223</td>
</tr>
<tr>
<td><strong>Graduate Studies Coordinator</strong></td>
<td>978-0729</td>
</tr>
<tr>
<td>Susan Hall</td>
<td>Room 7-198</td>
</tr>
<tr>
<td><strong>Executive Assistant to the Chair</strong></td>
<td>978-0681</td>
</tr>
<tr>
<td>Julie Fung</td>
<td>Room 7-197</td>
</tr>
</tbody>
</table>

### Registrar’s Office Contact

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<tr>
<th>4th Floor, OISE</th>
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<tbody>
<tr>
<td><strong>Registrar</strong></td>
</tr>
<tr>
<td>Don MacMillan</td>
</tr>
<tr>
<td><strong>Asst. Registrar, Registered Students</strong></td>
</tr>
<tr>
<td>Jo Paul</td>
</tr>
<tr>
<td><strong>Liaison Officer for CP students</strong></td>
</tr>
<tr>
<td>Chris Fung</td>
</tr>
</tbody>
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### Student Services Contact

<table>
<thead>
<tr>
<th>8th Floor, OISE</th>
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<tbody>
<tr>
<td><strong>Awards Officer</strong></td>
</tr>
<tr>
<td>Margaret Brennan</td>
</tr>
</tbody>
</table>
The Counselling Psychology program is staffed by eleven 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; A. Goldstein; MA Guttman; R. Moodley; N. Piran; M. Schneider; J. Silver; L. Stermac; S. Stewart; J. Watson

**Internship Coordinator; Counselling and Psychoeducational Clinic Director:** J. Silver

In addition to this document, students should refer to the AECP Handbook which contains important information about faculty advisors, availability of office space for students, and keys for access to the department.

http://aecp.oise.utoronto.ca/cp/students/studentguide.html

Other useful documents that will be of interest to students include:

- **Graduate Supervision — Guidelines for Students, Faculty and Administrators:**
  
  http://www.sgs.utoronto.ca/Assets/admin+support/Supervision+Guide.pdf

- **University Policies and Procedures (Including statements on freedom of speech, prohibited discrimination, etc.):**
  
  http://www.governingcouncil.utoronto.ca/policies.htm

Students are required to set up a U of T e-mail account in order to access communications from the program, including important announcements.

Upon admission, all students will be assigned a faculty advisor (see the AECP Handbook for more details). If students are enrolled in a program that requires a thesis, their faculty advisor may also be their thesis supervisor. Choosing a thesis supervisor is a separate process from being assigned an advisor, and is based on affinity between student and faculty research interests.

**COUNSELLING PSYCHOLOGY FOR PSYCHOLOGY SPECIALISTS**

The MA and PhD degree 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 the PhD program has been accredited by the Canadian Psychological Association (CPA). The content areas include: counselling and psychotherapy interventions, psychological assessment and diagnosis, cognitive/affective foundations, social foundations, biological foundations, advanced research methods, and history and systems of psychology.

Normally, a full-time course load consists of three half-courses in each of the Fall and Winter sessions. A limited number of courses are offered in the two Summer sessions. Courses for the upcoming academic year (including Summer courses) are posted in April. Students are responsible for ensuring that they meet the prerequisites and current requirements of their program. This may be done in consultation with their faculty advisor. Students should also consult the OISE Bulletin and the School of Graduate Studies Calendar for more information.

All practicum and internship arrangements must be made in consultation with the Internship Coordinator, Dr. J. Silver. The required MA and
PhD practica are typically completed during the second year of study. Students are encouraged to consult the Coordinator during the Fall of their first year to make arrangements for second year placements.

**MASTER OF ARTS for Psychology Specialists**

Students are required to complete eight half-courses, a 500 hour practicum, and a thesis. This program must be completed as full-time study. The thesis is completed under the supervision of a full-time faculty member from the Counselling Program. Coursework can usually be completed in three semesters and it is expected that all program requirements will be completed within two years.

**Required Courses**

- **AEC1202H** Personality Theories 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 MA Students (see Colloquium Series requirement)
- **AEC3224H** Individual Cognitive and Personality Assessment

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 this document. Courses may also be selected from outside of the Counselling Psychology program.

Students intending to apply to a Doctoral degree following completion of the MA degree should plan their course work accordingly. In particular, students may consider taking Introduction to Applied Statistics (HDP1287H) as a prerequisite for Intermediate Statistics and Research (HDP1288H) at the Doctoral level.

**Counselling Psychology Colloquium Series**

This series is offered periodically throughout the academic year. It is expected that all MA students will attend a minimum of three CP colloquium presentations during their program. Attendance at this series partially fulfills the course requirements for AEC1203Y. The completed Counselling Psychology Colloquium Attendance form should be submitted to Dr. Judy Silver together with the Placement Evaluation form.

**DOCTOR OF PHILOSOPHY for Psychology Specialists**

Students are required to complete a minimum of 10 half-courses, 500 practicum hours, 2000 internship hours, a written comprehensive examination, and a thesis. This program must be completed as full-time study. 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). As of September 2007, PhD internships must conform to CPA requirements.

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. Students applying to CPA or APA accredited internships should plan to have completed all required coursework, comprehensive exams, thesis proposal and, where possible, have started data collection by the time they apply to internships, usually in the fourth year of doctoral study.
Pre-requisite Courses

Students are expected to have completed:

- AEC1202H Personality Theories of Counselling
- AEC1203Y Practicum I: Interventions in Counselling Psychology
- AEC1219H Ethical Issues in Professional Practice in Psychology
- AEC1263H Seminar in Research Methods for MA Students (AEC1263H)

And Individual Cognitive and Personality Assessment or its equivalent at the Master’s level

Required Courses

A. Counselling and Psychotherapy

- AEC3215H Seminar in Counselling Psychology: Part 1
- AEC3217Y Practicum II: Interventions in Counselling Psychology (Normally completed in second year of program)
- AEC3268Y PhD Internship

B. Psychology Measurement/Assessment and Diagnosis

- AEC3225H Assessment and Diagnosis of Personality and Psychopathology (Normally completed in second year of program)
- AEC3260H Psychopathology and Diagnosis

C. Advanced Research Methods

- AEC3218H Research Seminar in Counselling Psychology (Normally completed in second year of program)

HDP1288H Intermediate Statistics and Research Design (formerly CTL2808)

D. History and Systems Psychology

- HDP3204H Contemporary History and Systems in Human Development in Applied Psychology (May be waived if undergraduate equivalent)

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.

Counselling Psychology Colloquium Series

This series is offered throughout the academic year. It is expected that all PhD students will attend a minimum of six CP colloquium presentations during their program. Attendance at this series partially fulfills the course requirements for AEC3268Y. The completed Colloquium Attendance form should be submitted to Dr. Judy Silver together with the Placement Evaluation form.

Supervision

All PhD students are required to gain experience in the supervision of Master’s level counselling students. This experience can be completed as part of one of the field placement requirements (practicum or internship) or as volunteer experience working with one of the AEC1203Y class instructors or with faculty supervisors in the Counselling and Psychoeducational Clinic. This experience partially fulfills the course requirements for the PhD Internship Course AEC3268Y. The completed Counselling Psychology Supervision Experience form should be submitted to Dr. Judy.
Silver together with the Internship Evaluation form.

**PhD Internship**

The PhD Internship Course AEC3268Y requires the completion of at least 2000 hours of internship under the supervision of registered psychologist(s). All PhD students beginning the program after September 1, 2007 are required to complete internships at CPA or APA accredited training sites or equivalent. Students applying to CPA/ APA/ APPIC accredited placements should plan to have completed all required course work, comprehensive examinations, thesis proposal, and where possible, have started data collection by the time they apply to placements (usually during the fall of the fourth year of doctoral study). Data collection must be completed by the time the internship starts.

Students must have their dissertation proposals formally approved and signed by their Supervisor and Thesis Committee members on the Thesis Supervision Approval form:

http://ro.oise.utoronto.ca/GradReg_ThesisCttee.pdf

in order for the Internship Coordinator, currently Dr. Judith Silver, to approve their application to the APPIC (Association of Psychology Post-Doctoral and Internship Centers) Internship Match. All students applying to the Match are required to apply to a minimum of 6 internship sites. The fifth year of doctoral study is typically when the full-time accredited internship is completed.

**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.

**Comprehensive Examination**

A written comprehensive examination must be successfully completed prior to defending the Doctoral thesis. The examination covers the topics of: research methods, individual differences and social aspects of behaviour, cognitive-affective theories of behaviour, and biological aspects of behaviour, as well as the analysis of a clinical case. Students must complete a registration form before June 30. The comprehensive exam will be written on the Tuesday after Labour Day of every year:

http://aecp.oise.utoronto.ca/cp/students/documents/PhD.CompExam.pdf

All Doctoral students are required to complete an Annual Doctoral Student Report.

**COUNSELLING PSYCHOLOGY FOR COMMUNITY AND EDUCATIONAL SETTINGS**

The MEd and EdD 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 counselling and psychotherapy services. These programs can be pursued on a part-time or full-time basis. The EdD program, however, requires one year of full-time study. Please see the School of Graduate Studies Calendar for regulations about part-time and full-time study.

Normally, a full-time course load consists of three half-courses in each of the Fall and Winter sessions. A limited number of courses are offered
in the two Summer sessions. Courses for the upcoming academic year (including Summer courses) are posted in April. Students are responsible for ensuring that they meet the prerequisites and current requirements of their program. This may be done in consultation with their faculty advisor. Students should also consult the OISE Bulletin and the School of Graduate Studies Calendar for more information.

All practicum and internship arrangements must be made in consultation with the Internship Coordinator, Dr. J. Silver. Part-time students should note that the counselling practicum requires one or two week days per week on site, and many of the optional courses in the program are not offered after hours. MEd students are encouraged to consult the Coordinator during the Fall of their first year to make arrangements for practicum placements in their second year. EdD students may complete their practica in their first or second year of study. EdD students are encouraged to consult the coordinator as soon as possible after receiving their offer of admission to determine the best timing for their practicum placement. Upon acceptance, students may begin the program in July or Sept.

Please see:
http://aecp.oise.utoronto.ca/cp/practicum

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.

Required Courses

AEC1202H Personality Theories of Counselling
AEC1203Y Practicum I: Intervention in Counselling Psychology (Full-year course)
AEC1214H Critical Multicultural Practice: Diversity Issues in Counselling
AEC1219H Ethical Issues in Professional Practice in Psychology
AEC1261H Group Work in Counselling

As of the 2009/2010 academic year, students must complete one of the following:

AEC1268H Career Counselling & Development: Transitions in Adulthood
AEC1266H Career Counselling & Development: Transition from School to Work

Three optional courses may be chosen from the list at the end of this document. Students may choose up to three courses outside of Counselling Psychology.

Comprehensive Examination

A written comprehensive exam must be completed at the end of the program. Examinations are scheduled at the end of Fall, Winter, and Summer sessions. Specific dates can be found on the Exam Registration form:

http://aecp.oise.utoronto.ca/cp/students/documents/M.Ed._Comp_Exam_Registration_Form.pdf

It is students’ responsibility to schedule their own examination by registering with Todd Will (todd.will@utoronto.ca). The exam questions can be obtained from the department.

DOCTOR OF EDUCATION for Community and Educational Settings

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

The EdD program is designed for working professionals and is considered a part-time program. However, one year of full-time study must be completed. Please see the School of Graduate Studies Calendar for regulations about part-time and full-time study.

**Pre-requisite Courses**

Students are expected to have completed courses the following courses, or their equivalents, at the master's level:

- **AEC1202H** Personality Theories of Counselling
- **AEC1203Y** Practicum I: Interventions in Counselling Psychology
- **AEC1219H** Ethical Issues in Professional Practice in Psychology
- **AEC1261H** Group Work in Counselling
- **AEC1214H** Multicultural Counselling

As of September 2010, students are expected to have completed one of

- **AEC1268H** Career Counselling & Development: Transitions in Adulthood, or
- **AEC1266H** Transition from School to Work

EdD students who have not satisfied all of these requirements will have additional requirements.

**Required Courses**

- **AEC1263H** Seminar in Research Methods for MA Students (Required if not taken in Master's)
- **AEC3217Y** Practicum II: Interventions in Counselling Psychology (Full-year course) (Normally completed in first or second year of program)
- **AEC3218H** Research Seminar in Counselling (Normally completed when students are prepared to develop their thesis proposal) Pre-requisite: AEC1263
- **AEC3270H** EdD Internship

Three courses may be taken from the options listed at the end of the Guidelines. Students may also select courses from outside Counselling Psychology.

**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. EdD students must complete their doctoral proposal by December 1 of their fourth year of studies. Please be in contact with your doctoral supervisor regarding this deadline.

All Doctoral students are required to complete an Annual Doctoral Student Report.

**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 three
half-courses in each of the Fall and Winter sessions. A limited number of courses are offered in the two Summer sessions. Courses for the upcoming academic year (including Summer courses) are posted in April. Students are responsible for ensuring that they meet the prerequisites and current requirements of their program. This may be done in consultation with their faculty advisor. Students should also consult the OISE Bulletin and the School of Graduate Studies Calendar for more information.

The Counselling Psychology Colloquium series is offered periodically throughout the academic terms. All M.Ed. counselling students are encouraged to attend the colloquium series.

All practicum and internship arrangements must be made in consultation with the Internship Coordinator, Dr. J. Silver. Part-time students should note that the counselling practicum requires one or two week days per week on site, and many of the optional courses in the program are not offered after hours. MEd students are encouraged to consult the Coordinator during the Fall of their first year to make arrangements for practicum placements in their second year of study. Upon acceptance, students may begin the program in July or September.

Please see:
http://aecp.oise.utoronto.ca/cp/practicum

MASTER OF EDUCATION for Guidance and Counselling

Students are required to complete 10 half-courses, a written comprehensive examination, and a minimum of a 250 hour practicum. This program can be taken as full-time or part-time study.

Required Courses

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<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>AEC1202H</td>
<td>Personality Theories of Counselling</td>
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<tr>
<td>AEC1203Y</td>
<td>Practicum I: Intervention in Counselling Psychology (full-year course)</td>
</tr>
<tr>
<td>AEC1214H</td>
<td>Critical Multicultural Practice: Diversity Issues in Counselling</td>
</tr>
<tr>
<td>AEC1261H</td>
<td>Group Work in Counselling</td>
</tr>
<tr>
<td>AEC1262H</td>
<td>Educational and Psychological Testing for Counselling</td>
</tr>
<tr>
<td>AEC1266H</td>
<td>Career Counselling and Development: Transition from School to Work</td>
</tr>
</tbody>
</table>

Three courses may be taken from the list of optional courses at the end of the Guidelines. Students may also select courses from outside Counselling Psychology.

AEC1214H is required only for students beginning this program July 2006 or later. Those students beginning prior to this date can choose four courses from the list at the end of the Guidelines to complete their program.

Comprehensive Examination

A written comprehensive exam must be completed at the end of the program. Examinations are scheduled at the end of Fall, Winter, and Summer sessions. Specific dates can be found on the Exam Registration form:

http://aecp.oise.utoronto.ca/cp/students/documents/M.Ed._Comp_Exam_Registration_Form.pdf

It is students’ responsibility to schedule their own examination by registering with Todd Will (todd.will@utoronto.ca). The exam questions can be obtained from the department.
OPTIONAL COURSES FOR COUNSELLING PSYCHOLOGY STUDENTS

The following are courses from which students can choose their options. 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 every year. Additionally, Summer courses and Special Topics courses are available and may not appear below.

AEC1103H Introduction to Research Methods in Adult Education [RM]
AEC1145H Participatory Research in the Community and the Workplace [RM]
AEC1148H Introduction to Workplace, Organization and Economic Democracy
AEC1156H Workplace Power and Difference: Feminist and Anti-Racist Perspectives
AEC1173H Creativity and Wellness: Learning to Thrive
AEC1207H Counselling Topics in Sexual Orientation and Gender Identity Diversity
AEC1214H Critical Multicultural Practice: Diversity Issues in Counselling
AEC1245H Brief Counselling Strategies
AEC1247H Practicum in Adult Counselling (Pass/Fail)
AEC1253H Feminist Issues in Counselling Psychology and Psychotherapy
AEC1262H Educational and Psychological Testing for Counselling
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: Theory, Research, and Practice
AEC1405H Introduction to Qualitative Research (Part I) [RM]
AEC1406H Introduction to Qualitative Research (Part II) [RM]
CTL1602H Introduction to Computer Education
HDP1287H Introduction to Applied Statistics
HDP1288H Intermediate Statistics and Research Design [RM]
AEC3173H Effecting Change: Creating Wellness
AEC3211H Counselling and Researching in Context: Critical Perspectives on Counselling and Health Promotion Research
AEC3269H Research Seminar in Critical Multicultural Counselling and Psychotherapy
AEC1408H Working with Survivors of Trauma

Special Topics Courses Offered in 2010/2011

AEC1275H Gestalt Counselling and Psychotherapy (Summer 2010)
AEC1275H Mindfulness and Psychotherapy: Theoretical Perspectives and Clinical Applications (Summer 2010)
AEC1275H Special Topics in Counselling Psychology: Indigenous Healing in Counselling and Psychotherapy (Winter 2011)
AEC1275H Special Topics in Counselling Psychology: Addictive Behaviours: Assessment and Intervention Approaches (Winter 2011)