DEPARTMENT OF ADULT
EDUCATION AND COUNSELLING
PSYCHOLOGY

Counselling Psychology Program Guidelines

2011-2012

Updated June 22, 2011
2011-2012
Counselling Psychology Program Guidelines

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# 2011-2012 Counselling Psychology Program Guidelines

## OISE Contact List:

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## Registrar’s Office Contact 4th Floor, OISE

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## Student Services Contact 8th Floor, OISE

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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](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](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](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 careers in psychological research and practice. 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.

Students whose plans include preparation for professional practice in psychology should note that the professional practice of psychology in Ontario is regulated by the College of Psychologists of Ontario. It is each students responsibility to ensure that their educational background meets the requirements of the College of Psychologists of Ontario. For further information, contact the College of Psychologists of Ontario [http://www.cpo.on.ca](http://www.cpo.on.ca) directly.

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.

1. **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**

- AEC1201H - Personality Theories of Counselling
- AEC1202H - Theories & 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 MA Students (see Colloquium Series requirement)
- AEC3224H - Individual Cognitive and Personality Assessment

Students are encouraged to complete AEC1201H, AEC1202H, AEC1203Y and AEC1263H early in their program. One other course 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.

2. **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:

- AEC1201H - Personality Theories of Counselling
- AEC1202H - Theories & Techniques 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)

They are also expected to have completed 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 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 following topics: research methods, individual differences and social aspects of behaviour, cognitive-affective theories of behavior 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. However, the EdD program 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 counseling 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.

http://aecn.oise.utoronto.ca/cp/practicum

3. **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 - Theories & Techniques of Counselling
- AEC1203Y - Practicum I: Intervention in Counselling Psychology (Full-year course)(Prerequisite or concurrent AEC1202)
- AEC1214H - Critical Multicultural Practice: Diversity Issues in Counselling)(Prerequisite or concurrent AEC1202 and AEC1203)
- AEC1219H - Ethical Issues in Professional Practice in Psychology
- AEC1261H - Group Work in Counselling

As of the 2010/2011 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.

**Sequencing of Courses**

Students are recommended to complete the required courses in the following sequence:

**Year 1:**

1. AEC1202 - Fall Term
2. AEC1219 - Fall/Spring term
3. AEC1261 – Fall/Spring Term
4. AEC1268 or AEC1266 – Fall/Spring/Summer Term
5. 2 elective courses – Fall/Spring Term

Year 2:
1. AEC1203 – Fall/Spring Term (Full course)
2. AEC1247 - Fall/Spring/Summer Term (Student may select this course if they elect a two day a week practicum).
3. AEC1214 - Fall/Spring/Summer Term (Prerequisite or concurrent AEC1202/AEC1203)
4. 1 or more elective courses

Part time students are recommended to complete the required courses in the same sequence as above, completing the prerequisite courses prior to AEC1203 and AEC1214.

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:

[link]

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.

6. 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 – Theories & Techniques 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 the following:

- AEC1268H - Career Counselling & Development: Transitions in Adulthood
- 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 at Master’s level)
- AEC3215H - Seminar in Counselling Psychology: Part I
• 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

7. 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
- AEC1202H – Theories & Techniques of Counselling
- AEC1203Y - Practicum I: Intervention in Counselling Psychology (full-year course)
- AEC1214H - Critical Multicultural Practice: Diversity Issues in Counselling
- AEC1261H - Group Work in Counselling
- AEC1262H - Educational and Psychological Testing for Counselling
- AEC1266H - Career Counselling and Development: Transition from School to Work

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 in 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**

- 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 – Special Topics in Counselling Psychology: School Violence, the Child & the Adolescent: Strategies for the Counselling and Behaviour Management of at Risk Youth in Schools (Summer 2011)
• 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)