

Areas of Specialization (con't.)

Course Requirements (three of)

- Career Counselling Theory and Practice (req)
- Processes and Resources for Facilitating Career-Life Transitions (option)
- Career Development in Organizational Settings (option)
- Group Process (option)
- Systemic Community Change (option)
- Multicultural Issues in Career Development (option)

For a detailed syllabus of all courses for each area of specialization, refer to the CAAP website at www.abcounsellored.net.

Art Therapy

The Art Therapy Specialization is offered in partnership with the Vancouver Art Therapy Institute. VATI was established in 1982 and is accredited by the Post-Secondary Educational Commission of British Columbia. VATI offers a Graduate Level Diploma Program in Art Therapy. Students can now obtain a Master of Counselling: Art Therapy by taking core program courses through the Campus Alberta Applied Psychology: Counselling Initiative and then accessing their specialization courses through VATI. This unique partnership is designed to provide students with both a solid foundation in counselling practice as well as specialized training in Art Therapy.

Art Therapy provides individuals with an opportunity to explore personal problems and potentials through painting, sculpture, or drawing. The symbolic communication of emotions and experiences through art leads naturally into other more traditional verbal forms of counselling processes.

Recommended Background

Applicants to the Art Therapy Specialization must have an abnormal psychology course, either undergraduate or graduate level, prior to admission. Abnormal psychology may replace the option course to make up the total of 12 psychology or educational psychology prerequisite credits (4 half courses). Students may be admitted to the program without an abnormal psychology prerequisite if they meet all other program prerequisites; however, it must be completed extra to program, before entering Stage II of the program.

Course Requirements

Students enrolled in the Art Therapy Specialization will complete the Stage I Core Courses, the Framework Modules for Assessment and Intervening to Facilitate Client Change from the Stage II Core Courses, and one standardized assessment module with the Campus Alberta Applied Psychology: Counselling Initiative. They will then transfer to VATI to complete the Art Therapy Specialization. Students will return to the Campus Alberta program to complete their final project. For details of the Art Therapy Specialization residency requirements and timelines, please see the VATI website at www.vati.bc.ca.

Art therapy students will complete the following through VATI:

- Art Therapy Training Group
- Art Therapy Techniques
- Art Therapy History and Theory
- a range of assessment and intervention modules specifically designed for art therapy students
- a specialized practicum in art therapy with extensive supervision

For detailed course outlines, please see the VATI website at www.vati.bc.ca.

www.abcounsellored.net

The Campus Alberta Applied Psychology Counselling Initiative (CAAP) is a Canadian, collaborative, distance education alternative for individuals wishing to prepare for roles as professional counsellors or counselling psychologists.

enhancing professional counselling practice



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Master of Counselling



The Master of Counselling program is designed to help students attain competency in the fundamentals of counselling as well as a particular area of specialization. Current specializations include Counselling Psychology, School Counselling, Career Counselling and Art Therapy.



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Master of Counselling

The 36-credit (12 half courses), course-based Master of Counselling program incorporates core and specialization courses to provide students with competency in the fundamentals of counselling as well as a particular area of specialization. Currently, there are four areas of specialization: Counselling Psychology, School Counselling, Career Counselling and Art Therapy.

Program Design

The program is designed to be completed in three years. Students are considered full-time if they complete four courses per year. You may be permitted to accelerate your program by taking six courses per year. However, we strongly recommend that you consider the time commitment involved in online graduate work before selecting this option. You should plan to devote a minimum of 15 hours per week to each course. For students who are working full-time, the 3-year plan is strongly recommended. You may also choose to complete the program over a longer period of time (up to 6 years).

The Master of Counselling program is completed in two stages. Stage I focuses on the fundamentals of counselling theory and practice, and prepares students to work directly with clients in Stage II.

Stage I Core

- Theories of Counselling and Client Change
- Professional Ethics
- Developing a Working Alliance
- Equity and Diversity Issues in Counselling
- Methods of Inquiry

Stage II allows students to develop an area of counselling specialization. There are four core courses in Stage II and three option courses.

Stage II Core

- Assessment
- Intervening to Facilitate Client Change
- General Counselling Practicum
- Specialized Practicum

The Assessment and Intervention courses are structured in a modular format. Each course consists of four modules - a framework module (required by all students) and three optional modules that can be focused in the student's area of specialization. Students must successfully complete the online Assessment Framework and Interventions Framework modules before proceeding with the optional modules. The General Counselling Practicum may be completed once the Stage I Core and the Assessment and Interventions courses have been completed. Students then complete three courses in their area of specialization. The Specialized Practicum is typically the last course completed in students' programs.

Admission Criteria

The application deadline is May 15, for programs that begin the following January.

Students must have at least twelve credits (four half courses) in psychology or educational psychology and a minimum grade point average of 3.0 in order to be admitted to the Master of Counselling program. The admission process is completed on-line. For more information and details about the admission criteria, consult the web site: www.abccounselored.net

Areas of Specialization

Counselling Psychology

Students in all specializations may be able to license as psychologists depending on the selection of courses and their academic background. The courses in the Counselling Psychology Specialization, however, are designed to meet the graduate course requirements for chartering with the College of Alberta Psychologists. Students from other provinces are encouraged check with their provincial regulatory body for course and program requirements.

Provisions can be made for students to complete additional elective courses that may be required to qualify to begin the licensing process.

Recommended Background

Students in the Counselling Psychology Specialization are encouraged to have a stronger psychology background than students in other specializations. In order to meet the total of 72 psychology credits required by the College of Alberta Psychologists, students should ideally enter the program with at least 12 half courses (36 credits) in psychology or educational psychology.

Students without a comprehensive psychology background may be admitted to the Counselling Psychology Specialization, but will require additional undergraduate, graduate, or post-graduate course work to meet the academic requirements for chartering. Courses will be offered through the participant universities to enable students to meet these additional academic requirements. Students may also be required to complete additional prerequisites for particular graduate courses.

Course Requirements (three of)

- Learning Processes
- Human Development
- Health Psychology
- Group Process
- Introductory Data Analysis

Students in the Counselling Psychology Specialization may also select elective courses from any of the other CAAP specializations or from the range of options offered by the partner institutions. Access to on-campus courses is limited by spaces available and by the total of 12-credits of transfer or advance credit permitted.

School Counselling

The School Counselling Specialization is designed to serve the needs of educators in the K-12 school system currently working or intending to work as guidance or school counsellors. It can also be useful to those for whom a counselling role is incorporated into other educational roles, such as teacher advisor, special needs consultant, or student services coordinator. Courses are designed to provide students with a breadth of knowledge and skills for working with a range of age groups and populations. Students are encouraged to tailor their learning to the specific

nature of their professional roles through work-based assignments.

Course Requirements (three of)

- Career Counselling Theory and Practice
- Learning Processes
- Human Development
- Group Process
- Systemic Community Change (option)
- Exceptional Children (option)

A range of assessment and intervention modules are available for students to select areas of particular interest, including standardized educational assessment measures. Additional courses are offered in various formats through the partner universities. Accessibility to on-campus courses is limited by spaces available and by the total of 12 credits of transfer or advance credit permitted.

Career Counselling

In the CAAP: Counselling Initiative, career development is viewed as the life-long process of managing learning, work, and transitions, in order to move toward a personally determined and evolving preferred future.

The Career Counselling Specialization provides the specialized knowledge and skills needed to offer quality career development services. Career counsellors assist individuals, groups, or communities to achieve greater self-awareness, develop a life and work direction, increase understanding of learning and work opportunities, and become self-directed in managing learning, work, and transitions.

Professionals with this specialization may end up working in human resource development, career education, career counselling, employment counselling, and community rehabilitation. They may also provide training in personal but job-related areas, such as job-search, interviewing, self-exploration, time management, anger management, and entrepreneurship. Career practitioners may work in schools, post-secondary institutions, private vocational colleges, community-based agencies, private practice, federal and provincial government departments, organizations like Workers' Compensation, private agencies, human resources departments in larger businesses, and joint labour-business partnerships.