



ZENITH COLLEGE OF **APPLIED SCIENCE**

CTAA Membership Number 10663086

Associate Degree In
Psychological Counselling Practices

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THE PROCESS

Online Learning

This Psychological Counselling Practices course offers a comprehensive exploration of theoretical models, counselling processes, and practical skills. It is designed to equip participants with tools to foster supportive and help relationships with clients.

The Psychological Counselling Practices course emphasizes the importance of self-awareness, personal and professional growth, critical reflection, and the practice of effective supervision.

Legal Disclaimer

Completion of this course may in some instances not grant participants the certifications required to practice as licensed or certified counsellors. The program may not meet on some occasion the legal, professional, or regulatory criteria for clinical counselling or therapeutic practice.

Participants seeking to pursue a career as a professional counsellor are strongly encouraged to seek legal advice specific to the requirements of their country, state, or territory.

This module is 1 Credit Hour.

One credit hour is equal to one hour of classroom or direct faculty instruction and at least two hours of out-of-class student work per week.

That means you can expect to spend three hours of work and classroom instruction per week on a one-credit course.



Psychological Counselling is a specialty within counselling that focuses on facilitating personal and interpersonal functioning across the lifespan.

Psychological Counsellors work with individuals, families, groups, and organizations to address a wide range of concerns, including mental health, career development, and relationship issues.

They use a variety of evidence-based interventions to promote well-being and prevent psychological distress

THE TOPICS/MODULES/COURSE CONTENT THAT IS TAUGHT.

Course: Psychological Counselling Practices

Award: Associate degree

Program Overview: The Associate Degree in Psychological Counselling Practitioner is designed to provide students with a comprehensive understanding of psychological principles and counseling techniques.

This program prepares graduates to support individuals and groups in various mental health settings, fostering emotional and psychological well-being through evidence-based practices.

This program provides a strong foundation for students to develop their counselling skills and make a meaningful impact in the field of mental health.

This course builds on the foundations established in Counselling Theories and Techniques, offering more advanced techniques and interventions. Students will learn to apply these techniques in various counseling contexts, such as individual, group, and family therapy. The course also covers crisis intervention and strategies for working with diverse populations.

Moreover, the course provides an in-depth exploration of techniques for working with families and couples. Students will learn to address relational dynamics, communication issues, and systemic patterns that impact family and couple functioning.

The course covers various approaches to family and couples counselling, including systemic, structural, and strategic therapies.



Two (2) years made of 80 hours of practical and academic application
Associate Degree in Psychological Counselling Practitioner
Total Credit Hours: 60

Year 1: Foundations in Psychology and Counseling

Semester 1

- ✓ **Module 1. Introduction to Psychology and Counselling (3 credit hours)**
Overview of psychological theories, principles, and practices.
- ✓ **Module 2. Human Growth and Development (3 credit hours)**
Study of developmental stages from infancy to adulthood.
- ✓ **Module 3. Understanding Counselling and Therapy (3 credit hours)**
Introduction to foundational counselling approaches and methods.
- ✓ **Module 4. Counselling Skills: The Heart of Effective Support (3 credit hours)**
As mental health professionals, our ability to connect authentically with clients determines the effectiveness of our therapeutic interventions.

Semester 2

- ✓ **Module 5. Counselling Ethics & Professional Practice (3 credit hours)**
Exploration of psychological disorders and their treatments.
- ✓ **Module 6. Key Components of a Counselling Session (3 credit hours)**
A counselling session typically consists of several structured components to ensure effective communication and support.
- ✓ **Module 7. Group Counselling: Foundations and Dynamics (3 credit hours)**
Group therapy creates unique opportunities for growth through shared experiences, providing both support and challenges that individual therapy cannot replicate.
- ✓ **Module 8. Social Psychology (3 credit hours)**
Study of social behavior, group dynamics, and cultural influences.

Year 2: Advanced Topics and Practical Experience

Semester 1

- ✓ **Module 9. Cognitive Behavioral Therapy (3 credit hours)**
Focuses on identifying and changing negative thought patterns and behaviors to improve emotional well-being.
- ✓ **Module 10. Solution-Focused Brief Therapy (SFBT) (3 credit hours)**
A future-oriented approach that helps clients focus on solutions rather than problems, emphasizing strengths and small steps toward change.
- ✓ **Module 11. Narrative Therapy & Gestalt Therapy (3 credit hours)**
Encourages clients to separate themselves from their problems by viewing life as a story, allowing them to rewrite narratives to foster empowerment.
- ✓ **Module 12. Mindfulness-Based Therapy (3 credit hours)**
Incorporates meditation and awareness practices to help individuals manage stress, regulate emotions, and cultivate present-moment focus.

Semester 2

- ✓ **Module 13. Substance Abuse Counselling (3 credit hours)**
Understanding addiction and methods for supporting recovery.
- ✓ **Module 14. Family and Couples Counselling (3 credit hours)**
Techniques for working with families and couples.
- ✓ **Module 15. Crisis Intervention and Trauma Counselling (3 credit hours)**
Strategies for supporting individuals in crisis situations.
- ✓ **Module 16. Career Counselling (3 credit hours)**
Guiding individuals in their career development and choices.



Capstone Project (3 credit hours)

- ✓ Comprehensive project integrating knowledge and skills acquired.

Total Study Hours per Week

Year 1

Year 1: Approximately 12-15 hours/week

Year 2

Year 2: Approximately 15-16 hours/week, including an additional 20hr of clinical practice.

This curriculum aims to provide a comprehensive education in psychological counselling, combining theoretical knowledge with practical experience. Graduates will be well-equipped to support individuals in various mental health settings.

The requirements each student must complete to be certified in the training.

- ✓ Students complete online training + course workbook.
- ✓ Provide a 10 min Audio or Visual recording of a mock counselling session.
- ✓ Individual quizzes per module.
- ✓ End of Semester project.
- ✓ End of Semester exam.
- ✓ End of Course final Exam
- ✓ End of Course thesis

