

THE UNIVERSITY OF THE WEST INDIES

Mona, Jamaica

**Offers an
M.Sc. Programme in Counselling at**



**The Hugh Wynter Fertility Management Unit
Faculty of Medical Sciences
UWI Mona,
Jamaica WI**

What is the M.Sc. Counselling Programme?

The M.Sc. Counselling Programme is a part-time three year programme that seeks to provide graduate training and education for Caribbean nationals who want to work as counsellors. Persons who do not have the qualifying courses will have to spend an additional year qualifying for entry. Qualifying courses will be offered by the Hugh Wynter Fertility Management Unit, Faculty of Medical Sciences, UWI, Mona.

Those applicants with a first degree will be exempt from the qualifying courses if they obtained at least a B grade in each of the following qualifying courses during their undergraduate degree: Introduction to Individual Counselling; Introduction to Group Counselling; Developmental Psychology and Abnormal Psychology.

What are the aims of the Programme?

The aims of the M.Sc. Programme in Counselling are as follows:

1. To help students to develop a thorough knowledge of the philosophy, assumptions, principles, elements, concepts and techniques of Career Counselling, Family Therapy, Person-Centred, Existential, Psycho-dynamic and Cognitive-Behavioural Schools of Counselling, and in Eclectic Integrative Counselling.
2. To develop high levels of competence in their practical application of this theoretical knowledge so that they will be able to specialize in any one of these approaches to counselling or adopt an eclectic or an integrative approach in keeping with their personal preferences, philosophy or values.
3. To provide students with supervision in their counselling practicum so that they are confident and knowledgeable and skilful in the counselling of clients.
4. To encourage and assist students to obtain therapy for themselves so that they are aware of their real motive for entering this profession and in order that their own personal problems and biases will not reduce their effectiveness as counsellors.
5. To develop a cadre of counsellors in the fields of education, social services and health, who will be trained to deliver individual and group counselling and family therapy services in their respective countries in the West Indies.
6. To develop a cadre of highly trained and qualified counsellors who are able to adapt predominantly European and North American counselling models to the West Indian context and who will have the research skills, the theoretical foundation and the practical expertise required to ultimately develop their own models of counselling which will be relevant to West Indian experiences.
7. To provide counsellors with the kind of experiences which will increase their awareness of the high standards of ethical practice which are expected and required of counsellors and which they should demonstrate in their own personal and professional conduct.

When does it start?

The next cycle of the part-time programme will again be offered in **September 2012**. New applicants should have a first degree with at least lower second class honours. Those wishing to be exempted from the qualifying courses should already have at least a B grade in the four qualifying courses, studied in a B.A or B.Sc. Counselling or Psychology programme at the undergraduate level. If accepted, these students will do a three year programme without the additional qualifying year. All students, both those who need to do the qualifying courses and

those who are requesting exemption from the qualifying courses should apply online between November 1, 2011 and January 31, 2012 for entry in September 2012.

At whom is the programme directed?

The programme is for psychologists, educators, health personnel, social workers and ministers of religion who are currently working in or aspiring to work in counselling fields in the schools, and in the health and community settings.

What are the matriculation requirements?

Applicants should have a good honours first degree in Counselling or in related fields in Health, Education, Social Work, Psychology or Pastoral Counselling/Theology from an institution acceptable to the University of the West Indies for this purpose. Applicants should also have at least three years work experience. All applicants must possess an **advanced level of ability to work in English**. Entrance is competitive so only the most qualified persons will be accepted.

How will the programme be delivered?

The programme will use the following modes of delivery:

- Audio-graphic teleconferencing via the University of the West Indies Distance Education Centres (UWIDEC).
- Face to Face tutorials at each UWIDEC centre
- Two Summer schools, each of which will be of four weeks' duration in the first and second years of the three-year programme.
- Multi-media packages which will include print materials, video-cassettes, audio – cassettes and the use of the internet.

How does the programme work?

Students will receive a package of learning materials consisting of a student's guide, a book of readings, and an assignment guide all contained on a CD. Video cassettes and supplementary reading material will be sent to each site. Students will need to purchase their textbooks themselves.

The programme will be taught three evenings per week on Tuesdays, Wednesdays and Thursdays from 4:30p.m. Jamaican time to 8:30p.m. Jamaican time and will require an additional four (4) hours per week for the practicum throughout the entire period of the programme. During these times, students will go to the Open Campus (formerly called the UWIDEC) sites for teleconferences and face-to-face classes at the sites. They will also participate in individual and group counselling laboratory sessions with their local tutor.

Students will also obtain supervised practical experiences in counselling at placement centres in the community throughout the week for **four hours** per week. These four hours will be on a day or on several days other than Thursdays. Students are also required to receive therapy from a counsellor/psychiatrist for a minimum of 15 hours per year. Coursework will be evaluated by tutors at the centre and at the University of the West Indies.

A minimum number of six students is required at each site.

Please note that the Fertility Management Unit reserves the right to not offer the programme to sites with fewer than six students because of the need to have a therapy group at each site.

Can I get credit for previous study and training?

Yes. Qualifying courses for the M.Sc. Counselling are Introduction to Individual Counselling, Introduction to Group Counselling, Developmental Psychology and Abnormal Psychology. Students may transfer credits earned in these subjects at other accredited colleges and universities.

Can I get financial aid?

Applicants are encouraged to seek their own funding. Possible sources of funding are the International Funding Agencies or sponsorship from their government.

How do I enrol or get more information?

You can apply online. Go to the UWI Mona website at:

<http://sas.uwimona.edu.jm:9010>.

Click on "Online Systems" then on "Student Administration System (SAS)" then on "Apply for entry to the UWI". You are applying online for a post-graduate programme in the Faculty of Medical Sciences. Submit the application form electronically and send in the supporting documents (resume, references and all other relevant documents) to Graduate Studies and Research, UWI, Mona, Kingston 7, Jamaica, West Indies. You may also call us at **(876) 927-2481** or fax us at **(876) 927-0100** or email us at **LCRW2000@yahoo.com**. Address all enquiries to the Training Coordinator. If you did your first degree at a university other than UWI, Mona, you need to ask your educational institution to send a transcript. Application forms will not be processed without a transcript. Those who studied at the Cave Hill or St. Augustine campus of UWI should ask the relevant office to send a computer printout of your courses and grades to the Assistant Registrar, Graduate Studies and Research, UWI, Mona. All online applications and documents should be submitted by February 28, 2010. You may also write us at:

**The Hugh Wynter Fertility Management Unit
Faculty of Medical Sciences,
UWI, Mona, Kgn. 7, Jamaica, W.I.**

The M.Sc. Counselling Programme

THE CREDIT SYSTEM

Pre-Qualifying Programme (2009- 2010)

OG60A.	Introduction to Individual Counselling
OG60D	Developmental Psychology
OG60B	Introduction to Group Counselling
OG60C	Abnormal Psychology

Sub-total

Year 1: Qualifying Programme (2010-2011)

Year 1 Semester I

OG61A	Person -Centred Counselling	3 credits
OG61C	Professional Issues Part I :Ethical and Legal Issues	3 credits
OG69A	Practicum 1-	3 credits
	Sub-total	9 credits

Year 1 - Semester II

OG61D	Existential Counselling with Individuals	3 credits
OG61B	Group Counselling: Personal Growth Groups	3 credits
OG69B	Practicum 2	3 credits
	Subtotal	9 credits

First Summer School

OG62C	Research .Methods II: Quantitative Methods	3 credits
OG62H	Research Methods II: Qualitative Methods	3 credits
	Sexuality Workshop	0 credits
	Sub-total	6 credits

Total for year 1

24 credits

Year II - Semester I

Either OPTION I

OG62A	Psycho-dynamic Counselling with Individuals	3 credits
OG69C	Practicum 3	3 credits
	Sub-total	6 credits

AND Year II Semester II

OG62F	Developing an Eclectic/Integrative Approach to Counselling	3 credits
OG62G	Family Therapy	3 credits
OG69D	Practicum 4	3 credits
	Sub-total	9 credits

Total for Option I

15 credits

OR OPTION II Year II Semester I

OG62D	Cognitive- Behavioural Counselling with Individuals Part 1	3 credits
OG62E1	Cognitive-Behavioural Group Counselling	3 credits
OG69C	Practicum 3	3 credits
	Sub-total	9 credits

And OPTION II Year II Semester II

OG62I	Cognitive - Behavioural Counselling with Individuals Part II	3 credits
OG62G	Family Therapy	3 credits
OG69D	Practicum 4	3 credits
	Subtotal	9 credits
	Total for Option II	18 credits

OR Option III Year II Semester I

OG62A	Psycho-dynamic Counselling with Individuals	3 credits
OG62D	Cognitive-Behavioural Counselling with Individuals Part 1	3 credits
OG62E 2	Advanced Group Counselling	3 credits
	Practicum 3	3 credits
	Subtotal	12 credits

AND Year II Semester II

OG62I Cognitive - Behavioural Counselling with Individuals Part II	3 credits
OG62F Developing an Eclectic/Integrative Approach to Counselling	3 credits
OG62G Family Therapy	3 credits
Practicum 4	3 credits
Subtotal	12 credits
Total for Option III	24 credits

Second Summer School

OG61E Vocational Counselling	3 credits
OG61F Professional Issues Part 2 : Programme Development	3 credits
OG62B Psycho- dynamic Counselling with Groups (OG62B is for persons doing Option 1 and 3 only)	3 credits
Conflict Resolution Workshop	0 credits
Subtotal	6-9 credits

Year III

OG63A Research Project Tutorials and submission of the Research Project	3 credits
OG69E Practicum 5	3 credits
OG69F Practicum 6	3 credits
Sub-total	9 credits

Total Number of credits

Year 1 + Option 1 + Summer schools + Year 3 = 57 credits*

OR

Year 1+ Option 2 + Summer schools + Year 3 = 57 credits

OR

Year 1 + Option 3 + Summer schools + Year 3 = 66*

*Please note that persons doing Option 1 (the Psychodynamic Option) and Option 3 (the eclectic-Integrative Option) will also do OG62B Psycho- dynamic Counselling with Groups for 3 credits. This course is offered in the second summer school only.

TOTAL NUMBER OF CREDITS

The Theoretical Component of the programme *	57 credits
The Practica**	250 hours or 15 credits
TOTAL	72 credits

*13 courses of the qualifying programme, each of which receives 2 hours of formal instruction per week x 12 weeks and requires 10 hours of additional study per week x 12 weeks per semester. The four pre-qualifying courses are not included.

**4 hours per week x 12 weeks x 4 practica and, in the final year, 2 practica x 29 hours each.

Additional Clinical Components

15 hours of individual therapy per year x 2 years = 30 hours

1 hour of individual supervision every two weeks x 6 semesters	= 36 hours
1 hour of group therapy per week x 12 weeks x 6 semesters	= 72 hours
1 hour of case conferences per week x 12 weeks x 6 semesters	= 72 hours
Subtotal	= 210 hours
+ 250 hours of practicum	=250 hours or 15 credits
Total clinical component	= 460 hours
Total number of credits for the theoretical and clinical components	= 72 credits

THE PROGRAMME STRUCTURE CONTINUED

Therapy

Students should also receive therapy from a qualified counsellor included on a list of qualified counsellors submitted by the local supervisor. The programme requires a minimum of 30 hours of personal therapy with a recommended distribution of 15 hours per year x 2 years or 10 hours x 3 years. Apart from ensuring that counsellors in training are indeed receiving regular individual therapy and are suitable candidates for training, no further contact will be made or maintained between the course organiser and the supervisors on the one hand and the therapist on the other.