



UNIVERSITY OF  
**KWAZULU-NATAL**™  
INYUVESI  
**YAKWAZULU-NATALI**

## POST GRADUATE DIPLOMA IN PSYCHOLOGICAL COUNSELLING

### Registration with the Health Professions Council of South Africa

Holders of this qualification are eligible to register with the Health Professions Council of South Africa as a Registered Counsellor.

### Entry Requirements

A completed undergraduate degree with a psychology major.

A letter of support from the applicant's current employer indicating that the individual will be released from work for theory and practical work on campus as well as for the practicum placement (if the applicant is employed).

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### Programme overview

This 18-month programme is aimed at producing competent, ethical and professional practitioners who will make primary psychological services available in diverse settings thereby enhancing psychological well-being of the South African public.

### Modules

The theory component of each module is taught in block sessions (1 week per month) however, students are required to be on campus for the completion of practical work for modules that comprise of this additional component.

### **Short Research Project (PSYC6RS)**

#### **Semester 1 & 2**

**Content:** Students will be required to write an independent research report of approximately 7000 – 9000 words on a topic related to an area of interest (i.e. HIV/AIDS; Child and Youth, Community Mental Health, School Counselling, and Trauma), as approved by the discipline. During this process students will be required to: (a) write and present an appropriate research proposal, (b) research and write a literature review relevant to their selected research topic, (c) collect data relevant to their research question, (d) analyse the data, and (e) write up/coherently discuss their research findings.

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### **School of Applied Human Sciences**

Postal Address: Private Bag X01, Scottsville, Pietermaritzburg 3209, South Africa

## **Research Methods (PSYC6RM)**

### **Semester 1**

**Content:** This module provides an introduction to research design and research methods, and exposes students to the fundamental theoretical principles on how to perform basic data analysis using qualitative and quantitative research methods used by social science researchers.

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## **Developmental Psychology and Applied Psychopathology (PSYC624)**

### **Semester 1**

**Content:** The module introduces students to diverse approaches on how to conceptualise child and youth development using developmental theories. Students will learn how to identify resources and strengthen resilience in children and families. Students will also critically engage on definitions and explore psychopathology and behaviour disorders of childhood in the African context.

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## **Community Interventions (PSYC622)**

### **Semester 1**

**Content:** The module comprises of theoretical and practical components. The theoretical component introduces the students to the concepts of Critical Community Psychology and will cover key skills required to implement a community intervention. The students will be given a broad introduction to the various themes. The practical component will give students (in groups) the opportunity to visit a relevant community organisation or school where they will do a needs assessment around one of the key themes using the skills they have been taught.

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## **Fundamentals of Psychological Assessment (PSYC621)**

### **Semester 2**

**Content:** The module comprises of a theoretical and practical component which will provide students with a broad understanding of approaches to assessing individual behaviour in adults and children through the use of standardised tests. Students will develop expertise in the administration, analysis, interpretation, and reporting of selected psychological assessment measures.

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## **Psychological Counselling: Theory and Practicum (PSYC623)**

### **Semester 2**

**Content:** The module comprises both a theoretical and practical component. The theoretical component focusses on counselling approaches, indigenous counselling perspectives as well as ethics and law in counselling practice. The practical component involves the development of psychological counselling skills.

Students are expected to complete a 6-month practicum within the 18 months of training under the supervision of a Registered Counsellor or Psychologist.

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