

MINOR IN COUNSELLING

At a Glance

Faculty

www.kpu.ca/arts (<http://www.kpu.ca/arts/>)

Area of Study:

www.kpu.ca/arts/edst (<http://www.kpu.ca/arts/edst/>)

Academic Level:

Undergraduate

Credential Granted:

Minor

Start Date:

Fall (September)

Spring (January)

Summer (May)

Intake Type:

- Open

Minimum Credits Required:

24

Curriculum Effective Date:

01-Sep-2020

Description

The Minor in Counselling was designed to provide students with a strong theoretical and practical understanding of the interdisciplinary field of counselling. Students in the program will develop a sound knowledge of theories in counselling, develop basic counselling skills (e.g., active listening, assessment, case conceptualization, goal-setting, counselling interventions) through engagement in practical and experiential learning opportunities, and learn about and reflect deeply on issues related to work in the helping professions (e.g., self-care, power dynamics, cultural considerations, professional ethics, boundaries of competence).

Students will study Abnormal Psychology (through the Psychology Department) so they can understand categories of mental disorders in order to strengthen their awareness regarding boundaries of competence. Student will develop an understanding of the theoretical foundations of counselling through courses on theories, career counselling, and cultural considerations in counselling. The latter portion of the Minor involves a shift from theoretical understanding to practical and experiential learning with courses on reflective practice, counselling relationships and basic skills, and group facilitation. This minor may be applied towards any KPU bachelor's degree.

Requirements

Admission Requirements

Students pursuing a Minor in Counselling must be admitted to KPU for undergraduate studies.

Declaration Requirements

Students pursuing this minor must declare their intention prior to graduation. A minor may only be declared as part of a bachelor's degree.

Curricular Requirements

Students must achieve a minimum grade of C in all required courses.

Code	Title	Credits
PSYC 1100	Introduction to Psychology: Basic Processes	3
PSYC 1200	Introduction to Psychology: Areas and Applications	3
PSYC 2350	Psychopathology	3
CNPS 3310	Theories of Counselling	3
CNPS 3320	Career Counselling and Career Education	3
CNPS 3330 or CNPS 4330	Cultural Considerations in Counselling Group Facilitation	3
CNPS 4300	Counselling Relationships and Basic Skills	3
CNPS 4310	The Reflective Practitioner	3
Total Credits		24

Credential Awarded

Upon successful completion of the minor as part of a bachelors degree, transcripts will indicate a **Minor in Counselling**.