

## PhD. IN (Psychological and Educational Counseling)

### I. GENERAL RULES CONDITIONS:

Plan Number		2012
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1. This plan conforms to the regulations of the general frame of the programs of graduate studies.
2. Areas of specialty of admission in this program According to the Priority:
  - Holders of the Master degree in:
    - a- Psychological and educational counseling, Rehabilitation Counseling, Mental health Counseling, Marriage and Family counseling, Community Counseling, School Counseling, Career Counseling, Gerontological Counseling, Addiction Counseling.
    - b- Clinical Psychology

II. SPECIAL CONDITIONS: None.

III. THE STUDY PLAN : ( 54) Credit Hours as follows:

#### 1. Obligatory courses: (18) Credit Hours as follows:

Course No.	Course Title	Credit hrs.	Theory	Prac	Pre-request
0805904	Counseling practicum(1)	3	-	9	0805922
0805920	Counseling through Life-Span	3	3	-	-
0805921	Supervision in Counseling and its applications	3	2	3	0805904
0805922	Theory and Practice in Counseling and Psychotherapy	3	3	-	-
0805923	Counseling practicum (2)	3	-	9	0805904
0805924	Research in Counseling	3	3	-	-

#### 2. Elective Courses: (18) Credit hours from the following:

Course No.	Course Title	Credit hrs	Theory	Prac	Pre-request
0801940	Qualitative Research Methods	3	-	-	-
0805907	Community mental health	3	3	-	-
0805910	Humanistic methods in psychotherapy	3	3	-	-
0805911	Stress management	3	3	-	-
0805912	Behavioral and Cognitive Therapy	3	3	-	-
0805925	Psychological Disorders and Diagnosis	3	3	-	-
0805926	Family & Marriage Counseling	3	3	-	-
0805927	Counseling of Special populations	3	3	-	-
0805928	Career development	3	3	-	-
0805929	Current Issues In Counseling	3	3	-	-

3. Pass the qualifying Exam: (805 998)

4. Dissertation: (18) Credit hours (805999)

5. Supervised practicum and internship for (400) hours

## Course Description

### **0801940 Qualitative Research Methods (3cr)**

This course intends to provide the students with the basic skills of qualitative research, this course reviews the foundation, and investigating the history, philosophy, and the nature of qualitative research. Example of different types of qualitative research, sampling, data collection, data analysis, and reporting will be introduced. Students will read and evaluate reports of qualitative research in education and psychology.

### **0805904 Counseling practicum (1) (with 200 hours internship) (3cr) Pre-req (0805922)**

Students are placed in counseling centers to work 15 weeks , 20 hours/week in providing supervised counseling services. Also the student is required to develop a counseling program , implement it , evaluate its efficacy , and write areport about it .

### **0805907 Community mental health (3cr)**

Community mental health meaning. Community Mental health elements. Social aspects of Mental health and mental illness. Social aspects of psychotherapy. Social Policy and mental health. Ecology of mental health problems. Environmental resources and mental health. Human resources and mental health.. Linking mental health and health care systems. Mental health services for specific population: The elderly, the underprivileged, The chronically mentally ill, the retired substance abuse, unemployment, family crises, Delinquency, disaster victims. Application of community mental health: mental illness prevention, mental health promotion, increasing social support, Decreasing social stresses, Diagnosis and intervention in organization settings, Mental health consulting in the community, Daily living skill for clients in the community, Daily living skills in community, evaluating community services.

**0805910 Humanistic methods in psychotherapy (3cr)**

This course is Process - and - relationship oriented. It deals with Humanistic theories such as Gestalt, Person - centered - and Existentialism focusing on certain sets of constructs that emphasize the uniqueness of each Individual, positive regard, genuineness, empathy, and open channels for trust and moving up toward health life. This course focuses on the clients self - awareness, decision and making, freedom and responsibility, and choice. In this course students will get training in

Communication skills, metaphors, dialogue exercises, finishing the unfinished, confrontation, staying with the feelings, transactional analysis, techniques of establishing relationships, facultative feedback, insight, interpretation and immediacy .

**0805911 Stress management (3cr)**

Definition of stress, Sources of stress , Theoretical approaches to stress, Stress measurement , The effects of stress , Stress and health, Childhood and adolescent stress , Stress in adulthood and old age, Stress prevention, coping strategies: cognitive restructuring, Behavior Modification, Journal writing, Art therapy, problem solving, communication skills, Time Management, Relaxation. Culture and coping, Coping with life challenges: Anxiety, trauma, failure, loneliness, depression, shyness, anger, pain, aging, retirement, loss.

**0805912 Behavioral and Cognitive Therapy (3cr)**

The purpose of this course is to provide students with knowledge and skills related to behavioral and cognitive methods and its use in counseling and psychotherapy. Content of the course includes : The experimental and theoretical foundations of behavioral and cognitive therapy, behavioral & cognitive measurement , functional analysis of behavior , behavioral & cognitive interventions with : Depression, anxiety & fear , obsession compulsive disorders , schizophrenia, alcohol and drugs , smoking , obesity , marital distress, crime & aggression, sexual dysfunction, stuttering; developing behavioral & cognitive programs and evaluating their efficacy .

**0805920 Counseling through Life-Span (3cr)**

The goal of this course is to provide students with information & training related to developmental tasks and appropriate counseling methods for each stage of development . The course content includes : Heredity and environmental influences upon development and related genetic and marital counseling , developmental tasks in the child & adult stages and counseling process in the physical , social – cognitive , and emotional areas , problems of elderly population and related counseling process .

**0805921 Supervision in Counseling and its applications (3cr)**  
**Pre-req (0805904)**

This course provides students with information and training regarding administrative, supportive, and educative functions of supervision; models of supervision: skills development, personal growth, and interaction model ; stages of supervision, implementing of supervision; counselor training ; developing counseling programs, evaluation of programs in counseling, legal and ethical issues in counseling, practicum in counseling supervision .

**0805922 Theory and Practice in Counseling and Psychotherapy (3cr)**

This course deals with the concept of theory and its role in counseling & psychotherapy, application of concepts drawn from schools of counseling & psychotherapies to personal problems which individuals encounter in everyday life. Application of counseling & psychotherapy procedures to handel specific problems such as problems that interfere with educational & career progress, attainment of goals, social interactions, with critical evaluation of procedures.

**0805923 Counseling practicum (2) (with 200 hours internship) (3cr)**  
**Pre-req (0805904)**

students are trained in centers specialized in certain problem areas such as child abuse, women victims of violence, delinquents , street children, rehabilitation centers prisons, psychotherapy centers and clinics, addiction and drug abuse centers.

**0805924 Research in Counseling (3cr)**

This course deals with philosophical and ethical issues related to research and training in counseling, identifying and operationalizing research topics,

research designs applied to counseling, qualitative and descriptive research, the independent variable and the dependent variable in counseling, report writing and publication.

**08059025 Psychological Disorders and Diagnosis (3cr)**

This course deals with : Defining abnormality. Models of abnormality. Research methods. assessment and Diagnosis Disorders of childhood and adolescence. Anxiety disorders. Somatoform disorders. Dissociative disorders. Mood disorders. Schizophrenia and other psychotic disorders. Cognitive disorders. Substance related disorders. Sexual and Gender Identity disorders. Sleep disorders. Eating disorders. Personality disorders. Psychological Factors Affecting Health. Training will be provided on the usage of diagnostic manuals.

**0805926 Family & Marriage Counseling (3cr)**

The Focus of this course will be on the concept of family & marriage counseling, its development, its basic principles , its theories , its techniques, problems ( in theory & practice), its future , & applications.

**0805927 Counseling of Special populations (3cr)**

This course aims to discuss issues & difficulties related to special populations. It provides students with knowledge , skills , and strategies related to : women , employed women , children of divorced parents , crisis counseling , separation, counseling of exceptional students , culturally different students , child abuse (emotional sexual , and physical abuse) rape, death , unemployed workers , correctional counseling , victims and their families .

**0805928 Career development (3cr)**

This course presents the current theories of career choice, the process of career development which exerts an influence upon the individuals manner of behavior, personality and vocational decision making process. It considers, describes and compares the various theoretical concepts about career development and translates the theory into explicit terms useful to the counselor.

**0805929 Current Issues In Counseling (3cr)**

This course intends to provide students with the knowledge and skills to deal with current issues facing counselors nowadays. The following issues will be discussed: counseling effectiveness, how counselors influence clients, drug dependency, legal and ethical issues, cross – cultural counseling, prejudice

and discrimination , coping with physical illness such as cancer and cardiovascular diseases , counselors burnout .