

HONOURS BACHELOR OF COUNSELLING PSYCHOLOGY

Program: HBCP

Credential: Honours Bachelor Degree

Delivery: Full-time

Work Integrated Learning: 1 Internship + 2 Field Placements

Length: 9 Semesters

Duration: 4 Years

Effective: Fall 2023

Location: Orillia

Description

This program is designed for students who want to understand human behaviour and use this knowledge to promote the mental health of individuals, families, groups and communities. Students are exposed to a range of counselling and psychotherapy approaches as well as a strong foundation in psychology research and theory. In the practicum and work term, students obtain experience with different populations and working environments that allows them to explore career options and practice the skills that prepare them for employment or graduate studies. The curriculum fosters an understanding of diverse sociocultural factors, lifespan development, theory and practice in a range of counselling and psychotherapy approaches, ethical and evidence-based professional practices, as well as the research methods and psychological theories that inform counselling and psychotherapy practice.

Career Opportunities

Graduates are prepared to work with diverse populations in a variety of roles (e.g. case manager, mental health worker, support worker, disability counselor, educational assistant, attendance counsellor, employment counselor, intake coordinator, parole supervisor, probation officer, residential worker) and in different settings (correctional institutions, community support agencies, schools, youth residences, self-employment). Graduates may start a career upon graduation or pursue a graduate degree in counselling or a related applied psychology area.

Program Learning Outcomes

The graduate has reliably demonstrated the ability to:

1. evaluate alternative theories and approaches to counselling and psychotherapy based on information from a variety of sources;
2. examine fundamental concepts, methods, theories and research in major fields of psychology;
3. use critical thinking and analytic skills in fields outside psychology;
4. explain the significance of evidence from case studies and other research findings using structured and coherent arguments, both orally and in writing using APA conventions;
5. use effective and professional listening and communication skills with clients, peers and supervisors;
6. practice intervention strategies in accordance with major theories, concepts and practice in counselling psychology;
7. formulate resolutions for ethical issues and dilemmas in a manner consistent with legislation and professional standards in counselling and psychotherapy;

8. identify the limits of their own knowledge and ability, and obtain feedback from peers and supervisors to assist in review of practices;
9. identify professional development resources to maintain currency and promote professional growth, considering the potential for entrepreneurship, intrapreneurship and social entrepreneurship;
10. practice professional and academic integrity, taking into consideration social responsibility and environmental sustainability.

Program Progression

The following reflects the planned progression for full-time offerings of the program.

Fall Intake

- **Sem 1:** Fall 2023
- **Sem 2:** Winter 2024
- **Sem 3:** Fall 2024
- **Sem 4:** Winter 2025
- **Sem 5:** Fall 2025
- **Sem 6:** Winter 2026
- **Sem 7 (Internship):** Summer 2026
- **Sem 8:** Fall 2026
- **Sem 9:** Winter 2027

Admission Requirements

OSSD or equivalent, with:

- minimum overall average of 65 percent
- six Grade 12 U or M level courses
- grade 12 English (U) (ENG4U)

Students presenting equivalent qualifications will also be considered for admission. A grade 12 U or M Mathematics course is highly recommended.

Mature applicants may also be considered for admission to this program providing their previous school performance and/or recent work record suggests a strong possibility of academic success. In order to qualify, applicants must be 19 years of age by December 31 of the year of admission and must have been away from formal education for at least one year immediately prior to beginning studies. Mature applicants must meet subject prerequisites prior to registration.

Applicants should be aware that first-year enrolment is limited; satisfying minimum entrance requirements does not guarantee admission.

Selection Process

Selection is based on academic grades and subject prerequisites; applicants must meet minimum averages to receive final acceptance.

Criminal Reference/Vulnerable Sector Check

Placement agencies require an up-to-date clear criminal reference check and vulnerable sector check prior to going out on placement. Students should obtain their criminal reference three months prior to placement; checks conducted earlier may not be considered current. As some jurisdictions require longer lead-time for processing, please check with

the program coordinator to ensure you allow for sufficient turn-around time. It is the student's responsibility to provide the completed document prior to placement start.

NOTE: A record of criminal offences, for which a pardon has not been granted, may prevent students from completing their placements, thereby affecting their ability to graduate.

Additional Information

This college has been granted consent by the Minister of Advanced Education and Skills Development to offer this applied degree for a seven year term starting

April 29, 2019. The college shall ensure that all students admitted to the above-named program during the period of consent will have the opportunity to complete the program within a reasonable time frame.

Non-core courses are required in all degree programs to meet the Ministry of Colleges and Universities benchmark for depth and breadth in degree-level learning. These courses are designed to give students the tools to develop interdisciplinary perspectives that inform their approach to their own discipline, their continued education and their life outside work.

Students are required to take: at least one first year interdisciplinary course (INTS1xxx); two introductory courses in their choice of disciplines outside their main field of study, which may include psychology (PSYC 1000 or PSYC 1001), social science (SOCI 1000), humanities (HUMA 1012), or science (SCEN 1000); one advanced course in a discipline (ex. PSYC3xxx, SOSC3xxx, HUMA3xxx), and; one upper level interdisciplinary course (INTS4xxx). These courses and any remaining non-core course requirements to be selected from the program list.

Graduation Requirements

- 28 Core Courses
- 1 Elective Core Course
- 3 Non-Core Courses
- 6 Elective Non-Core Courses
- 2 Field Placements
- 1 Clinical Placement

Graduation Eligibility

To graduate from this program, a student must attain a minimum of 60 percent or a letter grade of P (Pass) or S (Satisfactory) in each course in each semester, and have an overall average of 65 percent in core courses and 60% in non-core courses.

Program Tracking

The following reflects the planned course sequence for full-time offerings of the Fall intake of the program. Where more than one intake is offered contact the program co-ordinator for the program tracking.

Semester 1		Hours
Core Courses		
CNSL 1000	Introduction to Counselling and Psychotherapy	42
PSYC 1000	Introduction to Psychology 1	42
Non-Core Course		
INTS 1007	Interdisciplinary Modes of Communication	42
Elective Non-Core Courses		
Select 2 of the following courses: SOCI 1000, HUMA 1012 or SCEN 1000.		84
Hours		210

Semester 2		
Core Courses		
CNSL 1001	Basic Interviewing Skills	42
CNSL 2000	Ethical Issues in the Helping Professions	42
PSYC 1001	Introduction to Psychology 2	42
Non-Core Course		
INTS 1002	Introduction to Multidisciplinary Research	42
Elective Non-Core Course		
Select 1 course from the available list during registration.		42
Hours		210

Semester 3		
Core Courses		
CNSL 2001	Theories and Practice of Counselling and Psychotherapy - Individual	42
PSYC 2008	Advanced Writing for Psychology	42
PSYC 3011	Developmental Psychology: Childhood and Adolescence	42
PSYC 3013	Theories of Personality	42
Non-Core Course		
INTS 2008	Foundations of Human Sexuality	42
Hours		210

Semester 4		
Core Courses		
CNSL 2002	Theory and Practice of Counselling and Psychotherapy - Groups	42
CNSL 3000	Theories and Pract of Counselling and Psychotherapy-Contemp. Psychodynamic and Humanistic Approaches	42
PSYC 3008	Social Psychology	42
PSYC 3012	Developmental Psychology: Adulthood and Aging	42
STAS 3003	Statistical Analysis	42
Hours		210

Semester 5		
Core Courses		
CNSL 3001	Self-Awareness in the Counselling Relationship	42
PSYC 3014	Brain and Behaviour	42
PSYC 4008	Research Methods in Psychology	42
Field Placement		
CNSL 3002	Field Placement 1	42
Elective Non-Core Course		
Select 1 course at the 3000-level from the available list during registration.		42
Hours		210

Semester 6		
Core Courses		
CNSL 3004	Theories and Practice of Counselling and Psychotherapy - Cognitive-Behavioural Approaches	42
CNSL 3005	Psychometric Assessment in Counselling	42
CNSL 4000	Advanced Readings in Counselling	42
PSYC 3015	Learning and Cognition	42
Field Placement		
CNSL 3003	Field Placement 2	42
Hours		210

Semester 7		
Clinical Placement		
CNSL 3006	Counselling Internship	420
Hours		420

Semester 8		
Core Courses		
CNSL 3007	Theories and Practices of Counselling and Psychotherapy - Abuse, Trauma, and Crisis Intervention	42
CNSL 4001	Applied Thesis 1	42
PSYC 3001	Abnormal Psychology	42
Elective Non-Core Course		
Select 1 course from the available list during registration.		42

Select 1 course at the INTS 4000-level from the available list during registration.	42
Hours	210
Semester 9	
Core Courses	
CNSL 4002 Topics in Counselling and Psychotherapy	42
CNSL 4003 Counselling as a Profession	42
CNSL 4004 Applied Thesis 2	42
CNSL 4005 Counselling Psychology Research Seminar	42
Elective Core Course	
Select 1 course from the available list during registration.	42
Hours	210
Total Hours	2100

Graduation Window

Students unable to adhere to the program duration of four years (as stated above) may take a maximum of eight years to complete their credential. After this time, students must be re-admitted into the program, and follow the curriculum in place at the time of re-admission.

Disclaimer: *The information in this document is correct at the time of publication. Academic content of programs and courses is revised on an ongoing basis to ensure relevance to changing educational objectives and employment market needs.*

Program outlines may be subject to change in response to emerging situations, in order to facilitate student achievement of the learning outcomes required for graduation. Components such as courses, progression, coop work terms, placements, internships and other requirements may be delivered differently than published.