

# COUNSELLING PSYCHOLOGY (CNPS)

This is a list of the Counselling Psychology (CNPS) courses available at KPU.

For information about transfer of credit amongst institutions in B.C. and to see how individual courses transfer, go to the BC Transfer Guide [bctransferguide.ca](http://bctransferguide.ca)

## **CNPS 3310** **3 Credits**

### **Theories of Counselling**

Students will be introduced to major theoretical approaches that underlie the work of counsellors. They will examine psychodynamic, behavioral, cognitive, existential, humanistic, post-modern, and family systems theoretical frameworks in their broad sociological, historical, and philosophical contexts, while critically evaluating their own assumptions regarding health, dysfunction, and change. Note: Students may get credit for only one of CNPS 3310 or LCOM 3310.

*Prerequisites: 45 credits from courses at the 1100 level or higher*

## **CNPS 3320** **3 Credits**

### **Career Counselling and Career Education**

Students will develop a broad understanding of major theories of career development and related assessments. They will explore historical and cross-cultural perspectives on the meaning of work and considerations for career development, counselling, and education with diverse populations and in diverse settings (i.e., elementary, secondary, post-secondary, and community agencies). Students will also critically examine moral and ethical issues related to this work, and they will apply theoretical concepts to their own process of career development. Note: Students may get credit for only one of CNPS 3320, EDUC 3320 or LCOM 3320.

*Prerequisites: 45 credits from courses at the 1100 level or higher*

## **CNPS 3330** **3 Credits**

### **Cultural Considerations in Counselling**

Students will be introduced to issues of diversity as they pertain to the helping professions in contemporary multicultural societies. They will develop an understanding of the situated nature of identity, examine the relationship between cultural assumptions and the counselling process, and explore Western and non-Western conceptions of psychological health and healing. Students will also examine issues of cultural competence and engage in reflection regarding their own assumptions, strengths, and challenges in relation to living and working in a pluralist society. Note: Students may get credit for only one of CNPS 3330 or LCOM 3330.

*Prerequisites: 45 credits from courses at the 1100 level or higher*

## **CNPS 4300** **3 Credits**

### **Counselling Relationships and Basic Skills**

Students will examine how helping relationships are developed and learn basic interviewing skills. They will learn active listening skills and examine the values, knowledge, and abilities necessary for communicating in a professional helping context. Students will participate in role-plays and simulated helping interactions including video recording to receive feedback on their communication skills. Note: Students may get credit for only one of CNPS 4300 or LCOM 4300.

*Prerequisites: LCOM 3310 or CNPS 3310*

## **CNPS 4310** **3 Credits**

### **The Reflective Practitioner**

Students will survey a range of helping services and be introduced to their philosophical underpinnings and practices. They will examine their own expectations, assumptions, and developmental issues in becoming a helping professional through the process of journaling, reflection, and reading. Students will examine both theoretical and pragmatic issues related to reflective practice and ongoing self-supervision. They will consider professional issues in dealing with challenging clients, power struggles, boundaries, and counsellor over-involvement. Students will consider the occupational hazards associated with the helping profession and personal needs for self-care. Note: Students may get credit for only one of CNPS 4310 or LCOM 4310.

*Prerequisites: LCOM 3310 or CNPS 3310*

## **CNPS 4330** **3 Credits**

### **Group Facilitation**

Students will learn a wide spectrum of both theoretical and experiential approaches to group facilitation, with particular emphasis on core facilitation skills. They will examine group dynamics and evolution, interpersonal relationships (e.g., conflicts, alliances and other structures), leadership styles, curriculum development, and the role of health and healing practices. Students will develop effective facilitation strategies through achieving greater self-awareness and active sensing. They will also learn about the emerging models of group work which focus on collaboration, community-building and creativity. Note: This is a seminar course. Students may get credit for only one of CNPS 4330 or LCOM 4330.

*Prerequisites: 60 credits from courses at the 1100 level or higher*