

**Deanship of Graduate Studies  
King Saud University**



Master of Arts in Psychology: Counseling  
Psychology

**Department of Psychology  
College of Education**

## **Introduction**

The Department of Psychology at KSU was founded in 1972. At the beginning, the department aimed at educating and preparing students to be qualified teachers of Psychology in intermediate and secondary schools.

However, as the need for teachers diminished, the department modified its aims and emphasis to preparing qualified psychologists to work in the fields of mental health, industry, guidance and counseling, and social-welfare institutions.

The graduate studies program began in 1978 by granting students a Master degree in guidance and counseling. In the following years, the department expanded its program to include five tracks: Counseling, Abnormal, Educational, Industrial & Social Psychology, and Measurement & Evaluation. In the academic year of 2003/2004, the department initiated the Ph.D. program in three major Psychology branches, which are: Counseling Psychology, Educational Psychology and Social Psychology

In addition to all of these academic programs, the department offers training workshops and sessions for people working in various settings such as hospitals, schools, prisons, corporates, factories, and the media. In addition to teaching at both the undergraduate graduate levels, staff in the department are also active in conducting scientific research.

The requirements of the current Masters program includes 24 credits in course work and six credits for completing a thesis. Since there are increasing demands from students willing to pursue their higher education in the field of Counseling Psychology, the department decided to provide them with two options. The first one is the thesis option (course work and a thesis). The second option is the non-thesis option ( course work and comprehensive exam).

Therefore, due to growing demand for more places in the current Counseling program and to the recognition that staff at the department may not be able to provide adequate supervision for prospective students and that the current program prepares students to be researchers rather than practitioners, the department decided to rename the existing program. The existing program is suggested to be called "The thesis track". A new track: The non-thesis track was introduced. The graduates of the new track will be able to pursue their higher education or work as practicing psychologists.

## **Objectives**

The general objective of the program is to prepare qualified Counseling Psychologists and others who are capable of providing professional psychological services:

prevention, assessment, and treatment, to help individuals in various community agencies such as schools, hospitals, social institutions.....etc.

### **Admission requirements**

1. Admission requirements stated in the unified rules of graduate studies in Saudi universities.
2. The applicant must have B.A in Psychology from King Saud University or an equivalent degree . Knowing that priority is given to students holding a bachelor degree in Psychology, Students having B.A with "excellent" final grade from other majors may apply to the program , The acceptance then will be conditioned by completing some courses before joining the program.
3. Any other requirements stated by the department at the time of application

**Degree Title:** Master of Arts in Psychology: Counseling Psychology

**Degree Requirements:** Degree can be earned by one of the following two options:

### **1. The Thesis option**

Degree is awarded upon a successful completion of 27 approved credits in psychology, and preparation of a master's thesis.

A list of all required courses (credits) is presented below:

Course Code	course	Credits
PSY 501	Research Methods and Experimental Design	3
PSY 505	Psychological Statistics (Advanced)	3
PSY 542	Psychotherapy and Behavior Modification	2
PSY 548	Culture of society and psychological disorders	2
PSY 550	Counseling Techniques	2
PSY 551	Counseling Interview Skills	2
PSY 554	Group Counseling and Psychotherapy	2
PSY 575	Psychological Measurement (Advanced)	3
PSY 579	Diagnosis and Classification of Psychological Disorders	2
PSY 599	Field Training	6
PSY 600	Thesis	
Total Units		27

## **2 - The non-thesis option.**

Degree is awarded upon successful completion of 50 approved credits in Psychology including 6 units for field training, and passing a comprehensive exam. The comprehensive exam is given to students after successful completion of all required courses including field training. A list of all required courses (credits) is presented below:

Course Code	Course	Credits
PSY 501	Research Methods and Experimental Design	3
PSY 505	Psychological Statistics (Advanced)	3
PSY 539	Psychological disorders(1)	2
PSY 540	Psychological disorders(2)	2
PSY 548	Culture of society and psychological disorders	2
PSY 549	Theories of counseling and psychotherapy	3
PSY 551	Counseling Interview Skills	2
PSY 552	Health Psychology	3
PSY 554	Group Counseling and Psychotherapy	2
PSY 557	Family counseling	2
PSY 558	The Psychology of substance dependency	2
PYS 564	Counseling Children and Adolescent	2
PSY 575	Psychological Measurement (Advanced)	3
PSY 578	Intelligence and personality assessment	3
PSY 580	Neuropsychological Assessment	3
PSY 592	Psychotherapy: Behavior Therapy	2
PSY 593	Psychotherapy: Cognitive Therapy	2
PSY 595	Research Project	3
PSY 599	Field Training	6
Total units		50

## Study plan

### First: The thesis option

#### First level

Course code	Course	Credits
PSY 501	Research Methods and Experimental Design	3
PSY 505	Psychological Statistics (Advanced)	3
PSY 575	Psychological Measurement (Advanced)	3
	Total units	9

#### Second level

Course code	Course	Credits
PSY 542	Psychotherapy and Behavior Modification	2
PSY 550	Counseling Techniques	2
PSY 554	Group Counseling and Psychotherapy	2
PSY 579	Diagnosis and Classification of Psychological Disorders	2
	Total units	8

#### Third level

Course code	Course	Credits
PSY 548	Culture and psychological disorders	2
PSY 551	Counseling Interview Skills	2
PSY 599	Field Training*	6
	Total units	10

\* *Four days a week*

#### Fourth level

Course code	Course	Credits
PSY 600	Thesis	

**Second: The non-thesis option:**

First level:

Course code	Course	Credits
PSY 501	Research Methods and Experimental Design	3
PSY 505	Psychological Statistics (Advanced)	3
PSY 575	Psychological Measurement (Advanced)	3
PSY 539	Psychological disorders(1)	2
Total units		11

Second level:

Course code	Course	Credits
PSY 540	Psychological disorders(2)	2
PSY 548	Culture and psychological disorders	2
PSY 549	Theories of counseling and psychotherapy	3
PSY 552	Health psychology	3
Total units		10

Third level:

Course code	Course	Credits
PSY 554	Group Counseling and Psychotherapy	2
PSY 558	The psychology of substance dependency	2
PSY 551	Counseling Interview Skills	2
PSY 578	Intelligence and personality assessment	3
PSY 580	Neuropsychological assessment	3
Total units		12

Fourth level:

Course code	Course	Credits
PSY 557	Family counseling	2
PYS 564	Counseling Children and Adolescent	2
PSY 592	Psychotherapy: Behavior Therapy	2
PSY 593	Psychotherapy: Cognitive Therapy	2
PSY 595	Research Project	3
Total units		11

Fifth level:

Course code	Course	Credits
PSY 599	Field Training*	6
Total units		6

\* *Four days a week*

## **Courses Description**

**PSY 501 Research Methods and Experimental Design** **3 credits (3+0)**

This course introduces students to research methods used in psychology. The student will deal with a variety of clinical, descriptive, experimental, and historical methods. The course will also concentrate on identification of research tools, and outlining of a research plan. Students will have the opportunity to apply and practice these methods.

**PSY 505 Psychological Statistics (Advanced)** **3 credits (3+0)**

Advanced statistical procedures such as factor analysis, analysis of variance, and regression, and their characteristics and uses in psychological research will be emphasized in this course.

**PSY 539 Psychological disorders I** **2 credits (2+0)**

This course provides students with a historical overview of concept of normality from the Perspective of the psychological(Psychoanalytic, behavioral and Cognitive), social,, and biological models, and an overview of early attempts of defining and classifying psychological disorders and the strengths and limitations in such attempts.

**PSY 540 Psychological disorders II** **2 credits (2+0)**

The aim of this course is to familiarize students with the most common psychological disorders: anxiety disorders, mood Disorders, personality disorders, dissociative disorders, somatoform disorders, psychotic disorders and other psychological disorders. This course also provides the students with the paradigms of scientific psychopathology and presents some case studies to illustrate the symptoms of psychological disorders.

**PSY 542 Psychotherapy and Behavior Modification** **3 credits (3+0)**

Students will be trained in the use of modern techniques employed in psychotherapy and behavior modification. Techniques derived from psychoanalytic, conditional, operational, and social learning theories, in addition to effective techniques from symbolic leaning theory, will be emphasized

**PSY 548 Culture and psychological disorders                      2 credits (2+0)**

The course introduce to (1) Cultural influences on psychological disorders, (2 ) Counseling techniques used in different cultures and (3) Cultural factors that must considered in counseling

**PSY 549 Theories of counseling and psychotherapy      3 credits (3+0)**

This course aims at introducing the student to the basic theories in the field of counseling and psychotherapy. Also, the student will learn about the similarities and differences among these theories and their applications.

**PSY 550 Counseling Techniques                                      2 credits (2+0)**

Students will gain skills in applying different counseling strategies, which include: a) Directive and nondirective counseling, b) Eclectic counseling and c) Preventive, therapeutic, and growth counseling.

**PSY 551 Counseling Interview Skills                              2 credits (2+0)**

The course content includes: a) Basic categories of counseling interviews, b) Communication skills, c) Question formulation, d) Observation of client's attitudes and behavior and e) The applications of counseling in different vocational areas.

**PSY 552 Health Psychology    3 credits (3+0)**

Since this course is an applied branch of psychology; it is designed to study, and employ, psychological theories and concepts in health. This course covers many health-related topics some of which are: disease prevention and health promotion; stress management; coping with life-threatening disease (e.g., cancer, renal failure, AIDS, and heart disease); the relationship between health and some psychological factors such as social support, stress, health locus of control, and health self-efficacy. Other health-related behavior (e.g., compliance; the reciprocal relationship between physician and patient; and health awareness) will be addressed. Researching is an essential part of this course.

**PSY 554 Group Counseling and Psychotherapy 2 credits (2+0)**

the following topics will be covered: a) Basic skills and experiences required for the formation and leadership of therapeutic groups, b) Planning treatment and counseling strategies for group members, c) Training in the strategies of group leadership, d) Stages of group counseling and the counselor's role at every stage.

**PSY 557 Family counseling 2 credits (2+0)**

This course aims at addressing the most important theories and their applications in the field of family counseling. Theories such as family systems, structural family therapy, strategic family therapy, and object relations therapy will be emphasized.

**PSY 558 The Psychology of substance dependency 2 credits (2+0)**

The purpose of this course is to introduce students to methods used in assessing and diagnosing different psychological aspects of substance dependency on drugs, methods of preventing a relapse in the abstinent substance abuse dependent individuals, Psychological therapeutic models for substance abuse dependencies. Student are required to practice some of the techniques they have learned in the course.

**564 PSY Counseling Children and Adolescent 2 credits (2+0)**

The purpose of this course is to provide an overview of counseling theories and techniques for working with children and adolescents. Family, developmental, and social contexts as they affect the behavioral and psychological problems of children and adolescents will be considered.

**PSY 575 Psychological Measurement (Advanced) 3 credits (3+0)**

The goal of this course is the training of students in the use of methods of measuring abilities, trends, and interests, and in overcoming methodological problems. The student will gain the competence to write a profile of an individual's abilities. Such-profile will specifically demonstrate the student's proficiency in applying measurement methods in different research areas.

**PSY 578 Intelligence and personality assessment****3 credits (3+0)**

The primary goal of this course is to develop the students skills in psychological and educational measurements in general and in counseling in particular. , the administration, interpretation and evaluation of measurement and their applications. Additionally, students will be familiarized with some of the statistical procedures used to assess the validity and reliability of scales and possible problems related to their administration in counseling.

**PSY 579 Diagnosis and Classification of Psychological Disorders 2 credits (2+0)**

The different approaches to classification of psychological disorders will be considered. The focus will particularly be on the description of psychoses, anxiety, social deviance, and personality disorders through cognitive and behavioral approaches. In addition, the students will be trained in the use of different diagnostic tools such as interview, observation, and tests, as well as in writing clinical reports.

**PSY 580 Neuropsychological Assessment****3 credits (3+0)**

The main object of this course is to provide students with basic skills in neuropsychological assessment: administrating, scoring and interpreting. This is preceded by studying neurobiological basis of cognition and behavior: hemispheric specialization, localization of function, brain injury, and neurobiological mechanisms underling higher brain functions (such as language, memory, attention, and sensation). Also, some developmental disorders (e.g., ADHD), and psychotic disorders will be introduced from neuropsychological perspective. Some of the most frequently administered neuropsychological tests will be studied: Wechsler Intelligence Scale, Wechsler Memory Scale, Complex Figure Test (Rey's), Benton Visual Retention Test, and Wisconsin Card Sort Test.

**PSY 592 Psychotherapy: Behavior Therapy 2 credits (2+0)**

The aim this course is to train students in basic behavioral techniques: Behavioral assessment of presenting problems, Systematic desensitization, Relaxation, Role playing, and problems solving technique.

**PSY 593 Psychotherapy: Cognitive Therapy 2 credits (2+0)**

The aim of this course is to train students in basic cognitive techniques: Cognitive assessment, Problem conceptualization, Identifying core beliefs and automatic thought, Socratic questioning, and Behavioral experiments.

**PSY 595 Research Project 3 credits (3+0)**

In this course students are asked to carry out an in depth research project in a single psychological topic in the student field of study. Approval of the student's supervisor is required.

**PSY 599 Field Training 6 credits (0+6)**

Students apply what they have learned in various types of social agencies, and schools under supervision of a faculty member.

**PSY 600: Thesis**