

# Counselling: Bachelor of Arts Minor

<b>Faculty of Arts</b>	kpu.ca/arts
<b>Program Type</b>	Undergraduate
<b>Credential Granted</b>	Baccalaureate Degree
<b>Offered At</b>	Richmond Surrey
<b>Start Date(s)</b>	September January May
<b>Intake Type</b>	Open intake
<b>Format</b>	Full-time Part-time
<b>Instructional Cycle</b>	Semester-based
<b>Curriculum Effective Date</b>	01-Sep-2015
<b>How to Apply</b>	www.kpu.ca/admission

## DESCRIPTION

The B.A. 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).

In the first year, students will be required to take Introduction to Higher Education in order to develop the appropriate attitude and disposition towards interdisciplinary scholarly inquiry that studies in Counselling requires. In the second year, students will take Abnormal Psychology (through the Psychology Department) so they can understand categories of mental disorders in order to strengthen their awareness regarding boundaries of competence. The third year involves developing an understanding of the theoretical foundations of counselling through courses on theories, career counselling, and cultural considerations in counselling. The fourth year courses involve a shift from theoretical understanding to practical and experiential learning with courses on reflective practice, counselling relationships and basic skills, and group facilitation.

## ADMISSION REQUIREMENTS

Students pursuing a minor in Counselling must be admitted to the Faculty of Arts.

## DECLARATION REQUIREMENTS

Students pursuing this minor must declare their intention prior to graduation.

## CURRICULAR REQUIREMENTS

Students pursuing a Bachelor of Arts degree must complete all requirements in the Bachelor of Arts framework in addition to their major or minor program requirements.

Students must complete all of the following requirements for the Counselling Minor:

### 1000 Level

#### One of:

EDUC 1100	Introduction to Higher Education	3 credits
EDUC 1101	Introduction to Higher Education for Student Athletes	3 credits
EDUC 1102	Introduction to Higher Education for Aboriginal Students	3 credits
EDUC 1150	Introduction to Higher Education for International Students	3 credits
EDUC 1190	Introduction to Higher Education for High School Students	3 credits

### 2000 Level

#### All of:

PSYC 2350	Psychopathology	3 credits
-----------	-----------------	-----------

#### Notes:

EDUC 2220 Introduction to Educational Psychology is highly recommended.

PSYC 2350 requires completion of PSYC 1100 and PSYC 1200 with a grade of C in each course as prerequisites.

### 3000 Level

#### All of:

CNPS 3310	Theories of Counselling	3 credits
CNPS 3320	Career Counselling & Career Education	3 credits

### 4000 Level

#### All of:

CNPS 4300	Counselling Relationships & Basic Skills	3 credits
CNPS 4310	The Reflective Practitioner	3 credits

## Electives

#### Students must also complete one of the following courses:

CNPS 3330	Cultural Considerations in Counselling	3 credits
CNPS 4330	Group Facilitation	3 credits

## CREDENTIAL AWARDED

Upon successful completion of the minor as part of a Bachelor of Arts program, transcripts will indicate a **Minor in Counselling**.