

**Tribhuvan University**  
**Faculty of Humanities and Social Sciences**  
**Master's Program in Counseling Psychology**



**Semester Based Course for Master of Arts in Counseling Psychology**

**Prepared by Counseling Psychology Subject Committee**

**2024**



## Introduction

The Master's Program in Counseling Psychology (MCP), established in 2017 AD., is under the Faculty of Humanities and Social Sciences of Tribhuvan University. The MCP aims to produce competent counseling psychologists who can help clients nationally and globally.

This newly developed curriculum for an M.A. in Counseling Psychology is dedicated to enhancing the ever-growing field of counseling psychology. It tries to address local issues and global trends in counseling psychology. The four-semester course is taught using the practitioner-scholar model. The course has 63 credits, including six credits for thesis work.

## Course Objectives

The core objective of this course is to develop skilled counselors capable of providing counseling services to diverse clients within the community. The counseling graduates will acquire theoretical knowledge and practical experience in assessment and intervention, which are helpful for different groups.

## Expected Competencies at the End of M.A. in Counseling Psychology

By the conclusion of the Master of Arts (M.A.) in Counseling Psychology, graduates will demonstrate the following core competencies:

- Adherence to ethical guidelines in counseling practice, both locally and globally.
- Apply evidence-based practices rooted in contemporary international and local research.
- Proficient communication skills that facilitate clear and effective interactions with clients.
- Cultural competency, with a demonstrated ability to engage with and address the needs of diverse populations.
- Deliver professional and effective counseling interventions that meet high standards of practice.



2

## Course Output

Upon completion of the degree, students will be able to

- Understand and apply psychological assessment for culturally diverse clients
- Utilize basic and advanced skills in counseling practice
- Uphold ethical standards and professional integrity in all counseling settings
- Design and implement evidence-based interventions tailored to culturally diverse clients.

**Students' Enrollment:** There will be 50 students in one enrollment. If needed, two groups, each comprising 25 students, can be separated for practical courses.

## Eligibility for Admission

The eligibility for admission will be determined by the subject committee of the Master's Program in Counseling Psychology.

## Student Selection

Students will be selected on a merit basis. The entrance examination will follow the rules of the Office of Dean, Faculty of Humanities and Social Sciences. The curriculum for the entrance examination will be prepared and modified at regular intervals.

**Provision of Students' Evaluation after Admission to MCP:** Admitted students will be evaluated continuously. For theory papers, students will be assessed on a 40 (internal marks) and 60 (external marks). For Practical subjects, total marks (100 marks) will be allocated after the final examination. However, this total evaluation will be based on continuous evaluation.

Internal evaluation of theory and practical subjects will be as specified in the curriculum. For all practical subjects, students must appear for a final viva, demonstration, etc. (as defined in the course), which an external examiner will evaluate. Viva can be conducted for theory subjects if there is any practical part in it.



For any student to be eligible to appear for the final/board examination, the student must complete all requirements mentioned in semester regulation guideline 2074, including minimum attendance percentage.

**Field and Community Visit:** The field and community visit will be per the curriculum requirement mentioned in the specific subject curriculum. Supervisors will continuously monitor and facilitate the students' fieldwork during all field visits. In addition to supervision, the supervisor will also be responsible for orienting students about the community and helping students develop an intervention framework. The total hours of orientation and instruction for students on the intervention framework will be six hours per community visit (one instructor for 15 students). This orientation will be carried out in the field. The ratio of supervisors to supervisees during community-related work will be 1:15. The remuneration during field supervision, besides orientation training, will be per university rules. Each supervisor will supervise work, mentor students, and guide them to produce a final report. The remuneration of orientation class during the field trip will be according to Self-Sustained Program Regulation-2074 (*Antarik Shrot Bata Sanchalit Snatakottar Karyakramharuko Sanchalan Karyabidhi-2074*). The total community-based work during the coursework will be 200 hours, including community work and preparation.

### **Practicum**

Students will complete a practicum as part of their evaluation. During the practicum, students will role-play, observe professional counselors practicing counseling, and learn how to document counseling sessions. The total practicum hours will be 100. This can include in-person and phone intake, role play, assessment, report preparation, etc.



## **Supervised Internship**

Students will go for an internship in close contact with a supervisor as part of their evaluation. During the internship, students will learn to carry out sessions under the direct supervision of supervisors. Supervision will be mandatory for the internship, and the supervision rate will be at most 10:2 (ten hours of counseling sessions equals two hours of supervision). The ratio of the supervisor to the student will be 10:1, i.e., there will be one supervisor for 10 students. Students will be assessed before they start an internship. Only those who can pass the assessment test can go for an internship. Those who cannot pass the assessment must attend related training and apply again for assessment. The total internship hours will be 500 hours. The internship hours include preparation and direct client contact (client & client-related work). The students must work with clients from diverse cultures and practice in-person and online/telecounseling. The student should sit for supervision at least once a week. Supervisors will supervise students for all of these tasks. Students must report to their supervisors before, during, and after completing specific tasks. Students must maintain a log of individual and group counseling experiences, which supervisors will regularly monitor and should present the report before the final board exam. The supervision can be carried out in person or online. The remuneration of supervision will be according to the self-sustained program regulation.

**Qualification of Internship Supervisors:** Supervisors must have at least a Master's degree in Counseling psychology or a related discipline and must also be practicing counselors.

## **Thesis Work**

Students will learn rigorously during the second and third semesters about research methods and proposal writing. They will obtain training in proposal writing, research methods, and data analysis and defend their proposal by the end of the third semester. Students must submit their



thesis by the end of the fourth semester. All students are encouraged to publish one article in the journal before they do the final thesis defense.

### Professional Development of Students

Professional development programs will be part of the curriculum from the first semester onwards. As part of professional development, students will have personal therapy from professionals in the field and observe the case handling by a trained counselor. The hours of personal counseling will depend upon the needs of the student. In two years, students have to sit for at least 20 sessions of personal therapy from experts recognized by MCP. Such exposure will enhance their mental health and allow reflecting on counseling practice, which will be reflected in student reflection papers. Case conferences and presentations will also be part of students' professional development. Students will also obtain self-care and academic writing training as part of professional development. If any student experiences severe psychological issues that interfere with academic-related work, students will have to take a break until her/his problem is resolved. Students can rejoin in the semester they dropped due to psychological issues.

### Course Distribution of Four Semester

#### First Semester

Paper	Course Code	Course Name	Credit
I	CPSY 501	Theories and Practices in Counseling I	3
II	CPSY 502	Life Span Development	3
III	CPSY 503	Psychosocial Issues and Psychological Disorders	3
IV	CPSY 504	Ethics and Professional Development (Practical)	3
V	CPSY 505	Counseling Communication Skills (Practical)	3
Total Credit			15



**Second Semester**

Paper	Course Code	Course Name	Credit
VI	CPSY 551	Theories and Practices in Counseling II	3
VII	CPSY 552	Research Methodology in Counseling	3
VIII	CPSY 553	Group Based Therapies and Interventions	3
IX	CPSY 554	Assessment in Counseling (Practical)	3
X	CPSY 555	School and Community Based Interventions (Practical)	3
Total			15

**Third Semester**

Paper	Course Code	Course Name	Credit
XI	CPSY 601	Professional Development and Academic Writing (Practical)	3
XII	CPSY 602	Supervised Internship I (Practical)	3
XIII	CPSY 603-1	Career Development and Counseling	3
	CPSY 603-2	Addiction Counseling	
XIV	CPSY 604-1	Counseling with Children and Adolescents (Practical)	3
	CPSY 604-2	Counseling and Psychotherapy with Adults (Practical)	
XV	CPSY 605	Counseling in Multicultural Context (Practical)	3
Total			15

**Fourth Semester**

Paper	Course Code	Course Name	Credit
XVI	CPSY 651	Family and Couple Counseling	3
XVII	CPSY 652	Supervised Internship II (Practical)	3
XVIII	CPSY 653	Disaster, Crisis and Trauma Interventions	3
XIX	CPSY 654-1	Counseling With Chronic Illness and Specific Health Conditions	3
	CPSY 654-2	Project Development and Management	
XX	CPSY 655	Thesis	6
Total			18

