

This Proposal was approved
by the Commission for
Higher Education on
10-6-03
Skabera
AUTHORISED SIGNATURE

DAYSTAR UNIVERSITY

PROPOSED CURRICULUM FOR
THE M.A. IN COUNSELING PSYCHOLOGY

TO BE OFFERED UNDER
THE FACULTY OF SOCIAL SCIENCES

SUBMITTED TO
THE COMMISSION FOR HIGHER EDUCATION
THE REPUBLIC OF KENYA

NAIROBI
APRIL 2003

COMMISSION FOR HIGHER
EDUCATION
DOCUMENTATION CENTRE

03/3974

SUMMARY OF THE PROPOSAL

This proposal provides justification for a graduate programme in Counseling Psychology at Daystar University, objectives of the proposed programme, policies regarding admission, grading, and student assessment, faculty resources needed, and overall programme design. Additionally, syllabi for each course are included, along with classroom resources available at Daystar University. The proposed programme provides for intensive and thorough training, which will prepare graduates to offer mental health services in a wide range of settings in the public and private sector.

PREAMBLE

Graduates from the MA in Counseling Psychology Program will be well grounded in Christian Theology, psychological principles, and an African perspective. They will practice psychology in a variety of work settings. It is expected that graduates will consult to courts, schools, and governmental agencies. Graduates will treat the rich as well as the poor, the mentally ill and the mentally retarded. They will assess the dangerousness and sanity of criminals. They will testify in court, give assistance to police agencies, consult to physicians and surgeons, and will establish employee assistance programs for corporations. Some may serve on missionary/ministerial screening committees. Graduates will treat couples with marital problems, individuals who are suicidal, and those who have been traumatized. It is because people's lives are touched at such a basic and intimate level through the practice of psychology that Daystar University seeks applicants who are well grounded in psychology at the undergraduate level and have the emotional and spiritual maturity to succeed in what is a demanding healing profession.

JUSTIFICATION FOR THE MA. IN COUNSELING PSYCHOLOGY AT DAYSTAR

Counseling people requires more than sincere intentions and humanitarian concern. Human beings are exceedingly complex. To understand and adequately address the psycho-social-spiritual needs of others, counselors need the advanced training found in a graduate programme in counseling psychology. Students need in-depth knowledge of psychological theory and an extensive supervised internship where they can gain practical skills while under the close scrutiny of experienced counselors.

While still insisting on empirical rigor in its methodology, psychology as a field in recent years has become more aware of the place of spirituality in healthy persons. Counselors are recognizing the importance of addressing spiritual issues when counseling people about their problems. Currently there is no accredited M.A. programme in counseling psychology in East Africa, which provides specifically for the integration of psychology and Christianity. While many students express interest in such programmes, the cost of study abroad restricts all but a very few from this type of graduate training.

It would be highly advantageous to Kenya, and indeed all of Africa, to have a graduate programme in psychology from the Christian perspective housed right here in Nairobi. The level of skill and training these graduates would possess would be utilized in diverse ways across society, including hospitals, clinics, schools, churches, refugee camps, residential facilities for children, and universities, to name but a few. The human suffering that could be addressed and alleviated by trained Daystar graduates can hardly be calculated.

The programme would also provide a high level of training in research and problem-solving in human behaviour. Daystar could become one of the leading research institutes in East Africa in regard to mental health, psychopathology, and effective counseling methods.

The field of Christian psychology is now a respected sub field in the discipline. However, much work remains to be done to translate what is of value in Western Christian psychology into a useful format for the African culture. Daystar's efforts to address this cross-cultural concern will be invaluable for the advancement of cross-cultural psychology worldwide.

The proposed M.A. programme in counseling psychology has unique features in addition to its Christian distinctives. All courses integrate theory and practice. They also emphasize cross-cultural/diversity issues and ethical principles.

Therefore, the proposed Daystar programme views integration on a number of levels:

1. psychology and the Christian worldview
2. ethical and multi-cultural concerns throughout the entire curriculum
3. training students to help clients become whole persons: spiritually, emotionally, socially, intellectually, and physically
4. enabling students to grow personally, spiritually, emotionally, socially, intellectually, physically and professionally.

OBJECTIVES

The objectives for the M.A. in Counseling Psychology are:

1. to prepare students academically and professionally to counsel effectively and ethically
2. to provide advanced training in experimental design and data analysis so that students may conduct research in psychology
3. to equip students to be knowledgeable consumers of research literature
4. to provide opportunities for advanced study and practice in counseling methods with clinical populations of interest to the student
5. to promote students' ability to integrate psychology with Christianity and with multi-cultural issues
6. to develop students' ability to think critically about human problems and solutions
7. to instill in students a desire for life-long learning through continued study and through informal academic/professional pursuits.
8. to prepare women and men to assume leadership roles, especially in Africa, with the aim of reducing human suffering and promoting psychological well being.
9. to improve students' ability to communicate clearly both orally and in writing, to professionals and to lay persons about psychological matters.
10. to integrate throughout the course content, discussion, and practical experiences relevant to psychological knowledge, Christian principles and an African perspective.