

AFRICA INTERNATIONAL UNIVERSITY



This Degree Programme Was approved by the Commission for University Education on:  
**14 AUG 2014**  
*[Handwritten Signature]*  
Authorized Signature

PROPOSED CURRICULUM FOR  
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY

Submitted to the Commission for University Education



June 2014.

C1

## 2.0 BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY CURRICULUM

### 2.1 *Title of Programme*

---

The programme herein presented shall be called the Bachelor of Arts in Counselling Psychology (BACP). It is a four-year programme that requires a completion of 132 credit hours spread out in 8 Semesters. Each term runs for fifteen weeks, fourteen of which are dedicated to synchronous engagements between the lecturers and the students. The other one week is dedicated to final sit-in examinations.

The programme is aimed at preparing students to acquire basic counselling skills that are required for enhanced effectiveness in general counselling and in counselling related to other careers including education, the pastorate, human resource management, medicine and for those working in correction centres. The program integrates faith and Christian values that will enable students to learn and use the skills effective counsellors need to survive and succeed in today's marketplace.

### 2.2 *Philosophy of the Programme*

---

The programme is designed to combine Christian liberal arts and professional education. It integrates academic rigour with real-life problem-solving approaches which equip the student with the skills required in productive counseling.

Following the University's educational philosophy, we believe that the liberal arts provide the foundation of undergraduate education that is critical for professional effectiveness in the various disciplines. The professional component of the programme (courses in Psychology and Counselling) provides the critical foundation required to apply counseling skills and concepts and allows the student to integrate life, learning and faith with daily professional practices within a Judeo-Christian perspective and responsible counselling practice.

The educational philosophy of the program is played out in the teaching techniques adopted in the programme. The focus of the programme is on learning where the teacher and the students create a holistic learning environment that maximizes the potential of each student. For every course, irrespective of the content, we strive to create a learning environment where students are motivated to participate as members of a learning community. We seek to attain the objectives of the courses in the programme (depending on the nature of the course) with a multidisciplinary approach to class participation, projects, problem-based learning, assignments, quizzes and exams. We explore case-study of issues that are relevant to the Kenyan context within a global perspective.

### 2.3 *Rationale of the Programme*

---

Kenya has established an ambitious plan enroached in Vision 2030. The plan will of necessity create a dynamic and multifaceted society to the point that no one discipline or area of study can get one into a particular job. Kenya, as is the world, is changing very fast to the extent that jobs that exist today, simply might not be there tomorrow and



today. In all this fluidity, the only constant is people. Therefore those who have a better understanding of how people think, interact, respond, grow and develop will always be of value. Such people will help teach, manage and help the workforce to realize their full potential as they maximize production.

In view of this, the programme is designed to provide counseling and communication skills that people can use in establishing a counseling career or in their existing roles and to provide the competencies needed to support people through difficult times. The programme is thus suitable for those working in Human Resource-Management, General Management or for those seeking career in Child and Family Support Units; Not-for-Profit Community Organizations; Government Agencies; Community Health Centres; Outreach Services; Refugee Support Services; Women Health Centres; etc.

#### 2.4 Goals of the programme

This programme is designed for those who wish to develop counselling and communication skills that they can use in their existing roles or want to have a level entry competency in the profession. The programme goals are:

- i. Develop the individual's capacity to work right across the broad spectrum of the professions
- ii. Develop a framework for understanding the emotional, social, psychological, and behavioural issues frequently addressed by practitioners in the profession
- iii. Build psychology and counselling competencies that are applicable and useful at the regular workplace
- iv. Enable familiarity with the professional roles and functions of the contemporary counsellor along with current legal and ethical issues
- v. Provide entry level competences into the professional field of counselling psychology and in preparation for life-long learning in the area
- vi. Encourage both spiritual and personal growth throughout the programme

#### 2.5 Learning outcomes of the programme

Upon successful completion of the prescribed course of study for Bachelor of Arts in Counselling Psychology, the graduate will have acquired knowledge, skills and abilities to be able to:

- i. Demonstrate oral and written communication skills
- ii. Use counselling psychology theories and principles in real life practice
- iii. Exhibit ethical and strategic leadership and social responsibility in counselling and related practices
- iv. Apply critical and creative thinking skills in providing counselling support to

- v. Demonstrate career readiness in handling real-life issues that the counsellor deals with in practice

## **2.6 Modes of Delivery**

---

The programme adopts a synchronous mode of delivery where the lecturer and the students are expected to be physically present together in a defined location at a specific time. Students will have access to local and visiting lecturers and to the library resources. There will be a combination of lectures, seminars, presentations, tutorials and case studies. Resources and materials provided for students will include lecture notes and references for further reading in books, professional journals, publications, articles and websites. Students will also be given additional work to complete outside of scheduled classes. For each hour of scheduled classes, the student is expected to put in two hours of preparation time.

The programme is delivered in course units (one course is referred to as a unit) with a total of 44 courses with 132 credit hours. Classes are usually held at AIU's main campus in Kafeni on week days and on extension sites as required. Each course is designed for a three hour face-to-face time with the lecturer per week for fourteen weeks.

## **2.7 Academic Regulations for the Programme**

---

### **2.7.1 Admission Requirements**

A candidate must satisfy any of the following minimum requirements before admission into the programme:

Either

1. Be a holder of KCSE (or equivalent examination) certificate with a minimum aggregate of C+  
or
2. Be a holder of KACE certificate with a minimum of two principal passes,  
or
3. Be a holder of a recognized Diploma in the field of Counselling Psychology from an institution recognized by the university senate in liaison with CUE.