

Non-Major Modification Program Changes

1. **Program:** Psychology
 2. **Degree Designation:** N/A
 3. **Type of Modification:** Changes to 'Counselling & Mental Health' Certificate requirements
 4. **Effective Date:** September 2024
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5. **State what the changes are:**

(1) At present, PSYC 4063 3.00: Essential Processes in Counselling and Psychotherapy is a required course for the C&MH Certificate. We would like to make it one of several 4th year options counting toward the six, 4th year course credits required for the certificate.

(2) Add four 3rd year course credits required for the certificate.

6. **Provide the rationale for the proposed changes that is rooted in the program learning outcomes.** By making PSYC 4063 3.00 optional, we will be creating room to incorporate into the C&MH Certificate a requirement that all recipients of the Certificate have taken at least one course along the theme of 'Attachment and Interpersonal Relationships.' This cluster of courses will include:

PSYC 3640 3.00: Psychology of Intimate Relationships
PSYC 3630 3.00 : Psychology of the Family
PSYC 3560 3.00: Psychology of Death and Dying
PSYC 3670 3.00: Psychology of Sexual Orientation

Such topics are highly relevant to the field of mental health and will equip students with more nuanced knowledge about family, interpersonal relationship, and/or death and grief processes that are fundamental to clinical mental health practice. This change supports the following Certificate Learning Outcomes:

- 1) Describe how psychological wellness impacts development across the lifespan;
- 2) Critically evaluate clinical psychology research with the aim of examining and evaluating psychological interventions and methods/modes of delivery (e.g., telepsychology);
- 3) Develop foundational clinical skills

Associated Program Learning Outcomes that would be supported by the proposed change are highlighted in the chart below in red.

7. **Provide an updated mapping of the program requirements to the program learning outcomes to illustrate how the proposed requirements will support the achievement of program learning objectives.**

Degree Level Expectation	Relevant Program Learning Outcomes	Certificate Learning Outcomes
Depth and Breadth of Knowledge	<p>C. Demonstrate broad knowledge of psycho/social determinants of behaviour</p> <p>D. Demonstrate broad knowledge of cognitive/biological determinants of behaviour</p> <p>F. Demonstrate in-depth knowledge in at least 2 sub-disciplines</p> <p>G. Critically evaluate, synthesize and resolve conflicting results</p>	<p>1. Describe how psychological wellness impacts development across the lifespan</p> <p>2. Identify common mental health disorders, and the associated interventions designed for these disorders.</p> <p>3. Identify the impact of systems of oppression (e.g., racism, socioeconomic status, homophobia) upon psychological well-being, and explain psychological interventions and delivery models (e.g., telepsychology) designed to mitigate the impact of these systems.</p>
Knowledge of Methodologies	<p>E. Demonstrate understanding of various research designs</p>	<p>5. Critically evaluate clinical psychology research in support of understanding and evaluating psychological interventions and methods of delivery (e.g., telepsychology).</p>
Application of Knowledge	<p>B. Understand and interpret psychological information in everyday life</p> <p>C. Articulate trends in sub-disciplines of psychology</p> <p>D. Locate research articles and show critical thinking about research findings</p>	<p>4. Critically examine the ethics of psychological classification and intervention</p> <p>5. Critically evaluate clinical psychology research in support of understanding and evaluating psychological interventions and methods of delivery (e.g., telepsychology).</p> <p>6. Describe how and why psychotherapy and counselling are regulated activities</p> <p>7. Develop capacity for professional and personal awareness and insight toward effective use of self in the change process</p> <p>8. Develop foundational clinical skills.</p>
Communication Skills	<p>A. Use traditional and electronic sources to locate psychological findings</p> <p>B. Demonstrate knowledge of the basics of scientific writing.</p> <p>C. Demonstrate knowledge of the basics of referencing using APA style.</p> <p>D. Express psychological knowledge in written form in more than 1 sub-discipline.</p> <p>E. Demonstrate effective written communication</p> <p>F. Demonstrate the ability to think critically about written communication</p> <p>G. Engage in evidence-based dialogue with course director and peers</p> <p>H. Demonstrate knowledge of variety of ways to express psychological findings in everyday life</p>	<p>5. Critically evaluate clinical psychology research in support of understanding and evaluating psychological interventions and methods of delivery (e.g., telepsychology).</p> <p>8. Develop foundational clinical skills.</p>
Awareness of Limits of Knowledge	<p>A. Define causes of human behaviour from different perspectives.</p> <p>D. Critically identify myths or stereotypes in common discourse</p> <p>E. Recognize limits of conclusions based on inferential statistics</p>	<p>3. Identify the impact of systems of oppression (e.g., racism, socioeconomic status, homophobia) upon psychological well-being, and to learn about psychological interventions and delivery models (e.g., telepsychology) designed to mitigate the impact of these systems.</p>

		<p>5. Critically evaluate clinical psychology research in support of understanding and evaluating psychological interventions and methods of delivery (e.g., telepsychology).</p> <p>6. Describe how and why psychotherapy and counselling are regulated activities</p>
Autonomy and Professional Capacity	<p>A. Understand ethical principles in the CPA code of ethics</p> <p>B. Demonstrate ability to relate information in psychology to own and others' life experiences</p> <p>C. Demonstrate an ability to work with others</p> <p>D. Demonstrate an understanding of professionalism in psychology</p>	<p>4. Critically examine the ethics of psychological classification and intervention.</p> <p>6. Describe how and why psychotherapy and counselling are regulated activities</p> <p>7. Develop the capacity for professional awareness and insight: that is, monitoring one's knowledge, competency, and effective use of self in psychological interventions.</p>

8. If relevant, summarize the consultation undertaken with relevant academic units, including commentary on the impact of the proposed changes on other programs. Provide individual statements from the relevant program(s) confirming consultation and their support. **NA**
9. **Describe any resource implications and how they are being addressed (e.g., through a reallocation of existing resources). If new/additional resources are required, provide a statement from the relevant Dean(s)/Principal confirming resources will be in place to implement the changes.** One of the advantages of this change is that it will enable us to concentrate our limited clinical faculty and instructor resources on ensuring the two foundational clinical courses PSYC 4061 3.00 and PSYC 4062 3.00 (or PSYC 4060 6.00) are as well-resourced as possible. If we were to retain PSYC 4063 3.00 as an additional required course, it would have made fulfilling the demand for the other two courses much more difficult. Moreover, the three courses comprising the 'Attachment and Interpersonal Relationships' cluster are large-sized courses consistently taught by full time faculty members. Therefore any stress on resourcing those courses will be limited.
10. **Provide a summary of how students currently enrolled in the program will be accommodated.** NA - The certificate has not yet begun.
11. **Provide as an appendix a side-by-side comparison of the existing and proposed program requirements as they will appear in the Undergraduate or Graduate Calendar.** Note deleted original content is indicated with a 'strike through' on the left, and new/revised content is indicated with yellow highlight on the right.

Please also note that this Certificate has always entailed 30 credits. However, in the original proposal, the term 'required courses' was interpreted to mean the specific courses that must be taken (i.e., students may not choose among a few options), then an additional 6 credits that were 'required' but to be selected from a few 4000 level course options (i.e., students can choose among a few options) – ultimately totaling 30 credits.

The Calendar Copy revision outlined below simply states at the top that there are 30 credits required to complete the C&MH Certificate – and then outlines the course clusters that students can 'choose' from.

Appendix

Side-by-side comparison of the existing and proposed program requirements as they will appear in the Undergraduate Calendar

<p>Program: Counselling and Mental Health Certificate Degree Program: Other: Certificate Effective Date: Fall 2024</p>	
<p>Please note that only those fields applicable to the relevant program need to be completed.</p>	
<p>Current Calendar Copy (Strikethrough items to be removed)</p>	<p>New Calendar Copy (Underline items to be added in revisions to existing programs)</p>
<p>Certificate Requirements – Required Credits: <u>30</u></p> <ul style="list-style-type: none"> • Complete all of the following <ul style="list-style-type: none"> Required courses (24 credits): <ul style="list-style-type: none"> ○ Complete all of the following <ul style="list-style-type: none"> ▪ Passed the following: <ul style="list-style-type: none"> ▪ HH/PSYC2130 - Personality (3.00) ▪ HH/PSYC2110 - Developmental Psychology (3.00) ▪ HH/PSYC2140 - Clinical Psychology for the 21st Century (3.00) ▪ HH/PSYC3140 - Psychological Health, Distress, & Impairment (3.00) ▪ HH/PSYC3350 - Cultural Psychology (3.00) ▪ Complete 1 of the following <ul style="list-style-type: none"> ▪ Passed the following: <ul style="list-style-type: none"> ▪ HH/PSYC4060 - Counselling Psychology (6.00) ▪ Complete all of the following <ul style="list-style-type: none"> ▪ Passed the following: <ul style="list-style-type: none"> ▪ HH/PSYC4061 - Theoretical Approaches to Counselling and Psychotherapy (3.00) ▪ Passed the following: <ul style="list-style-type: none"> ▪ HH/PSYC4062 - Skills and Techniques in Counselling and Psychotherapy (3.00) <p>• Note: HH/PSYC 4061 3.00 (Theoretical Approaches to Counselling & Psychotherapy) AND HH/PSYC 4062 3.00 (Skills and Techniques in</p> 	<p>Certificate Requirements – Required Credits: <u>30</u></p> <ul style="list-style-type: none"> • Complete all of the following <ul style="list-style-type: none"> Required courses (30 credits): <ul style="list-style-type: none"> ○ Complete all of the following <ul style="list-style-type: none"> ▪ Passed the following: <ul style="list-style-type: none"> ▪ HH/PSYC2130 - Personality (3.00) ▪ HH/PSYC2110 - Developmental Psychology (3.00) ▪ HH/PSYC2140 - Clinical Psychology for the 21st Century (3.00) ▪ HH/PSYC3140 - Psychological Health, Distress, & Impairment (3.00) ▪ HH/PSYC3350 - Cultural Psychology (3.00) ○ Complete 1 of the following <ul style="list-style-type: none"> ▪ Passed the following: <ul style="list-style-type: none"> ▪ HH/PSYC4060 - Counselling Psychology (6.00) ▪ Passed the following: <ul style="list-style-type: none"> ▪ HH/PSYC4061 - Theoretical Approaches to Counselling and Psychotherapy (3.00) ▪ HH/PSYC4062 - Skills and Techniques in Counselling and Psychotherapy (3.00) <p>Complete 3 credits from the following options are required:</p> <ul style="list-style-type: none"> • <u>Earned at least 3 credits from the following:</u> <ul style="list-style-type: none"> ▪ HH/PSYC3640 - Psychology of Intimate Relationships (3.00) ▪ HH/PSYC3630 - The Psychology of the Family (3.00)

~~Counselling & Psychotherapy) taken together would count as a CCE for HH/PSYC 4060 6.00:~~

- ~~• Passed the following:
 - ~~• HH/PSYC4063 - Essential Processes in Counselling and Psychotherapy (3.00)~~~~

In addition, 6 credits from the following options are required:

- Earned at least 6 credits from the following:
 - [HH/PSYC4030](#) - Behaviour Modification and Behaviour Therapy (6.00)
 - [HH/PSYC4460](#) - Atypical Development (6.00)
 - [HH/PSYC4145](#) - Addiction Etiology and Treatment (3.00)
 - [HH/PSYC4590](#) - Psychology of Trauma: Theory, Research & Applications (3.00)
- Note: ~~at least 12 credits of disciplinary courses that satisfy certificate requirements must be in addition to those used to satisfy requirements of an undergraduate major. These credits include: HH/PSYC 2140 3.00 and HH/PSYC 4060 6.00 (or HH/PSYC 4061 3.00 and HH/PSYC 4062 3.00) and HH/PSYC 4063 3.00.~~

- [HH/PSYC3560 - Psychology of Death and Dying \(3.00\)](#)
- [HH/PSYC3670 - Psychology of Sexual Orientation \(3.00\)](#)

Complete 6 credits from the following options are required:

- Earned at least 6 credits from the following:
 - [HH/PSYC4030](#) - Behaviour Modification and Behaviour Therapy (6.00)
 - [HH/PSYC4063 - Essential Processes in Counselling and Psychotherapy \(3.00\)](#)
 - [HH/PSYC4460](#) - Atypical Development (6.00)
 - [HH/PSYC4145](#) - Addiction Etiology and Treatment (3.00)
 - [HH/PSYC4590](#) - Psychology of Trauma: Theory, Research & Applications (3.00)
- Note: [Students must complete at least 60 psychology credits to graduate with both the C&MH Certificate and an Honours Psychology Degree.](#)

Grand Total Credit Count

Grand Total Credit Count - 30