



2022

Graduate Programmes

**S R NATHAN SCHOOL OF
HUMAN DEVELOPMENT**

MASTER OF COUNSELLING



LEADING THE WAY IN PERSONAL WELLBEING

Programme Overview

The counselling field has grown in tandem with changes in our society as we respond to the challenges of Singapore's economic growth and development. The Singapore University of Social Sciences (SUSS) launched its Bachelor of Counselling programme in 2007, the first of its kind offered by a local university.

Since then, there has been a clarion call for more advanced training, at the master's level. To fulfil the aspirations for further specialised education in counselling and to stay relevant and robust in the field, SUSS offers the Master of Counselling (MCOU) programme since 2010.



Unique Features of the Programme

- Emphasises a balance of skills-based/practice orientation and academic rigour while allowing specialisation in different areas of counselling and training in supervisory skills to enable our graduates to take on leadership roles or become domain experts
- Offers flexibility in entry and exit points to suit different academic needs — pre-requisite courses will help those without prior counselling training to be initiated into the programme
- Recognised and accredited by the Singapore Association for Counselling (SAC)

Whom is this for?

This programme is for professionals who aspire to enhance their counselling competencies with a balance of academic rigour and skills-based practice. Specialisation in different areas of counselling and training in supervisory skills are encouraged to empower graduates to take on leadership roles and become domain experts.

Career Prospects

Graduates from the Master of Counselling programme who complete 600 hours of supervised practice can apply for membership with the Singapore Association of Counselling (SAC) as registered counsellors and look forward to career opportunities in Family Service Centres, Social Service Agencies, hospitals, schools and private clinics, helping families and children with behavioural and/or developmental issues.

Programme Structure

Students without prior training in counselling are required to complete pre-requisite courses (PRCOU) to prepare them for the intensive MCOU curriculum. In addition, there will be a supervised practicum of 180 hours, a requirement for PRCOU students that equips them with practical counselling experience. The practicum may be completed during the course of the MCOU programme.

The MCOU curriculum consists of twelve courses of study. Of the twelve courses, six are compulsory core courses, the other six are elective courses. The six electives are chosen from a cluster of courses to provide for both breadth and depth in their professional training. However, a student may choose to complete an applied research project together with a research-related elective course in lieu of two electives, subject to the approval of the MCOU Head of Programme.

To graduate with the Master in Counselling, students are required to complete a total of 60 credit units (cu) and obtain a minimum cumulative grade point average (CGPA) of 3.0. All courses are 5 cu unless stated otherwise.

Applicants without a
Counselling degree



Pre-requisite Courses (PRCOU)

- Psychosocial Development through the Life Span
- Fundamentals of Counselling
- Laboratory on Basic Counselling Skills (32 hours)
- Supervised Practicum (180 contact hours)(10 cu)¹



Applicants with a recognised
Counselling degree



Professional Studies (Total 15 cu)

- Clinical Assessment in Counselling
- Ethics and Skills in Multicultural Counselling
- Couple and Family Therapy



Applicants with
BCOU (Hons) degree



Advanced Studies (Total 15 cu)

- Integrative Approaches to Counselling
- Behaviour Therapy
- Research and Evaluation in Counselling



Graduate Diploma in Counselling²



Electives Courses (Choose 30 cu)³

- Psychotherapy with Children and Adolescents
- Gerontological Counselling
- Theories and Practice in Addiction Counselling
- Crisis Intervention
- Psychological Disorders and Intervention Strategies
- Theories and Techniques in Career Counselling
- Theory and Practice of Group Counselling
- Clinical Supervision in Counselling & Systemic Therapy
- Qualitative Research Methods and Analysis⁴
- Statistics and Data Analysis⁴
- Applied Research Project in Counselling (10 cu)⁴



Master of Counselling⁵

Explanatory Notes:

¹ Supervised Practicum is compulsory for all PRCOU students bridging over to the Master of Counselling programme.

² Need a min. CGPA of 2.5 to be awarded Graduate Diploma in Counselling; need a min. CGPA of 3.0 to proceed to Master of Counselling.

³ Students can choose to take up to 10 cu of Graduate Unrestricted Electives in lieu of elective courses.

⁴ The Applied Research Project in Counselling must be taken with EITHER Statistics and Data Analysis OR Qualitative Research Methods and Analysis.

⁵ Need a min. CGPA of 3.0 to be awarded Master of Counselling.



MASTER OF COUNSELLING

SPECIALISING IN COUPLE AND FAMILY THERAPY

Programme Overview

Relational problems are rising among couples, children and their families in Singapore. These problems are often presented at Family Service Centres, Child Guidance Clinics, and Psychological Medicine Departments in hospitals. Given the increasing clinical demands for trained counsellors in this area, the specialisation track in Couple and Family Therapy (CFT) will be offered within the existing Master of Counselling programme.

The Master of Counselling-CFT programme will focus on achieving a higher quality of training and clinical competency of its therapists.

Unique Features of CFT Specialisation Track

- Emphasises on the robust and systematic training of students to be clinically competent therapists. Students will develop clinical values, skills and knowledge that are grounded in evidence-based practices
- Equips graduates with clinical skills that will effectively address, manage and treat relationship problems in couples, as well as parent-child issues, arising from childhood developmental problems
- It is the first and only programme in Singapore to systematically train competent CFT therapists at a tertiary institution for the mental health sectors

Whom is this for?

- Professionals who are seeking to enhance their career in counselling work
- Individuals interested to specialise in clinical work with couples, children and their families

Career Prospects

Graduates can look forward to career opportunities in Family Service Centres, Social Service Agencies, hospitals, schools and private clinics, helping families and children with behavioural and/or developmental issues.

Programme Structure

Students without prior training in counselling are required to complete pre-requisite courses (PRCOU) to prepare them for the intensive MCOU curriculum. In addition, there will be a supervised practicum of 180 hours, a requirement for PRCOU students that equips them with practical counselling experience. The practicum may be completed during the course of the MCOU programme.

To graduate with the Master in Counselling Specialising in CFT, students are required to complete a total of 60 credit units (cu) of counselling and CFT courses and obtain a minimum CGPA of 3.0. All courses are 5 cu unless stated otherwise.

Applicants without a
Counselling degree



Pre-requisite Courses (PRCOU)

- Psychosocial Development through the Life Span
- Fundamentals of Counselling
- Laboratory on Basic Counselling Skills (32 hours)
- Supervised Practicum (180 contact hours)(10 cu)¹



Applicants with a recognised
Counselling degree



Professional Studies (Total 15 cu)

- Clinical Assessment in Counselling
- Ethics and Skills in Multicultural Counselling
- Couple and Family Therapy



Advanced Studies (Total 15 cu)

- Integrative Approaches to Counselling
- Behaviour Therapy
- Research and Evaluation in Counselling



Graduate Diploma in Counselling²



Core Courses for CFT (Total 20 cu)

- Advanced Couple and Family Therapy
- Emotion-Focused Therapy for Couples
 - Minuchin Family Therapy
- CFT Supervision for Practice



Elective Courses (Choose 10 cu)

- Narrative Therapy
- Medical Family Therapy
- Gottman Couples Theory
- Sexual Issues in Couple Therapy
- Integrative Systemic Therapy
- Clinical Supervision in Counselling & Systemic Therapy
- Special Topics in Systemic Therapy: Person-of-the-Therapist (POTT)



Master of Counselling Specialising in Couple and Family Therapy³

Explanatory Notes:

¹ Supervised Practicum is compulsory for all PRCOU students bridging over to the Master in Counselling programme.

² Need a min. CGPA of 2.5 to be awarded Graduate Diploma in Counselling; need a min. CGPA of 3.0 to proceed to Master of Counselling Specialising in Couple and Family Therapy.

³ Need a min. CGPA of 3.0 to be awarded Master of Counselling Specialising in Couple and Family Therapy.

ADMINISTRATIVE DETAILS

Admission Criteria

Applicants must possess an undergraduate degree or an equivalent qualification from a recognised institution.

For SUSS graduate programmes that are conducted in the English Language, you must meet the English Language Proficiency Requirement (ELPR)* **if** your undergraduate degree is not awarded by an English-medium university, **or** your undergraduate degree is awarded by an English-medium university but the language of instruction was not English.

**at least an IELTS (Academic) score of 6.5, or a TOEFL score of 580 (paper-based) or 85 (internet-based), or a PTE Academic score of 58, or C1 Advanced score of 180 [score must be obtained within the last 2 years at point of application].*

Applicants with an undergraduate degree that was conducted in English but awarded by a non-English medium university must produce an official letter from the university to certify as such in order to seek waiver of the ELPR requirement.

For Couple and Family Therapy specialisation track, applicants should have good individual counselling skills, with at least one year of working experience with couples and families.

Shortlisted applicants will be required to undergo one or more interviews and/or take such written admission or other evaluation tests as may be prescribed by SUSS from time to time.

All applications are considered individually on merit, and the offer of admission is dependent on the number of places available in individual programmes. Admission is solely at the discretion of SUSS and the decision is final and binding. SUSS reserves the right to refuse admission and is not obliged to offer an explanation for the non-admission of unsuccessful candidates.

Tuition Fees

The amount of course fees you pay in each semester depends on the number of courses you take in that semester. The course fees cover all study materials, classes, tutor supervision, assignments and examinations. They do not include fees for textbooks and other additional items specified by SUSS from time to time.

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🌐 Singapore University of Social Sciences

Information is correct at time of print (May 2021)



MCOU