

Struktur Program

I) Ijazah Sarjana Sains Sosial (Psikologi Kaunseling)

Program ini mengkhusus kepada Psikologi Kaunseling. Struktur kurikulum dan senarai kandungan kursus bagi program ini adalah seperti berikut:

Kursus Wajib (30 unit)

Kod	Nama Kursus
SKPP6013	Kaedah Penyelidikan Terapan dan Teknik Kuantitatif
SKPP6023	Ujian, Pengukuran dan Penilaian Psikologi
SKPP6033	Penaksiran Individu
SKPK6013	Teori Kaunseling dan Psikoterapi
SKPK6023	Teknik Kaunseling
SKPK6033	Perundingan Dalam Kaunseling
SKPK6043	Kaunseling Kelompok
SKPK6053	Isu, Etika dan Perundangan Dalam Kaunseling
SKPK6063	Kaunseling Budaya
SKPK6073	Kaunseling Kerjaya dan Perkembangan Personel

Kursus Elektif (6 unit)

(Pilih 2 sahaja)

Kod	Nama Kursus
SKPK6083	Prinsip dan Praktis Kaunseling Pemulihan
SKPK6093	Prinsip dan Praktis Kaunseling Organisasi
SKPK6103	Prinsip dan Praktis Kaunseling Komuniti
SKPK6113	Kaunseling Perkahwinan dan Keluarga

Projek Sarjana (9 unit)

Kod	Nama Kursus
SKPK6149	Praktikum: Psikologi Kaunseling

Jumlah Keseluruhan: 45 unit*

* Jumlah jam kredit diperlukan untuk memenuhi Akta Lembaga Kaunselor Malaysia

Sinopsis Kursus/Course Synopsis

- **Kursus Wajib/Compulsory Courses**

SKPP6013 Kaedah Penyelidikan Terapan dan Teknik Kuantitatif

Kursus ini ditumpukan kepada dua aspek penyelidikan kaedah-kaedah kajian dan analisis data kajian. Tumpuan diberi kepada kaedah-kaedah kajian bersifat terapan bagi membantu pelajar menjalankan kajian berkaitan dengan pengkhususan profesional mereka. Antara kaedah-kaedah kajian yang dibincangkan ialah pemerhatian, tinjau selidik, quasi eksperimen, eksperimen satu kes, kajian kes dan analisis kandungan. Perbincangan difokuskan kepada kegunaan kaedah-kaedah ini dalam situasi seperti penilaian program, penilaian keberkesanan kaunseling, pemerhatian kanak-kanak dan kajian kes. Untuk menganalisis data, pelajar diperlengkapkan dengan topik-topik seperti ralat dalam membuat keputusan, aras keyakinan dan kaitannya dengan kebarangkalian, lengkok normal daripada taburan min dan hubungannya dengan penolakan hipotesis, taburan t dan hubungannya dengan taburan F , jenis-jenis korelasi, regrasi linear dan berganda, analisis varians dan analisis kovarians.

SKPP6013 Applied Research Methods and Quantitative Techniques

This course deals with two main areas research methods and data analysis. Emphasis is on applied research so as to enable students to conduct research related to their professional specialization. Of the research methods discussed are observation, survey, experimental and quasi-experimental methods, case studies and content analysis. The focus would be on the application of these methods for program evaluation, evaluating counseling effectiveness, observation of children and case studies. As for data analysis, students will be introduced to errors, level of confidence and probability, normal curve, t distribution and f distribution, correlations, linear and multiple regression, analysis of variance and covariance.

Bacaan Asas/Basic Readings

- Charles Stangor, 1998. *Research methods for the behavioural sciences*. Houghton, Mifflin Co., Boston: New York
- Donal H. McBurny, 2001. *Research methods in psychology*. (Ed. ke-5), Wadsworth/Thomson Learning.
- Grim, L. G. 1993. *Statistical Application for the Behavioural Sciences*. New Jersey: John Wiley & Sons.
- Shaughnessy, Eugene, Zechmeister & Zechmeister. 1989. *Research methods in psychology*. Mc-Graw-Hill Higher Education
- Winner, B.J. 1982. *Statistical principles in experimental design*. N.Y: McGraw-Hill.

SKPP6023 Ujian, Pengukuran dan Penilaian Psikologi

Kursus ini membincang asas-asas ujian dan pengukuran: contoh-contoh ujian dan isu dan masalah pengujian dalam konteks Malaysia. Asas-asas ujian dan pengukuran yang akan dibincangkan termasuk pembinaan ujian, analisis item, reliabiliti, validiti dan penentuan norma. Contoh-contoh ujian ialah ujian-ujian dalam bidang-bidang tertentu seperti kebolehan, minat dan personaliti. Kursus ini juga akan membincangkan isu, masalah dan etika dalam pengujian di Malaysia.

SKPP6023 Tests, Measurement and Psychological Assessment

This course covers the fundamentals of testing and measurement, the range of tests, issues and problems of testing in the Malaysian context. Topics covered include test construction, item analysis, reliability, validity and norm. Examples of tests are from areas such as intelligence, interest and personality.

Bacaan Asas/Basic Readings

- Aiken, I.R. 1997. *Psychological testing and assessment*. (Ed. ke-9) Massachusetts: Allyn and Bacon.
- Anastasia, A. & Urbina, S. 1999. *Psychological Testing*. 8th. Ed. New Jersey: Prentice-Hall, Inc.
- Cohen, R.J., Swerdik, M.E., & Smith, D.K. 1999. *Psychological testing and assessment*. Mayfield Publishing Co. Mountain View: California.
- Kaplan, R.M. & Saccuzzo, D.P. 2001. *Psychological testing principles, application and issues*. (Ed. ke-5) . California: Books/Cole.
- Murphy, K.R. & Davidshofer, C.O. 2000. *Psychological Testing.: Principles and Applications*. (Ed. ke-5). New Jersey: Prentice-Hall, Inc.

SKPP6033 Penaksiran Individu

Tujuan kursus ini ialah untuk melatih pelajar menggunakan ujian-ujian kebolehan mental, kecerdasan, atitud, personaliti termasuk ujian projekatif dan ujian-ujian perkembangan seperti kelahiran dan penaksiran prasekolah. Pelajar diberi latihan dalam aspek-aspek pentadbiran ujian, pemarkatan dan interpretasi beberapa alat ujian dalam pelbagai latar yang bersesuaian dengan pengkhususan mereka seperti penaksiran klinikal/kaunseling, penaksiran industri dan organisasi, penaksiran tentera, penaksiran orang kurang upaya dan penaksiran dalam latar pendidikan. Kursus ini bersifat praktikal dan dilaksanakan secara makmal dan klinikal termasuk penggunaan ujian berbantuan komputer.

SKPP6033 Individual assessment

Students are trained to use a range of tests: tests for intelligence, attitude, personality including projective tests and developmental tests like skills and preschool assessment. Also covered are test administration, scoring, and the use of different test instruments in different settings like clinical/counseling assessment, industrial and organisational assessment, military assessment, educational assessment

and assessment of the handicapped. The course has a practical dimension and is carried out in the lab and clinical environment with the use of computer-aided tests.

Bacaan Asas/Basic Readings

- Gregory, R.J. 1992. *Psychological testing*. Allyn & Bacon.
Janda. H. 1998. *Psychological testing: theory and application*. Allyn and Bacon.
Kaplan, R.M. & Saccuzzo, D. 2000. *Psychological testing*. Brooks/Cole.
Kline, 1993. *Handbook of psychological testing*. Roultedge.
Murphy, K.R. & Daived Shoffer, C.D. 1997. *Psychological testing*. (Ed. ke-4).
Prentice-Hall International, Inc.

SKPK6013 Teori Kaunseling dan Psikoterapi

Kursus ini mengkaji secara terperinci sejarah, rasional, perkembangan dan kajian-kajian yang berkaitan dengan setiap teori yang dibincangkan. Aplikasi teori di dalam praktik kaunseling dan psikoterapi akan dilihat dengan merujuk kepada kes-kes sebenar dan proses kaunseling dan psikoterapi. Melalui perbincangan diharapkan pelajar akan dapat melihat secara jelas perbezaan aplikasi di antara satu pendekatan dengan pendekatan yang lain. Pelajar juga diharapkan akan dapat mengenalpasti pendekatan yang sesuai untuk dipraktikkan oleh mereka setelah tamat pengajian kelak. Antara teori yang akan dikaji ialah teori psikoanalisis, tingkah laku kognitif, tingkah laku, fenomenologikal dan eksistensial.

SKPK6013 Counseling and Psychotherapy Theories

The history, rational, development, researches related to every theory selected will be discussed in detail. The application of each theory in the practice of counseling and psychotherapy will be examined. Through class discussions it is hoped that students will be able to see the difference between one approach from the others. It is also hoped that students will be able to identify an approach that might be suitable in the practice of counseling and psychotherapy. Among the theories that will be studied are: Psychoanalysis; Cognitive behavioural, Behaviour, Phenomenology and Existential.

Bacaan Asas/Basic Readings

- Corey, G. 2001. *Theory and practice of counseling and psychotherapy*. Brooks and Cole.
George, R.L. & Cristiani, T.S. 1996. *Counseling theory and practice*. Allyn and Bacon.
Gilland, B.F. James, R.K. 1997. *Theories and strategies in counseling and psychotherapy*. Allyn and Bacon.
Kottler, J.A. 2002. *Theories of counseling and therapy: an experiential approach*. Allyn and Bacon.

Sharf, R.S. 2000. *Theories of psychotherapy and counseling: concepts and cases*. Brooks and Cole.

SKPK6023 Teknik Kaunseling

Kursus ini dikendalikan untuk melengkapkan pelajar dengan kemahiran dan teknik kaunseling berlandaskan kepada teori kemanusiaan. Kemahiran-kemahiran asas kaunseling saranan Ivey diteliti kembali dengan mengintegrasikan model perkembangan kaunseling Egan sebagai rangka rujuk proses kaunseling. Pada peringkat awal tumpuan teori yang diberikan ialah pendekatan pusatan-insan. Teknik-teknik popular berlandaskan teori-teori tertentu akan diperkenalkan untuk perbincangan dan amalan jika sesuai. Dalam kursus ini pelajar akan menjalani latihan amali di makmal serta menyediakan laporan-laporan latihan ini.

SKPK 6023 Counseling Techniques

This course equips students with the fundamental skills and techniques in counseling based on humanistic theories. The basic counseling skills proposed by Ivey are reviewed and integrated with Egan's model as the framework for the counseling proces. At the early stage, the emphasis is on the client-centered approach. Other popular techniques based on specific theories are also introduced for discussion and practice if suitable. Students undertake practical lab work and are required to write up a report.

Bacaan Asas/Basic Readings

Egan, G. 2002. *The skilled helper: A systematic approach to effective helping*. (Ed. ke-7). Pacific Grove, CA: Brooks/Cole.

Ivey, A.E. 1998. *Intentional interviewing and counseling: Facilitating client development*. (Ed. ke-4). Pacific Grove, CA: Brooks/Cole.

Doyle, R. 1998. *Essential skills and strategies in the helping process*. (Ed. Ke-2). Pacific Grove, CA: Brooks/Cole.

Parsons, R.D. & Wicks, R.J. 1994. *Counseling strategies and intervention techniques for human services*. Needham Heights, MA: Allyn & Bacon.

Young, M.E. 1998. *Learning the art of helping*. Englewood Cliffs. N.J: Prentice-Hall.

SKPK6033 Perundingan Dalam Kaunseling

Kursus ini merupakan urutan kepada kursus teori dan teknik kaunseling (bermakna pelajar diandaikan mempunyai pengetahuan asas teori dan teknik sekurang-kurang yang minimum). Perundingan dalam kaunseling membicarakan peranan dan kemahiran perunding apabila memberi perkhidmatan kepada perunde (konsulte) dan klien dalam seting tertentu. Satu model perunding umum (generic) akan diperkenalkan. Model ini akan menjadi acuan kepada perundingan di komuniti, kesihatan mental, sekolah atau di ruang siber yang akan dilakukan oleh pelajar secara kumpulan. Isu, perundangan, etika dan penilaian program akan dibicarakan di dalam kelas.

SKPK6033 Consultation in Counseling

This is a course that should be taken after having gone through courses in theories and techniques in counseling (it is assumed that students sitting for this course had basic knowledge in theories and techniques in counseling). Consultation in counseling discusses roles and skills in consultation when giving services to the consultee and clients in different settings. A generic model of consultation will also be introduced. This model will be the model used by students when they do group work in consultation work in the community, mental health, schools or in cyber space. Issues, legality, ethics and assesment of programs will also be discussed in class..

Bacaan Asas/Basic Readings

- Brown, D., Pryzwansky, W.B. & Schulte, A.C. 1995. *Psychological consultation: Introduction to theory and practice*. (Ed. ke-3), Boston, MA: Allyn & Bacon.
- Caplan, G., & Caplan, R.B. 1993. *Mental health consultation and collaboration*. San Francisco, CA: Jossey-Bass.
- Doughterty, M. 2000. *Psychological consultation and collaboration in school and community setting*. (Ed. Ke-3). Pacific Grove, CA: Brooks/Cole.
- Kurpius, D.J., & Brown, D. (pnyt.). 1998. *Handbook of consultation: An intervention for advocacy and outreach*. Alexandria, VA: American Association for Counseling and Development.
- Wallace, W., & Hall D. 1996. *Psychological consultation: perspectives and application*. Pacific Grove, CA: Brooks/Cole.

SKPK6043 Kaunseling Kelompok

Kursus ini membicarakan teori-teori kaunseling kelompok seperti psikoanalisis, tingkah laku-kognitif dan fenomenologi. Ia juga mendedahkan pelajar kepada jenis kaunseling kelompok, jenis keahlian dan corak kepimpinan fasilitator. Pelajar-pelajar akan mengalami proses kelompok dari permulaan pembentukan kelompok sehingga pengakhiran kelompok berserta dengan perbincangan terhadap etika dan juga cara-cara penilaian keberkesanan kaunseling kelompok.

SKPK6043 Group Counseling

The objective of this course is to expose students to the major group counseling theories like psychoanalysis, cognitive behavioural and phenomenology. Also covered are the various types of group counseling and facilitators leadership style. Students will be introduced to group counseling from the initial to the final stage. Other topics studied are the ethics as well as the evaluation of the effectiveness of group counseling.

Bacaan Asas/Basic Readings

- Corey, G. 1981. *Theory and practice of groud counseling*. Monterey, CT.: Brooks/ Cole.

- Gazda, G.M. 1989. *Group counseling: a developmental approach*. (Ed. ke-4). Allyn and Bacon.
- Hansen, J.C., Warner R. W. & Smith, E.M. 1980. *Group counseling: theory and process*. (Ed. ke-2). Chicago: Band McNally.
- Rogers, C.R. 1970. *Carl Rogers on encounter group*. N.Y: Harper & Row.
- Wan Abdul Kader Wan Ahmad, 1994. Kaunseling kelompok berstruktur: pengurangan ketidakimbangan sosial. Kuala Lumpur: Dewan Bahasa dan Pustaka.

SKPK6053 Isu, Etika dan Perundangan Dalam Kaunseling

Kursus ini memberi pendedahan mengenai isu-isu penting dan aspek legaliti yang timbul dalam bidang kaunseling. Isu-isu seperti masalah kerahsiaan, hubungan legal kaunselor-klien, komunikasi yang teristimewa, salah laku (malpractice) dan lain-lain akan diteliti. Peranan etika dan nilai dalam kaunseling juga diperjelaskan. Pendedahan yang mendalam akan diberi berdasarkan etika yang dikeluarkan oleh PERKAMA.

SKPK6053 Ethical and Legal Issues in Counseling

Students will be introduced to the major ethical and legal issues in counseling. As for legal aspects, topics include confidentiality, legal aspects of client-counselor relationship, privileged communication and malpractice. In the second component, the role of ethics and values will be discussed with special emphasis on the guidelines issued by PERKAMA.

Bacaan Asas/Basic Readings

- Corey, C. Corey, M.S. & Callanan, P. 1997. *Issues and ethic in the helping profession*. (Ed. ke-2). Monterey, Brooks/Cole.
- Corey, C. Corey, M.S. & Callanan, P. 1979. *Profesional and ethical issues in counseling and psychotherapy*. Monterey, Brooks/Cole.
- Steinman, S.O. 1998. *The ethical decision-making manual for helping professional*. Belmont, CA: Wadsworth.
- Van Hoose, W.H. 1980. *Ethical and legal issues in counseling and psychotherapy*. San Francisco: Jossey-Bass, Publication.
- Welfel, E.R. 1998. *Ethics in counseling and psychotherapy*. Belmont, CA: Wadsworth.

SKPK6063 Kaunseling Pelbagai Budaya

Kursus ini bertujuan memperkenalkan tentang isu dalam kaunseling pelbagai budaya yang memainkan peranan penting dalam profesion kaunseling. Tumpuan akan diberikan kepada perlunya kaunselor memahami sikap dan kepercayaan sendiri, pengetahuan asas tentang pelbagai budaya dan kemahiran kaunseling silang budaya untuk bekerja dengan kelayan dari latar budaya yang berbeza. Isu etika dan perundangan juga turut dibincangkan.

SKPK6063 Multicultural Counseling

The objective of this course is to introduce the main issues in multicultural counseling that are pertinent to the counseling profession. The emphasis is on the counselors need to understand his own attitudes and beliefs, acquire sufficient knowledge of the various cultural groups so as to function effectively when working with clients from different backgrounds. Legal and ethical issues are also examined.

Bacaan Asas/Basic Readings

- Axelson, J.A. 1993. *Counseling and development in a multicultural society*. (Ed. ke-2). Pacific Grove, CA: Brooks/Cole.
- Corey, G., Corey, M. & Callanan, P, 1997. *Issues and ethic in the helping professions*. (Ed. ke-5). Pacific Grove, CA: Brooks/Cole.
- Ivey, A.E., Ivey, M.B. & Simek-Morgan, L. 1993. *Counseling and Psychotherapy: A multicultural perspective*. (Ed. ke-3). Boston: Allyn & Bacon.
- Ponterorro, J.G. Casas J.M., Suzuki, L.A. & Alexander C.M. (Ed.). *Handbook of multicultural counseling*. London: Sage.
- Sue, D.W., & Sue, D. 1991. *Counseling the culturally different: Theory and Practice*. Ed. ke-2, N.Y: John Wiley & Sons.

SKPK6073 Kaunseling Kerjaya dan Perkembangan Personel

Kursus ini meneroka beberapa pendekatan dan teknik kaunseling kerjaya secara individu dan kelompok dalam konteks pendidikan dan organisasi. Isu-isu semasa berkaitan dengan perkembangan personel juga akan dibincangkan seperti perancangan kerjaya di tempat kerja, bagaimana mengenalpasti dan membantu pekerja yang bermasalah, gender dan kaunseling kerjaya serta isu kerjaya. Secara khusus kursus ini memberi penekanan kepada struktur kaunseling kerjaya, perancangan, penempatan, susulan dan penilaian kerjaya, kaunseling kerjaya di dalam organisasi, kaunseling untuk perubahan kerjaya, perkembangan kerjaya wanita dan perhubungan di antara kerjaya, keluarga dan peranan kehidupan. Perbincangan juga tertumpu kepada masalah-masalah di dalam proses perkembangan kerjaya seperti: tekanan kerja, *burn out*, kesedaran, kerjaya, kematangan kerjaya, motivasi kerja, kepuasan kerja dan nilai kerja. Kesan globalisasi kepada perkembangan kerjaya juga akan dibincangkan.

SKPK6073 Career Counseling and Personnel Development

This course reviews various approaches and techniques of career development both individual and group in educational as well as organizational settings. Current issues related to career development: career planning at work, identifying and helping problem workers, gender and career counseling issues will be discussed. Special attention will be given to the structure of career counseling, planning, placement, follow up and career evaluation, counseling for career change, career development for women and the link between career and family life. Discussions will also be focussed on work stress, burnout, career awareness, career maturity, motivation, work satisfaction and work values.

Bacaan Asas/Basic Readings

- Brown, D. & Books, L. 1991. *Career counseling techniques*. Allyn & Bacon.
- Drummond, R.J. & Ryan, C.W. 1995. *Career counseling: A development approach*. Merrit, Prentice-Hall.
- Gysbers, N.C. Heppner, M.J. & Johnson, J.A. 1998. *Career counseling: process, issues & techniques*. Allyn & Bacon.
- Isaacson, J.E. & Brown, D. 1997. *Career information: career counseling and career development*. Allyn & Bacon.
- Rearson, R.C., Lenz, J.G., Sampson, J.P., & Peterson, G.W. 2000. *Career development and planning*. Brooks and Cole.

SKPK6149 Praktikum: Psikologi Kaunseling

Pelajar yang mengikuti program Sarjana Sains Sosial (Psikologi Kaunseling) perlu menjalani satu praktikum memakan masa selama 3 bulan yang akan dijalankan di sekolah-sekolah, maktab-maktab dan institusi pengajian tinggi di Pusat latihan seperti Pusat Serenti, Penjara, Jabatan Agama Islam dan agensi-agensi bukan kerajaan. Hasil daripada praktikum ini pelajar dikehendaki menyediakan satu laporan ringkas diikuti dengan penyampaiannya di Seminar Siswazah Pusat Pengajian. Semasa menjalani praktikum juga, pelajar dikehendaki membuat kertas projek bersesuaian dengan tempat praktikal.

SKPK6149 Practicum: Counseling Psychology

Students are required to undertake this 3-month practicum experience within the community setting, eg.in a school,college or university,prison,drug rehabilitation center,the Religious Department or any non-government organization. As part of the practicum students have to prepare a report which would then be presented at the Postgraduate Seminar.

Bacaan Asas/Basic Readings

- Brian, B. 2002. *The internship, practicum and field placement handbook*. N.J.: Prentice Hall.
- Faiver, C. 2000. *The counselor intern's handbook*. N.Y.: Wadsworth.
- Pedersen, P. 1997. *Culture-centred ethical guidelines for counselors*. Thousand Oaks, C.A: Sage.
- Teyber, E. 1997. *Interpersonal process in psychotherapy*. Pacific Grove: C.A.
- Welfel, E. 1998. *Ethics in counselling and psychotherapy*. Pacific Grove: C.A.

• Kursus Elektif/Elective Courses

SKPK6083 Prinsip dan Praktis Kaunseling Pemulihan

Kursus ini memberi fokus pada penggunaan kaunseling di dalam latar pemulihan secara umum seperti dalam latar penjara, pemulihan juvana, orang cacat fizikal dan mental,

orang tua, pusat pemulihan penagih dadah dan sebagainya. Falsafah, pendekatan kaunseling (individu dan juga kelompok), modaliti, strategi dan teknik kaunseling untuk tiap kumpulan kelayan ini akan dibincangkan. Isu-isu tentang peranan, limitasi kaunselor, dan persoalan etika bagi perawat akan diteliti. Kursus ini akan dijalankan secara teori, praktis, perbincangan kes dan lawatan ke beberapa latar yang berkenaan.

SKPK6083 Principles and Practice of Rehabilitation Counseling

This course provides an overview of rehabilitation counseling in different settings and with different groups – prison, juvenile rehabilitation, mentally and physically disadvantaged, the elderly, drug rehabilitation centers etc. For each target group, the philosophy, counseling approach (individual and group), modality, strategy and technique will be discussed. The role and limitations of the counselor and ethical issues are also covered. Apart from lectures and case discussions, visits to related institutions form an integral part of the course.

Bacaan Asas/Basic Readings

- Britter, J. A. 1979. *Introduction to rehabilitation*. London: Mosby Co.
Fox, V. 1992. *Introduction to corrections*. Englewood Cliffs, N.J.: Prentice Hall, Inc.
Kackney, H. & Cormier, S. 1994. *Counseling strategies and intervention*. Singapore: Allyn and Bacon.
Lester, Reid, K. 1995. *Handbook of alcoholism treatment approaches*. Boston: Allyn and Bacon.
Street, E. 1994. *Counseling for family problems*. Thousand Oaks, C.A. Sage.

SKPK6093 Prinsip dan Praktis Kaunseling Organisasi

Kursus ini memberi fokus pada penggunaan kaunseling dalam latar pekerjaan yang mementingkan produktiviti sebagai matlamat organisasi. Dalam kursus ini akan dibincangkan falsafah kaunseling dalam organisasi, perbezaan, pertalian dan situasi penggunaan pendekatan menolong seperti ‘melatih’ (coaching), penasihat (advising) dan kaunseling dalam organisasi; kategori-kategori masalah dalam organisasi dan cara-cara mendekatinya; persoalan disiplin dan kaunseling; cara-cara mengkaunsel pekerja ‘devian’, kualiti dan pendekatan seorang pengurus dalam kes kaunseling; penggunaan pendekatan kaunseling dalam jualan (counselor selling); isu-isu yang timbul tentang kaunseling dalam organisasi. Pendekatan kursus ialah secara kuliah, kajian kes dan latihan praktis.

SKPK6093 Principles and Practice of Organisational Counseling

The focus of this course is the role of counseling in the work place where productivity is the organizational goal. Topics covered include the philosophy of organisational counseling; the differences, relations and situations in which coaching, advising and counseling are used; categories of problems and the relevant approaches; the question of discipline and counseling; counseling deviant workers; the management’s approach to counseling; sales counseling and related issues of

counseling in organizations. Case studies and practical training form part of the course.

Bacaan Asas/Basic Readings

- Burnard, P. 1992. *Counseling skills for training*. London: Kogan Page.
- Carroll, M. 1996. *Workplace counselling: a systematic approach to employee care*. London: Sage.
- Hess, L.R. & Sperry, L. 1974. *Contact counseling: communication skills for people in organisation*. California: Addison-Wesley.
- Summerfield, J. & Oudtshoorn, L.V. 1995. *Counselling in the workplace*. London: Institute of Personnel and Development.
- Walmsley, H. 1994. *Counseling techniques for managers*. London: Kogan Page.

SKPK6103 Prinsip dan Praktis Kaunseling Komuniti

Kursus ini akan membincangkan model kaunseling komuniti pendidikan pencegahan, pendekatan 'out-reach', pada klien, perga kaunseling komuniti dan implikasinya pada proses kaunseling, kaunselor komuniti dan polisi sosial, 'client-advocacy' dan pengurusan program komuniti.

SKPK6103 Principles and Practice of Community Counseling

The main topics discussed are the community counseling model, preventive education, the out-reach approach to clients, models of community counseling and its implication on the counseling process, the counselor and social policy, client-advocacy and management of community programs.

Bacaan Asas/Basic Readings

- Almond, R. 1974. *The helping community: dynamic of the therapeutic milieu*. N.Y: Aronson.
- Atkinson, D.R. Morten, G. 1993. *Counseling American minorities: a cross-culture perspective*. Dubuque, Brown and Bench Marks.
- Hayes, R.L., & Aubrey, R.F. (Ed.) 1988. *New directions for counseling and human development*. Denver: Love.
- Lewis, A.J. & Lew D.M. 1989. *Community counseling*. California: Brooks and Cole.
- Okun, B.F. 1990. *Effective helping: interviewing and counseling techniques*. CA: Brooks/Cole.

SKPK6113 Kaunseling Perkahwinan dan Keluarga

Kursus ini akan membincangkan konsep asas dan pengenalan kepada keluarga dan kaunseling keluarga. Turut dibincangkan ialah masalah-masalah keluarga. Penekanan juga diberi kepada jenis-jenis Terapi Keluarga. Di samping itu kaunseling perkahwinan menurut perspektif Islam turut dibincangkan. Pendedahan mengenai model-model Psikodinamik, Experiential, Transgenerational turut diberi tumpuan agar penuntut dapat perspektif yang meluas tentang isu keluarga dan perkahwinan.

SKPK6113 Marriage and Family Counseling

This course will discuss basic concepts and an introduction to family and family counseling. Family problems will also be discussed. The emphasis of this course will be on family therapy. Apart from that marriage counseling from the Islamic perspective will also be covered in the course. Models such as psychodynamic, experimental, transgenerational will be introduced so as to give students a wider perspective of family and marriage issues.

Bacaan Asas/Basic Readings

- Becvar & Becvar. 1993. *Family therapy: a systematic integration*. Massachusetts, N.Y: Allyn and Bacon, (Ed. ke-2).
- Brock, G.W. & Barnard, C.P. 1992. *Procedures in marriage and family therapy*. (Ed. ke-2). Massachusetts: Allyn and Bacon.
- Gunasara, Y.S.D. & Gunasara, S.D. 1982. *Psikologi untuk keluarga*. Kuala Lumpur. Dewan Bahasa dan Pustaka.
- Snider, M. 1992. *Process family therapy: an eclectic approach to family therapy*. Massachusetts: Allyn and Bacon.
- Street, E. 1994. *Counseling for family problem*. London: Sage Publication.
- Weinert, F.E. & Schneider, W. 1995. *Memory development and competencies*. (pnyt.). Hillsdale, N.J.: Lawrence Erlbaum Associates.

**STRUKTUR KURIKULUM
PROGRAM PSIKOLOGI KAUNSELING**

KOMPONEN	SEMESTER 1		SEMESTER 2		SEMESTER 3		JUMLAH JAM KREDIT
	MATAPELAJARAN	JAM KREDIT	MATAPELAJARAN	JAM KREDIT	MATAPELAJARAN	JAM KREDIT	
Kursus Wajib	<ul style="list-style-type: none"> • SKPP6013 Kaedah Penyelidikan Terapan dan Teknik Kuantitatif • SKPP6033 Penaksiran Individu • SKPK6033 Perundingan Dalam Kaunseling • SKPK6063 Kaunseling Pelbagai Budaya 	3	<ul style="list-style-type: none"> • SKPP6023 Ujian Pengukuran dan Penilaian Psikologi • SKPK6023 Teknik Kaunseling • SKPK6043 Kaunseling Kelompok • SKPK6053 Isu, Etika dan Perundingan Dalam Kaunseling • SKPK6073 Kaunseling, Kerjaya dan Perkembangan Personal 	3			30
Kursus Elektif*	<ul style="list-style-type: none"> • SKPK6083 Prinsip dan Praktis Kaunseling Pemulihan • SKPK6093 Prinsip dan Praktis Kaunseling Komuniti 	3	<ul style="list-style-type: none"> • SKPK6103 Prinsip dan Kaunseling Organisasi • SKPK6113 Kaunseling Perkahwinan dan Keluarga 	3		6	
Praktikum			<ul style="list-style-type: none"> • SKPK6149 Pratikum Psikologi Kaunseling 			9	
Jumlah Jam Kredit		12		12		36	