



DOCTORAL OF PHILOSOPHY IN COUNSELING

PROGRAM DESCRIPTION & COURSE OUTLINE

PROGRAM DESCRIPTION

A PhD in counseling is a 2-6-year programme that prepares graduates for advanced clinical practice, academic careers, research, and clinical supervision roles, which a master's-level license doesn't fully unlock. The programme provides advanced education and training in clinical practice, leadership and advocacy, research, supervision, and teaching. It is a professional degree having the goal of graduating doctoral-level ethical professionals with expert knowledge and skills in counseling, leadership and advocacy, supervision, counselor education, and conducting and evaluating research relevant to the profession.

The Doctoral Program in Counseling upholds the four core values including knowledge and truth, inclusive community, social justice, and collaborative service. The Program fosters an inclusive academic environment that encourages collaboration, mutual respect, and the exchange of ideas. In keeping with the importance of diversity and multiculturalism in counseling, the program expects students to take on social responsibility. It places great value on the role of social justice in the curriculum and society. The program is also committed to providing services to communities addressing various human, social, economic, and environmental issues.

Program Learning Objectives

At the end of the programme, students will be able to:

- Develop advanced knowledge and application of counseling theories and their respective skills and techniques in counseling relationships with individuals, couples, families, and groups within a variety of practice settings and contexts in a multicultural society.
- Develop advanced appraisal skills in the use of models and methods of clinical assessment and the use of data in treatment planning.
- Demonstrate a counselor professional identity, adhere to ethical counseling practice, and promote social justice, advocacy, and wellness within clinical supervision and counselor education contexts.
- Develop understanding and application of instructional theories and methods relevant to counselor education.
- Develop knowledge of major and emerging theories and practices of counselor supervision.
- Evaluate, design, and conduct counseling research, particularly in the area of marriage, couple, and family counseling.
- Develop knowledge and skills to assume leadership positions in the counseling profession, including academic, clinical, professional counseling organizations, and administrative.

Areas of Specialization within PhD in Counseling Programme

The programme offers specializations that take the degree in a specific direction. Here's what the common ones look like:

- **Mental Health Counseling:** This specialization dives deep into the practical clinical skills that communities expect of a counselor. It includes such areas as advanced therapeutic practice and research skills,

psychopharmacology and the role of drug therapy in counseling, advanced diagnostics and treatment planning, grief counseling, substance abuse counseling, and positive psychotherapy.

- **School Counseling:** These programs build a deep theoretical understanding of the relationships between children, their families, and the education system. The student will develop advanced intervention skills, study human development in children and adolescents, and spend significant time on group counseling methods.
- **Guidance Counseling:** Closely related to school counseling, but typically aimed at college-level advising. The student will cover age-appropriate developmental models, career and vocational counseling, and the academic processes and procedures that define the college experience.
- **Substance Abuse Counseling:** Also called addiction counseling, this specialization prepares students to help patients break the cycle of dependence on drugs and other harmful activities. It covers the same advanced clinical counseling and therapy skills as any counseling PhD, plus specific training in addictive behaviors and evidence-based intervention techniques.
- **Family Counseling:** A specialization in family counseling maintains the strong emphasis on research, education, and supervision that defines the counseling doctorate, applied to the treatment of couples and family groups. It's a complex specialty that rewards the depth that doctoral training provides.
- **Trauma Counseling:** Trauma and crisis work is one of the most demanding areas in the field, and it rewards the research expertise and advanced clinical skills that come with a PhD. The students will go deep into the processes of grief and bereavement, and explore the latest evidence-based healing techniques. This specialization extends into critical incident and crisis management, including advising organizational leaders after disasters and developing community-level public health messaging for populations that have experienced collective trauma.
- **Christian Counseling / Pastoral Counseling:** The profession of counseling has deep roots in faith-based traditions. Pastoral and Christian counseling programs integrate scriptural approaches with evidence-based clinical treatments, and cover what modern religious psychology looks like in practice. You'll sometimes see these listed as a PhD in biblical counseling.
- **Career Counseling:** This specialty overlaps with guidance counseling and is often found in the context of rehabilitation work. Formal doctoral programs with this exact title are rare, but doctoral study naturally accommodates focused work in vocational counseling and career development. Injured worker rehabilitation, career transitions in shifting industries, and vocational assessment are all areas where the depth of doctoral training makes a real difference. The students build both profession and career with the skills that come out of a counseling PhD, helping individuals and communities in ways the current license doesn't yet allow.

PROGRAM COURSE CONTENT

SEMESTER ONE		
Code	Course Title	Credits
PDC 901	Advanced Counseling Theories	4
PDC 902	Advanced Human Development and Personality	4
PDC 903	Advanced Psychopathology and Mental Health	4
PDC 904	Counseling Ethics and Professional Practice	4
PDR 900	Research Methodology Seminar PDR 901 & 902	4
JUMLA YA CREDITS (SEMESTER 1)		20

SEMESTER TWO

Code	Course Title	Credits
PDC 905	Advanced Counseling Assessment and Diagnosis	4
PDC 906	Advanced Marriage and Family Counseling	4
PDC 907	Trauma, Crisis and Grief Counseling	4
PDC 908	Group Counseling and Community Mental Health	4
JUMLA YA CREDITS (SEMESTER 2)		16

SEMESTER THREE

Code	Course Title	Credits
PDC 909	Advanced Christian and Spiritual Counseling	4
PDC 910	Counseling Leadership, Supervision and Consultation	4
PDC 920	Contemporary Issues in Counseling Seminar PDC 911 & 912	4
PDR 903	PhD Dissertation	12
JUMLA YA CREDITS (SEMESTER 3)		24

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Programme Completion Requirements

- Successful completion of all required coursework.
- Successful completion of research seminars.
- Development and defense of a research proposal.
- Conducting original doctoral research.
- Completion of the PhD Dissertation.
- Dissertation defense before an academic panel.
- Demonstration of an original contribution to knowledge in counseling.