Master of Arts in Counseling Psychology
Overview
The Master of Arts (MA) in Counseling Psychology is uniquely offered within an Islamically integrated framework. It aspires to fill an urgent need for more trained mental health practitioners that are cognizant and capable of effectively integrating the religious sensitivities of Muslim populations into mental health care treatment.

Students are trained within a curriculum structure that is consistent with international competency standards for mental health practitioners for potential licensure anywhere in the world. In addition, under the guidance of internationally recognized faculty in the field, students have unique training opportunities to build their clinical experience—both on-site at the psychology training clinic housed within CIS as well as off-site through the program’s external mental health care partners. The holistic approach of the program aims to produce a generation of scholars and practitioners to enrich the nascent field of Islamic psychology both locally and globally.

Program Focus
The MA program in Counseling Psychology aims to utilize the rich Islamic academic atmosphere of CIS to advance clinical training and scholarship that is Islamically oriented and integrated. Students will have the opportunity to train under internationally distinguished faculty and develop a research focus that speaks to their interests and the gaps in current practice.

Curriculum
A 55-credit degree program taught over 2.5 years in English, that includes:

- **Fourteen core courses (42 credits)**
  - Advanced Techniques and Interventions
  - Appraisal and Psychological Assessment Methods
  - Career and School Counseling
  - Cross-Cultural Psychotherapy
  - Ethical, Professional, and Legal Issues in Psychology
  - Foundations of Islamic Sciences
  - Group Therapy
  - Human Growth and Development
  - Introduction to Psychotherapy and Counseling Theories
  - Introduction to Psychology in the Islamic Tradition
  - Marital and Family Therapy
  - Psychopathology and Diagnosis
  - Research and Program Evaluation
  - Substance Abuse and Addictions

- **Practicum (1 credit)**

- **Internship I and II (6 credits)**

- **Thesis or Research Project (6 credits)**

* Students have the opportunity to fast-track their studies by completing all requirements within two years, or extending their study to a maximum of three years.

Core Courses

<table>
<thead>
<tr>
<th>Code</th>
<th>Credits</th>
<th>Course Title Description</th>
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</thead>
<tbody>
<tr>
<td>PSY 600</td>
<td>3 credits</td>
<td>Introduction to Psychology in the Islamic Tradition</td>
</tr>
<tr>
<td>PSY 601</td>
<td>3 credits</td>
<td>Foundations of Islamic Sciences</td>
</tr>
<tr>
<td>PSY 602</td>
<td>3 credits</td>
<td>Psychopathology and Diagnosis</td>
</tr>
<tr>
<td>PSY 603</td>
<td>3 credits</td>
<td>Appraisal and Psychological Assessment Methods</td>
</tr>
<tr>
<td>PSY 604</td>
<td>3 credits</td>
<td>Introduction to Psychotherapy and Counseling Theories</td>
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* This course provides a survey of the Islamic intellectual heritage as it pertains to the subject matter of psychology. The focus of the course is to provide familiarity with the classical Islamic scholarly literature drawing directly from its primary sources allowing students to have a direct exposure to the style of writings found across different Islamic scholarly disciplines. The primary sources discussed in this course are largely drawn from the following classical fields: Tibi, Falsafa, Tasawwuf, Kalam, and Fiqh. The style of the course combines both lectures and readings directly from the original text with the instructor’s commentary engaging in discussions around the convergence and divergence between these texts and Islamic traditions.

* This course covers the foundations of the Islamic sciences. The focus of the course is to provide familiarity with the core Islamic sciences, discussing the aims, scope, and methods of each respective Islamic discipline. This allows students to have a foundational understanding of the core Islamic sciences. It includes the knowledge of Quran, Hadith, Islamic law, discursive theology (Kalam), and the science of Islamic spirituality (Tasawwuf). There are also discussions and references made to auxiliary sciences such as philosophy, logic, and medicine. The course examines connections between these various Islamic disciplines and the field of psychology.

* This course introduces students to the basic concepts of standardized and non-standardized testing and other psychological and cognitive assessment techniques including norm-referenced and criterion-referenced assessment, character and virtue evaluation, environmental assessment, performance assessment, individual and group tests and inventory methods, psychological testing, behavioral observations, and clinical interviewing. Students are oriented to methods of integrating the data collected from these assessments in order to answer diagnostic questions and referral questions sent to them by courts, schools, or other health care providers. Students are also oriented to effective report writing.

* This course begins with a survey of various counseling theories in order to provide a diverse range of tools for professional practice for mental health professionals. Counseling practices related to specific theoretical orientations are presented and critically evaluated. After a review of the mainstream counseling theories and practices, the course explores Islamically integrative orientations to psychotherapy, including foundational tenets and principles of Islamically integrative models with a discussion of Islamic epistemology and the presentation of an Islamic ontological framework of the human psyche. The course provides students with concrete skills for how to conceptualize and treat psychological disorders using this Islamically integrative model.
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<tr>
<td>PSY 605</td>
<td>3 credits</td>
<td>Cross-Cultural Psychotherapy</td>
<td>This course examines patient diversity with respect to ethnic, demographic, and status variables, and challenges culturally biased stereotypes that may adversely influence the provision of mental health services. The course explores models and approaches of multicultural psychotherapy, cultural and religious identity development, the role of culture on the expressions of psychopathology, stress, and well-being, and the delivery of mental health services to diverse populations within Muslim populations and other cultures. Additionally, the course teaches skills of cultural attunement and adaptation of interventions and emphasizes the consideration of cultural factors during diagnosis and assessment.</td>
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<tr>
<td>PSY 606</td>
<td>3 credits</td>
<td>Group Therapy</td>
<td>This course examines the basic principles of group dynamics and the applications of those principles to group therapy from different theoretical perspectives. It considers how groups are formed and sustained, how change occurs in groups, and how the group leader facilitates that change. The course examines the phases of group development from inception to termination and the various factors involved at each stage of development. A substantial component of the course is experiential, where students participate in a group process experience, during which each student is a group member.</td>
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<tr>
<td>PSY 607</td>
<td>3 credits</td>
<td>Ethical, Professional, and Legal Issues in Psychology</td>
<td>This course provides a survey of the practice of psychology and counseling from an ethical and legal perspective. It reviews a range of domains including the ethical guidelines for professional practice, mental health laws, ethical case studies, and professional best practices. Students are oriented to Islamic ethical and professional conduct guidelines of mental health practitioners. Ethical dilemmas at the interface between Islamic values and international professional codes of ethics are also explored with a focus on consequentialist strategies.</td>
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<tr>
<td>PSY 608</td>
<td>3 credits</td>
<td>Career and School Counseling</td>
<td>This course introduces students to career and school counseling theories, assessment tools and techniques, and application of theories to working with individuals within the context of different educational and vocational settings. The knowledge and application of career development theories and vocational counseling are covered. A review of modern decision-making models, career planning, career education, and sources of educational and occupational information are covered in depth. Additionally, the course examines mental health needs for students in early childhood, elementary, middle, and high school settings, including etiology, symptomatology, treatment approaches, and crisis intervention strategies.</td>
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<tr>
<td>PSY 609</td>
<td>3 credits</td>
<td>Substance Abuse and Addictions</td>
<td>This course is designed to provide a supportive, structured learning environment for acquiring substance use and addictive behavior counseling skills. The course provides students with an understanding of the physiological and psychological effects of drugs and the significance of treatment planning in diverse settings. It helps students use the knowledge of individual, group, and family counseling strategies as they are applied to behavior change and relapse prevention. Students learn about the diagnostic criteria of substance use and addictive behaviors, models of etiology, and approaches to treatment of addiction and other clinical issues.</td>
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<tr>
<td>PSY 700</td>
<td>3 credits</td>
<td>Marital and Family Therapy</td>
<td>This course surveys the development and principal conceptualizations of marital and family therapy. Goals include an introductory examination and comparison of various theories currently employed in the field. Subject areas that are covered include the various schools of family therapy, along with current trends and issues in marriage and family therapy with a focus on the Muslim family. Islamic family and marital therapy models are also explored with a focus on reinforcing Islamic family values and the incorporation of Islamically integrated strategies and interventions for strengthening marriages and the family unit.</td>
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<tr>
<td>PSY 701</td>
<td>3 credits</td>
<td>Research and Program Evaluation</td>
<td>This course is designed to introduce students to quantitative and qualitative methods of research in the field. It acquaints students with the language and tools of the various research methods, statistics, and program evaluation assessment tools that are used by key roles in the counseling psychology practitioner. Principles, models, and applications of various research and program evaluation methodologies are explored including research designs, implementation, data collection, analysis, interpretation, and the critical review of methodological studies and survey data in answering research questions in counseling psychology.</td>
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<tr>
<td>PSY 702</td>
<td>3 credits</td>
<td>Advanced Techniques and Interventions</td>
<td>This course builds upon PSY 604 Introduction to Psychotherapy and Counseling Theories to provide an advanced orientation to psychotherapy. The core principles of Islamically integrated psychotherapy are revisited with greater layers of application across a variety of therapeutic contexts and pathologies. The course focuses on advanced interpersonal skills and techniques to develop capabilities for treating psychological disorders using this model. More advanced interventions are highlighted that are designed to specifically target the elements of the Islamic ontological framework of the human psyche. This course includes a hands-on component that integrates role plays, live demonstrations of technique, and videos to optimize the learning experience for students.</td>
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<tr>
<td>PSY 703</td>
<td>3 credits</td>
<td>Human Growth and Development</td>
<td>This course discusses the physical, cognitive, social, emotional, spiritual, and moral development of humans across the lifespan, as well as the effects of important contexts (e.g., the family, schools, cultures, and peer groups) on development. Students gain a deeper understanding of transitions between major life phases, and a broad knowledge of development within each life stage. Major theoretical perspectives in developmental and Islamic psychology are included as well. The course provides specific, developmentally and culturally appropriate intervention assessments supported by research that are designed to enhance the growth and development of patients who seek psychotherapy. Additionally, both readings and in-class course content incorporate applications of this knowledge in the helping professions.</td>
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Practicum

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<th>Course Title</th>
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<tbody>
<tr>
<td>PSY 704</td>
<td>1 credit</td>
<td>Practicum</td>
<td>This initial practicum is an introductory experience field placement designed to provide counseling psychology students opportunities to begin using and applying the knowledge, concepts, and skills acquired in their graduate program. Interns take on the role of a psychotherapist at their placement site(s). They engage in an initial range of activities, including intake, assessment, and diagnosis, and begin some therapy sessions. One hundred (100) on-site clock hours are required, and weekly faculty supervision is provided on an individual and group basis, as well as on-site supervision by a licensed practitioner.</td>
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Internship I and II

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<tr>
<th>Code</th>
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<th>Course Title</th>
<th>Description</th>
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<tbody>
<tr>
<td>PSY 705</td>
<td>6 credits</td>
<td>Internship I and II</td>
<td>This internship is a capstone experience designed to provide counseling psychology students opportunities to use and apply the knowledge, concepts, and skills acquired in their graduate program. Interns take on the role of a psychotherapist at their placement site(s). They engage in a full range of activities, including intake, assessment, diagnosis, and individual and group counseling. Six hundred on-site clock hours are required, and weekly faculty supervision is provided on an individual and group basis, as well as on-site supervision by a licensed practitioner.</td>
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Thesis or Research Project

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<tr>
<th>Code</th>
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<th>Course Title</th>
<th>Description</th>
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<tr>
<td>PSYC 690</td>
<td>6 credits</td>
<td>Research Project</td>
<td>The research project includes the development and creation of a capstone project that aims to enhance the students understanding and application of a particular issue within the field. These projects may include: the implementation of a community program (e.g., stigma reduction, mental health awareness campaign), creation and delivery of community education (ex. seminars/workshops), program development (e.g., character education in schools, youth programming) and/or evaluation of existing programs, a community based participatory research study (CBPR) (e.g., focus groups on a particular mental health issue) or conducting a needs assessment or survey of a particular domain within the field.</td>
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<tr>
<td>PSY 695</td>
<td>6 credits</td>
<td>Thesis</td>
<td>This course gives the student an opportunity to produce and defend a thesis under direct supervision, which assists students to complete high quality, innovative, and cutting-edge research theses in Islamically integrated theoretical and applied perspectives of counseling psychology. The thesis supervisor is allocated according to the student’s special interest and expertise of the faculty member. The thesis proposal must be defended, followed by a defense of the thesis itself with an external examiner.</td>
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Admission requirements

Applicants seeking admission to the MA in Counseling Psychology should have a bachelor’s degree in psychology, counseling, social work, or a related field with a minimum 3.0 GPA out of 4.0 from a recognized institution. Applicants with a background in Islamic Studies are preferred (e.g., diplomas, certificates, post-baccalaureate programs). Applicants who do not have a bachelor’s degree in mental health-related fields must demonstrate that they have completed coursework in psychology.

Please refer to the following table for a summary of the admission criteria:

<table>
<thead>
<tr>
<th>Program</th>
<th>Required Field of Study</th>
<th>Language Proficiency</th>
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</thead>
<tbody>
<tr>
<td>Master of Arts in Counseling Psychology</td>
<td>Psychology, counseling, social work, or a related field.</td>
<td>IELTS: 6.5 or TOEFL: 79</td>
</tr>
</tbody>
</table>

Applicants may be exempt from this requirement if they provide an official letter confirming that they obtained their degree from a university where the medium of instruction is English.

Faculty

- Dr. Hooman Keshavarzi: Program Director, Assistant Professor of Islamic Psychology
- Dr. Omar Mendoza Mahmood: Assistant Professor of Psychological Science and Neuropsychology
- Dr. Vahdet Görmez: Professor of Counseling Psychology
Application requirements

Application
A completed online application form: admissions.hbku.edu.qa

Academic transcripts
Official electronic copies of transcripts should be submitted as part of the online application. Final transcripts and graduation statements are required for all previous university studies. All transcripts submitted should include an explanation of the grading system. For those who have not completed their current studies, transcripts must include results from the last completed semester of coursework. Transcripts in languages other than English or Arabic must be accompanied with an official translation. Applicants who are admitted to the program based on copies of or incomplete transcripts will be required to provide original transcripts upon enrollment in order to register for courses.

Standardized test results
Official copies (where required) must be sent directly to HBKU. Please refer to the institutional codes below:
- GRE: 7551
- GMAT: H6S
- TOEFL: 4981
- IELTS: No code required. Students should ask the IELTS center where they tested to send the IELTS TRF to HBKU

Applicants should also submit copies of their test scores with the online application.

Letters of recommendation
Applicant should submit two letters for recommendation, one of which must be from an academic referee. Please visit admissions.hbku.edu.qa for further information about the submission process.

Personal statement of interest
Applicants should submit a personal statement as part of the online application. The statement should explain why the candidate is applying to the program, and how their studies will contribute to the achievement of their personal objectives, including information about the applicant’s research interests and achievements (minimum of 300, maximum of 500 words).

Resume/curriculum vitae
Applicants should submit a copy of their current resume or curriculum vitae as part of the online application. This should include the following information:
- Academic qualifications
- Professional experience
- Publications
- Research projects
- Academic awards or honors
- Conference presentations

Identification document
Applicants should submit an electronic copy of their passport as part of their online application. Nationals and residents of Qatar should also submit their valid Qatar ID.

Student funding
The College of Islamic Studies provides opportunities for scholarships and funding on a competitive basis. Further information will be provided to applicants who are admitted to the program.

Tuition fees

<table>
<thead>
<tr>
<th>Program</th>
<th>Total Program Tuition Fees</th>
<th>Tuition Fees per Credit Hour</th>
<th>Total Program Credit Hours</th>
<th>Program Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>MA in Counseling Psychology</td>
<td>QAR 72,000</td>
<td>QAR 1,309</td>
<td>55</td>
<td>2.5 years</td>
</tr>
</tbody>
</table>
Contact Information

cis.hbku.edu.qa

Admission inquiries:
admissions.cis@hbku.edu.qa

P.O. Box: 34110
Doha – Qatar

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College of Islamic Studies - HBKU

HBKU College of Islamic Studies
College of Islamic Studies (CIS) at HBKU