

COUNSELLING PSYCHOLOGY MA: PREREQUISITE EQUIVALENCY REQUEST GUIDE

We have developed this guide and list of possible courses to help you identify courses that *may* be accepted as equivalent to the prerequisites ED-D 414, ED-D 417 and ED-D 418, and examples of the other upper-level prerequisites. However, these lists are subject to change and **do not guarantee equivalency**. The final decision about course equivalencies will be made by the Graduate Advisor prior to the Admissions Committee's adjudication of applications to the program.

Please see our program website for all [admissions requirements](#), including the prerequisites and their completion deadlines.

Do I need to request equivalency?

You must submit an equivalency request for every course that you are using as equivalent to an ED-D prerequisite, **whether or not it is listed in this guide**. The syllabus can change from year to year, so even a course that is listed below may not always be accepted.

Please also submit an equivalency request for any UVic course that you are listing in lieu of a required ED-D course (such as CYC courses as equivalent to ED-D 414, ED-D 417 or ED-D 418).

Please note: ED-D 414, ED-D 417 and ED-D 418 (or their equivalents) must have been completed within seven years of the application deadline or they will need to be repeated.

When should I request equivalency?

You may request equivalency for a course before or after you take the course.

You should request equivalency for all ED-D prerequisite courses **before** you submit your online application.

The request process

1. Review the equivalency criteria laid out below for each course. Please **only** submit equivalency requests for courses that meet these requirements (for example, ED-D 417 **MUST** have at least 70% of the final grade based on assessment of demonstrated skills, ex. through videotaped counselling sessions). If your course does not meet all of the requirements below, it will not be approved and you will have to take a different course.
2. Check that your course is at least 36 instructional hours. Courses must meet the minimum instructional hours in order to be considered equivalent to a UVic course.
3. Send an email to counsadv@uvic.ca before the MA application deadline.
4. In the email, clearly state which prerequisite you are requesting equivalency for, such as "PSYC 101 for ED-D 414."
5. Attach a copy of the **full course syllabus** for the exact term and instructor, including:
 - i. the course title and unit value
 - ii. name of required text(s)
 - iii. information on required assignments and grading
 - iv. a list of weekly topics

6. We will evaluate the course and let you know whether or not it is approved as equivalent. This may take several weeks. Any prerequisites that you do not have equivalent courses for can be taken at UVic as a non-degree undergraduate student (or at another institution if accepted as equivalent).

ED-D 414 Group Processes

UVic calendar description: *Analysis, theory, and research related to group processes, decision-making, and leadership in a variety of settings. Awareness and understanding of self in group contexts. Includes skills practice and development related to group membership and facilitation.*

We want students to have an understanding of basic group dynamics and processes before entering the program. If you have a course that covers topics, then we will likely consider the course equivalent. Courses such as Social Psychology that focus on more “macro-level” groups (e.g., high socioeconomic groups, minority groups, marginalized groups) are *not* considered equivalent.

Institution	Course #	Titles of <i>potentially</i> equivalent courses(not guaranteed)
University of Alberta	PSYCO 405	Group Processes and Intergroup Relations
University of Calgary	SOWK 395	Practice and Evaluation with Groups
Douglas College	CYCC 4468	Advanced Skills with Groups in CYC Organizations
U. of the Fraser Valley	SOWK 301	Social Work Practice with Groups
Kwantlen Polytechnic U.	CNPS 4330	Group Facilitation
Laurentian University	SWRK 3727EL	Social Work with Groups
University of Manitoba	EDUA 5540	Groups in Guidance
MacEwan University	CYCW 204	Group Work
McGill University	EDPC 502 SWRK 321 (was 376A)	Group Processes and Individuals Social Work Practice with Groups
Mount Royal University	CYCC 2216	Group Processes and Counselling Theory
University of Regina	SW 425	Group Work
Vancouver Island University	CYC 265 CYC 475 (was 465)	Intro to Group Work Practice in Professional CYC Advanced Activity based CYC Practice in Groups
University of Victoria	CYC 475	Advanced CYC Practice with Groups and Families

ED-D 417 Skills for Effective Interpersonal Communication

UVic calendar description: *Basic interpersonal communication skills for active listening, empathic understanding and communication of empathy. Includes analysis of effective interpersonal skills and skill building laboratory experience. The content and skills are transferable to a variety of settings, including counselling, education, human development, management, healthcare, psychology and recreation.*

ED-D 417 is designed specifically to develop basic communication skills for counselling with a focus on active listening, basic and advanced empathy and goal setting. Course assignments are designed to assess the level of skill development in students with a final grade that is primarily (at least 70% of the grade) based on demonstrated skills. Students in the course are required to engage in two hours/week outside of class in simulated counselling sessions (i.e., 1 hour as a “client” and 1 hour as a “counsellor”). If you are thinking of requesting equivalency, here are a couple of things to consider:

1) Does my course have at least 70% of my final grade comprised of assessment of demonstrated skills (i.e. through videotaped counselling sessions)?

2) Is my course designed to not only teach the concepts of basic counselling skills but also to train me to develop those skills through regular practice?

Meeting these two requirements does not guarantee that your course will be considered equivalent. However, **if your course does not at least meet both of criteria, then it will not be considered equivalent to ED-D 417.**

Institution	Course #	Titles of <i>potentially</i> equivalent courses(not guaranteed)
University of BC	CNPS 362	Basic Interviewing Skills
University of Calgary	SOWK 391	Practice and Evaluation with Individuals
Douglas College	PSYC 4370	Fundamental Counselling Skills
U. of the Fraser Valley	PSYCH 491S	Basic Counselling and Interviewing Skills
Kwantlen Polytechnic U.	CNPS 4300	Counselling Relationships and Basic Skills
University of Regina	SW 390	Communication Skills in Social Work Practice
Simon Fraser U.	EDUC 423	Helping Relationships
Vancouver Island University	CYC 152* CYC 252*	Interpersonal Communication Skills Advanced Interpersonal Skills *must be taken with upper level CYC course
University of Victoria	CYC 152 and CYC 370 (together)	Introduction to Helping Skills in CYC Practice Applying Assessment & Case Planning in CYC Practice

ED-D 418 Introduction to Theories of Counselling

UVic calendar description: *Major theoretical approaches to counselling. This will include philosophical assumptions, key concepts, the process of change, and interventions. Designed for those interested in counselling, psychotherapy, and helping relationships.*

For a course to be approved as equivalent to ED-D 418, it must introduce students to the idea of separating “theory” from “therapy” by reviewing, in detail, the major movements of psychotherapy and counselling since Freud (Psychodynamic) to the Postmodernists (e.g., Narrative). The entire course must focus on theories and must not cover other topics. If you are thinking of requesting equivalency, here are several things to consider:

1) Does my course focus primarily (over 90% of the course) on reviewing and learning theories of counselling and psychotherapy?

2) Does my course cover the main movements (i.e., Psychodynamic, Humanist, Behavioural, Post-Modern, Integrated) in psychotherapy since Freud?

3) Is the course grade primarily based on assessment of knowledge rather than “personal reflection” assignments?

Meeting these requirements does not guarantee that your course will be considered equivalent. However, **if your course does not at least meet all three of these criteria, then it will not be considered equivalent to ED-D 418.**

Institution	Course #	Titles of <i>potentially</i> equivalent courses (not guaranteed)
Athabasca University	PSYC 406	Introduction to Theories of Counselling and Psychotherapy (<i>online</i>)
University of BC	CNPS 365	Introduction to Theories of Counselling
Douglas College	PSYC 3375	Theories of Counselling and Psychotherapy
Douglas College	CYCC 3520	Professional CYC: Theory and Practice
University of Manitoba	EDUA 5500	Theories and Issues in School Counselling
Mount Royal University	CYCC 2221	Counselling Theories
Kwantlen Polytechnic U.	CNPS 3310	Theories of Counselling
Simon Fraser University	EDUC 323	Introduction to Counselling Theories
Trinity Western U.	PSYC 331	Theories of Counselling
University of Victoria	CYC 205	Applying Change Theory in Child and Youth Care Practice
University of Waterloo	PSYC 334R (was PSYC 334)	Theories of Individual Counselling Psychology
York University	PSYC 4060	Counselling Psychology

Additional upper-level prerequisites

Below is a list of UVic courses that are considered upper-level developmental or abnormal psychology courses or statistics courses. This should give an idea of the types of courses to look for at other institutions as well.

The list of possible courses below is subject to change. The final decision will be made by the Graduate Advisor prior to the Admissions Committee's adjudication of applications to the program. If you are uncertain your course is acceptable, you can submit a full course syllabus to counsadv@uvic.ca for evaluation.

What is an "upper-level" course?

Upper-level means 300- or 400-level. At some universities, a 200-level course is the highest level offered in either developmental or abnormal psychology. In this case, applicants can request to use the 200-level course to meet the MA admissions requirement, by emailing the syllabus to counsadv@uvic.ca for evaluation.

An upper-level course in developmental psychology

An upper-level course in developmental psychology should cover **childhood and/or adolescent** development. A course that primarily covers adult development and aging does not provide the educational foundation required for the Counselling Psychology MA program.

Course #	Course Title	Topic Area
PSYC 335	Infant and Child Development	Developmental
PSYC 336	Adolescent Development	Developmental
PSYC 435A	Advanced Infant and Child Development	Developmental
PSYC 435C	Advanced Adolescent Development	Developmental
ED-D 406	Psychology of Adolescence	Developmental
CYC 338	Applying Developmental Theory in CYC Practice	Developmental

An upper-level course in abnormal psychology/behaviour disorders

An upper-level course in abnormal psychology/behaviour disorders should cover the diagnostic criteria for most common disorders listed in the current version of the Diagnostic and Statistical Manual of Mental Disorders (DSM) or the International Classification of Diseases (ICD). Courses taken before the current version of the DSM or ICD was published will normally be considered out of date.

Course #	Course Title	Topic Area
ED-D 420	Learning Support: Context and Key Issues	Abnormal/Behaviour Disorders
PSYC 260	Introduction to Mental Health and Well-Being	Abnormal/Behaviour Disorders
PSYC 366	Psychological Disorders of Childhood & Adolescence	Abnormal/Behaviour Disorders

Upper-level Statistics

Only required for applications to the thesis-based option.

The statistics course should be 300- or 400-level. We are looking for course that covers descriptive statistics and inferential statistics including univariate and regression analyses. 200-level courses are not usually accepted, only in exceptional cases and they must cover all these topics. If your course fits these requirements, you can send us the syllabus and we can evaluate it for equivalency.

Course #	Course Title	Topic Area
PSYC 300A	Statistical Methods in Psychology I	Statistics
PSYC 300B	Statistical Methods in Psychology II	Statistics

There may be additional UVic courses from other departments that meet the requirements of an upper-level statistics course. You are welcome to submit a syllabus for any other courses not listed here.