



# Part-time Honours in Psychology Curriculum

The part-time Honours in Psychology comprises the following set curriculum.

## **RESEARCH METHODS IN PSYCHOLOGY (COMPULSORY) (YEAR 1)**

This compulsory module focuses on the theory and practical use of research methods and analytic techniques in Psychology. The module integrates qualitative and quantitative research designs as a means to focus on the interpretation and critical analysis of a range of paradigms, methodologies, and practices in psychological research. Special emphasis is given to criteria of evaluation of research. Practical experience in computer-based analysis is gained in software for statistics and for qualitative analyses.

## **PSYCHOLOGICAL INTERVENTIONS (YEAR 1)**

This module will provide students with a historical and contemporary view of several leading contemporary psychotherapeutic modalities. The course will include the major schools of psychotherapy for example: Psychoanalytic, Person Centred, Jungian, Feminist, Systemic, Cognitive-Behavioural and Narrative psychotherapy, as well as a consideration of African indigenous healing modalities. Theories of psychotherapeutic cure and the evidence for them will be explored and evaluated, as well critiques of psychotherapy. Students will gain theoretical knowledge about principles and techniques of psychotherapy/counselling practice. The aim of this module is to extend and deepen your understanding of psychotherapy and to become familiar with contemporary debates and issues in the broad field of psychotherapy, including a critical consideration of the relevance of western psychotherapeutic modalities for the South African context. The primary aim is not to learn how to perform psychotherapy but how to think about psychotherapy in a more informed and critical manner.

## **RESEARCH ESSAY (COMPULSORY) (YEAR 2)**

Students are required to complete a Research Essay on an approved topic, which is supervised by staff members in the department. The execution of the Research Essay follows a structured, goal-setting approach. As such, regular research seminars are held in order to monitor progress.

## **PERSONALITY AND PSYCHOPATHOLOGY (YEAR 2)**

The module takes a critical focus, examining description, classification, etiological theories and intervention strategies for a range of psychological problems. The module will examine definitions of pathology and abnormality, specifically in relation to theories of normal and abnormal personality development, and critically explore dominant taxonomies of mental and psychiatric illnesses - most notably the DSM system of classification. The knowledge acquired in this field is used by clinical practitioners to understand and treat abnormal patterns of functioning.

## **COGNITIVE NEUROSCIENCE (YEAR 2)**

Cognitive Neuroscience has its roots in many different disciplines that study various aspects of the structure and functioning of the brain and the nervous system. Disciplines such as neurology, neuropsychology and neurophysiology focus on the anatomy of brain structures and their influence on behavior, whereas disciplines such as cognitive psychology, cognitive neuropsychology and cognitive science focus on the functions of the brain and the mind. Recent advances in brain imaging techniques have prompted much research into the structures and functions of the brain and their effects on behavior so that these are now being studied in a more



integrated manner under the discipline of “Cognitive Neuroscience”. In this module, selected areas of human behavior (such as memory, social and emotional functioning and executive functioning) will be studied from an integrated perspective that unites neuropsychology and cognitive psychology. There is a prescribed textbook, and students are expected to read one to two chapters a week related to the forthcoming seminar. It is a demanding, but very interesting course.