

Uganda Martyrs University

Making a Difference



**School of Arts and Social Sciences
Department of Development Studies**

Master of Mental Health Counselling Psychology (MHCP)

Overview

Mental health has for long been looked at as mental illness (medical model) which has left the mental health issues of the general public unattended (Crowdfunder, 2017). The rising numbers of incidents of psychological, nervous and mental breakdowns indicate the society's inability to cope with the unprecedented rapid changes in culture alongside urbanization and modernization. This inability to cope with the modernity has led to social alienation of many people from their traditional support systems.

Societal problems; unemployment, the ever-rising cost of living, HIV/AIDS pandemic, increasing number of street children, orphans, refugee influx, alcohol and addiction problems, marriage, family challenges and issues of aging populations clearly demonstrate the need for thorough professional training of counselors to give effective services to communities (WHO, 2006).

The role of this training is tremendous in the health sector for the maintenance and prevention of various physical, emotional and psychological problems. Therefore, training in **Master of Mental Health Counselling Psychology** fits in the on-going response to the plight caused by emotional and mental breakdown in our communities.

Other Programmes offered in SASS of Umu

Diploma Democracy and Development Studies
Diploma in Local Governance and Human Rights
Diploma in Kiswahili
Bachelor of Arts in Kiswahili
Bachelor of Arts in Local Governance and Human Rights
Bachelor of Arts in Democracy and Development Studies
Bachelor of Arts in Ethics and Development Studies
Bachelor of Social Work and Social Administration
Bachelor of Public Administration and Management
Bachelor of Journalism and Mass Communication
Bachelor of social Development and counseling
Masters of Arts in Development Studies
Master of Arts in Sustainable Peace and Conflict Management
Master of Arts in Environmental Security and Peace
Master of in Research and Public Policy
Master of Arts in Diplomacy and International Studies
Master of Arts in International Trade, Policy and Law
Master of Arts Local Governance and Human Rights
Doctor of Philosophy in Development Studies
Doctor of Philosophy in Governance, Peace and Development

Career Paths

Graduates of Master of MHCP will be professional counselors in line with the Uganda Counselling Association (UCA) standards in the chosen study elective (Gerontology, Child and adolescent, Marital or Addiction counselling) working with the government and private sector. They will also have the capacity for general counselling practice. They would also have the opportunity to work as social protection workers in NGOs, Ministry of gender labour and social development, workers in correction centers: prisons, rehabilitation centers and remand homes, hospitals, Institutions of learning, community development workers, etc.

Mode of delivery

This programme is a **Full and Part Time** hands-on counselling training which runs for two academic years. It was developed to offer quality mental health training to both Ugandan nationals and foreign students with working experience.

In the second year, scholars with chose research studies in; Gerontology, Child and adolescent, Marital or Addiction counselling.

Entry requirements

Candidates to this programme should have:

- i. First degree in counselling or psychology related areas.
- ii. Candidates without a background of psychology or counselling **MUST** first

study a one year Post Graduate Diploma in Counselling Psychology offered at UMU.

- iii. Candidates with the second upper degree will qualify for the direct admission to the program.
- iv. Candidates with second lower degree **MUST** have at least two years of working experience from the year of graduation in a relevant or related area (counseling or psychology).

Programme Structure

Year 1 Courses

Foundations of Mental Health Counselling
Theories of Psychotherapy
Human Life Span and Development
Positive Health and Mental Stability
Cross-cultural Counselling
Counselling Workshop 1 (Micro Skills and Process)
Neurobiology of behaviour
Ethical and Legal Issues in Counselling
Gender Issues, Marriage and Family Counselling
Psychopathology
HIV/AIDS Counselling
Personality and Group Counselling
Religion and Spirituality in Counselling

Year 2 Courses

Organisational Psychology and Counselling
Addictions and Substance Abuse
Palliative, Grief, Trauma and Bereavement
Counselling

Counselling the Vulnerable and Delinquent Children
Research Methods (Academic Writing) in Counselling
Internal Practicum (field, Peer Counseling Supervision)
Dissertation
Assessment, Tests, and Measures
Counselling Workshop 2 (Macro Skills and Process)
Mental Health Counseling Practicum (External Placement)
Specialization in EITHER;
Gerontology
Child and Adolescent Counselling
Marital counselling **OR**
Addictive Behaviors and Addiction Counselling

Current Fees Structure

The fees for Master of Mental Health Counseling Psychology (less functional fees):

	Year One	Year Two
Semester one	2,360,000	2,360,000
Semester Two	2,245,000	2,245,000
Grand Total	5,605,000	5,605,000

N.B.: These fees are subject to change
For more Information, Contact:

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Or

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