Counselling Psychology

In the Counselling Psychology concentration, you’ll expand both your theoretical knowledge and your practical skills in personal mental health and career-development counselling. The curriculum includes clinical training as well.

Completing the concentration allows you to join the Canadian Counselling and Psychotherapy Association, and, upon meeting certain criteria, the Ordre des conseillers et conseillères en orientation du Québec.

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**Research fields**
- Psychotherapy change processes
- Counselling supervision
- Bullying, victimization and aggressive behaviour
- Career choice and development
- Mindfulness, spirituality and positive psychology
- Counselling and social justice
- Adjustment to academic and life transitions
- Social neurosciences
- Health psychology
- Reflective processes in therapy and supervision
- Counsellor education
- Counselling in international settings

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**Degrees offered**
- Master in Education (MEd)
- Master of Arts in Education (MA)

**Career opportunities**
- Community agencies
- Hospital settings
- Career counselling
- Employee assistance programs
- Private psychotherapy practice
- Youth services
- Substance-abuse programs
- Postsecondary counselling centres