

MA (APPLIED PSYCHOLOGY) (POSITIVE AND COACHING PSYCHOLOGY)

Overview

NFQ Level 9, Major Award

The MA (Applied Psychology) (Positive and Coaching Psychology) is a full-time programme running over 12 months or part-time over 24 months from the date of first registration for the programme.

Part I consists of **60** credits and Part II consists of **30** credits, for a total of **90** credits.

Postgraduate Certificate in Applied Psychology (Positive and Coaching Psychology)

Students who successfully complete and pass taught modules to the value of at least 30 credits in Part I may exit the programme and be conferred with a Postgraduate Certificate in Applied Psychology (Positive and Coaching Psychology). A student who subsequently applies to complete the Master's programme must do so within 5 years of successful completion of the Postgraduate Certificate in Applied Psychology (Positive and Coaching Psychology) (<https://ucc-ie-public.courseleaf.com/programmes/pcapp/>) subject to the programme being on offer.

Postgraduate Diploma in Applied Psychology (Positive and Coaching Psychology)

Students who successfully complete and pass taught modules to the value of 60 credits in Part I and opt not to complete Part II may exit the programme and be conferred with a Postgraduate Diploma in Applied Psychology (Positive and Coaching Psychology) (<https://ucc-ie-public.courseleaf.com/programmes/pdapp/>). A student who subsequently applies to undertake the Master's programme must do so within 5 years of successful completion of the Postgraduate Diploma in Applied Psychology (Positive and Coaching Psychology) subject to the programme being on offer.

Programme Requirements

For information about modules, module choice, options and credit weightings, please go to Programme Requirements (p. 1).

Programme Requirements

Full-time

Students take **90** credits as follows - **60** credits of taught modules in Part I and a dissertation (**30** credits) in Part II.

| Code | Title | Credits |
|--|---|---------|
| Part I | | |
| Students take 60 credits as follows - all listed code modules (50 credits) and 10 credits of elective modules: | | |
| <i>Core Modules</i> | | |
| AP6061 | Qualitative Research Methods and Data Analysis | 5 |
| AP6062 | Quantitative Research Methods for Professionals | 5 |
| AP6181 | Practice of Evidence Based Coaching | 10 |
| AP6182 | Positive Psychology and Human Flourishing | 10 |

| | | |
|--------|--|----|
| AP6183 | Positive Psychology Coaching Practice | 10 |
| AP6184 | Cognitive Enhancement and Motivational Interviewing as Strategies for Change | 10 |

Elective Modules

Students take modules to the value of **10** credits from the following: 10

| | | |
|--------|---|--|
| AP6129 | Health Psychology (5) | |
| AP6159 | Positive Organisational Psychology (5) | |
| AP6160 | Private Practice (5) | |
| AP6164 | Positive Psychology in Group Settings (5) | |
| AP6169 | Learning, Well-Being and Participation at Work (10) | |

Part II

Students take **30** credits as follows:

Core Modules

| | | |
|--------|---|----|
| AP6171 | Research Dissertation in Work, Organisational and Coaching Psychology | 30 |
|--------|---|----|

Total Credits 90

Part-time

Students take **90** credits as follows - **40** credits of taught modules in Year 1, and **20** credits of taught modules and a dissertation (**30** credits) in Year 2.

| Code | Title | Credits |
|------|-------|---------|
|------|-------|---------|

Part I - Year 1

Students take **40** credits as follows:

Core Modules

| | | |
|--------|--|----|
| AP6181 | Practice of Evidence Based Coaching | 10 |
| AP6182 | Positive Psychology and Human Flourishing | 10 |
| AP6183 | Positive Psychology Coaching Practice | 10 |
| AP6184 | Cognitive Enhancement and Motivational Interviewing as Strategies for Change | 10 |

Part I - Year 2

Students take **10** credits as follows:

Core Modules

| | | |
|--------|---|---|
| AP6061 | Qualitative Research Methods and Data Analysis | 5 |
| AP6062 | Quantitative Research Methods for Professionals | 5 |

Elective Modules

Students take modules to the value of **10** credits from the following:

| | | |
|--------|---|--|
| AP6129 | Health Psychology (5) | |
| AP6159 | Positive Organisational Psychology (5) | |
| AP6160 | Private Practice (5) | |
| AP6164 | Positive Psychology in Group Settings (5) | |
| AP6169 | Learning, Well-Being and Participation at Work (10) | |

Part II

Students take **30** credits as follows:

Core Modules

| | | |
|--------|---|----|
| AP6171 | Research Dissertation in Work, Organisational and Coaching Psychology | 30 |
|--------|---|----|

Total Credits 90

Programme Learning Outcomes

Programme Learning Outcomes for MA in Applied Psychology (Positive and Coaching Psychology) (NFQ Level 9, Major Award)

On successful completion of this programme, within the coaching context, students should be able to: synthesise evidence based approaches to coaching, and in doing so:

- Understand the self-actualising needs of clients from diverse social and cultural backgrounds and devise optimal strategies for their development;
- Coach clients appropriately for goal attainment and well-being in both one-to-one and group settings;
- Evaluate relevant theory and empirical findings, and apply these to practice;
- Conduct and disseminate research of a publishable standard;
- Acquire a theoretical and conceptual understanding of positive psychology and coaching psychology;
- Develop behaviour change expertise using the frameworks of positive psychology and coaching psychology;
- Synthesise approaches to wellbeing from positive psychology and coaching psychology and apply them in practical settings;
- Understand the factors that underpin and maintain successful behaviour change;
- Be able to critically reflect on professional strengths and needs, and through supervision devise a professional development plan.