

Curriculum

COURSE CODE	COURSE TITLE	COURSE CODE	COURSE TITLE	COURSE CODE	COURSE TITLE
General Education Requirements: 21 Credit Hours					
ENG 200	English II	ARL 101 (A)	Communication Skills in Arabic I	STT100	General Statistics
FWS 205	UAE and GCC Society	FWS 211	Fundamentals of Emotional Intelligence	FWS 305	Technical Communications for Workplace
FWS 310	Fundamentals of Innovation and Entrepreneurship				
Major Requirements: 75 Credit Hours					
HSC101	Medical terminology	CLP207	Community Mental Health	CLP313	Psychodiagnostics and Psychometric assessments
CLP101	Fundamentals of Clinical psychology	CLP208	Inter-cultural Psychology	CLP110	Professional skills for health care professionals
CLP102	Foundations of Biological Psychology and Physiological Psychology	HSC215	Technology and AI in Healthcare	CLP315	Clinical Cognitive Behavioral Interventions
HSC100	Essential of Counseling	CLP210	Abnormal Psychology and Mental Health Disorders	CLP390	Designing and Submission of Clinical Research Project Proposal
CLP103	Positive Mental Health and Wellbeing	CLP211	Foundations of Health Psychology	CLP460	Internship 2: application of physical and mental health psychology
CLP104	Introduction to Cognitive Psychology	HSC205	Biostatistics	CLP480	Internship3: Field Internship Project
CLP105	Introduction to Developmental Psychology	CLP312	Clinical Counselling and Psychotherapy	CLP499	Clinical Research Project
CLP106	Introduction to Social Psychology	HSC410	Health care research methodology	CLP206	Clinical Psychology and Mental Health
CLP340	Internship 1: Application of Social-Clinical Psychology				
Major Elective Courses: 24 Credit Hours					
E1	Elective 1	E3	Elective 3	E 5	Elective 5
E2	Elective 2	E4	Elective 4	E 6	Elective 6
E7	Elective 7	E8	Elective 8		



BSC IN CLINICAL PSYCHOLOGY AND MENTAL HEALTH

Program Overview

The Bachelor of Science (BSc) in Clinical Psychology and Mental Health at Abu Dhabi University sets a national benchmark for excellence in clinical psychology and mental health education. As the first and only undergraduate program of its kind in the UAE, it offers students a unique opportunity to pursue a specialized degree in this critical and growing field. Clinical psychology focuses on diagnosing and treating mental health disorders using evidence-based therapeutic techniques and clinical interventions, playing a vital role in promoting psychological well-being.

The program is designed to equip students with the theoretical knowledge and clinical skills essential for making a meaningful impact in the field. It offers high-quality academic instruction and experiential training, enabling students to apply psychological theories and techniques in real-world clinical settings and meet international standards and regional needs.

The curriculum covers key psychological domains, including cognitive psychology, abnormal psychology, clinical counseling, behavioral science, and psychometrics. Students also undertake internships and supervised clinical placements, integrating academic learning with practical application. These experiences foster essential skills in psychological assessment, diagnostics, counseling, and research and serve as a strong foundation for those wishing to pursue graduate studies in clinical psychology, psychotherapy, or mental health research.

The BSc in Clinical Psychology and Mental Health addresses the growing national and regional demand for qualified mental health professionals. It is aligned with the UAE Government's National Strategy for Wellbeing 2031, which recognizes mental health as a cornerstone of overall societal well-being.



Graduates of the program will acquire the following knowledge and skills

They will conduct psychological assessments, diagnose various mental health disorders, and apply evidence-based therapeutic interventions to support individuals across the lifespan. This includes conducting psychometric evaluations, delivering individual and group counseling sessions, and developing treatment plans that address emotional, cognitive, and behavioral issues.

They will work closely with clients to promote psychological well-being, monitor progress, and adapt interventions based on therapeutic outcomes. Graduates will also be trained to critically evaluate psychological research and apply ethical standards in clinical settings.

Graduates will develop and enhance their communication and interpersonal skills to collaborate effectively with multidisciplinary teams in healthcare, educational, and community settings. They will also learn to educate, guide, and support clients and families, contributing to mentally healthy environments and resilient communities.

Career Prospects

- 1. Clinical and Mental Health Services**
 - Psychological Therapist
 - Mental Health Therapist/Counselor
 - Substance Abuse Therapist/Counselor
 - Case Manager
 - Psychological Well-being Therapist
- 2. Healthcare Settings (General and Specialized)**
 - Mental Health Support Staff in General Hospitals
 - Specialized Psychiatric Units
 - Community Mental Health Centers
 - Rehabilitation Centers
- 3. Education and School-Based Roles**
 - School Counselor
 - Behavioral Therapist
 - Special Education Support Staff
- 4. Community and Social Services**
 - Community Mental Health Worker
 - Social Service Case Manager (Mental Health Focus)
 - Crisis Intervention Worker
- 5. Mental Health Educator**
- 6. Research Assistant and Psychological Studies Data Analyst**
- 7. Research Institutes, NGOs, and Government Agencies Focusing on Mental Health Promotion and Intervention**