

# Curriculum

COURSE CODE	COURSE TITLE	COURSE CODE	COURSE TITLE	COURSE CODE	COURSE TITLE
Semester 1 (Fall)					
MED01	Medical Terminology	PSY-CL-01	Introduction to Psychology	ARL101 (A)	Communication in Arabic
PSY-CL-02	Foundations of Biological Psychology and Physiological Psychology	COUN001	Essentials of Counseling		
Semester 2 (Spring)					
PSY-CL-03	Introduction to Cognitive Psychology	PSY-CL-04	Introduction to Developmental Psychology	PSY-CL-05	Introduction to Social Psychology
PSY-CL-06	Introduction to Research Methods	PSY-CL-07	Foundations of Clinical Psychology and Mental Health		
Semester 3 (Fall)					
PSY-CL-08	Foundations of Public Health and Community Mental Health	PSY-CL-09	Inter-cultural Psychology	FWS305	Technical Communications for the Workplace
PSY325	Psychology Careers and Applications	PSY-CL-10	Technology and AI in Psychology		
Semester 4 (Spring)					
PSY-CL-11	Abnormal Psychology and Mental Health Disorders	PSY-CL-12	Foundations of Health Psychology	PSY-CL-13	Statistical Analysis and Data Interpretation
PSY-CL-14	Internship 1: Application of Social-Clinical Psychology	PSY-CL-15	Foundations of Clinical Counselling and Psychotherapy		
Semester 5 (Fall)					
PSY-CL-16	Advanced Clinical Research Methods (Qualitative and Quantitative)	E1	Elective Module 1	E2	Elective Module 2
FWS211	Fundamentals of Emotional Intelligence	E3	Elective Module 3		
Semester 6 (Spring)					
E4	Elective Module 4	PSY-CL-18	Clinical Internship:	FWS310	Fundamentals of Innovation and Entrepreneurship
E5	Elective Module 5	PSY-CL-19	Designing and Submission of Research Project Proposal		
Semester 7 (Fall)					
ENS200	English II	E6	Elective Module 6	PSY-CL-22	Clinical Internship 3: Field Internship Project
PSY-CL-21	Psychodiagnostics and Psychometric Assessments	FWS 205	UAE and GCC Society		
Semester 8 (Spring)					
PSY-CL-23	Positive Mental Health and Well-being	E7	Elective Module 7	PSY-CL-17	Clinical Cognitive Behavioural Interventions
E8	Elective Module 8	PSY-CL-20	Clinical Research Project		



## BSC IN CLINICAL PSYCHOLOGY AND MENTAL HEALTH

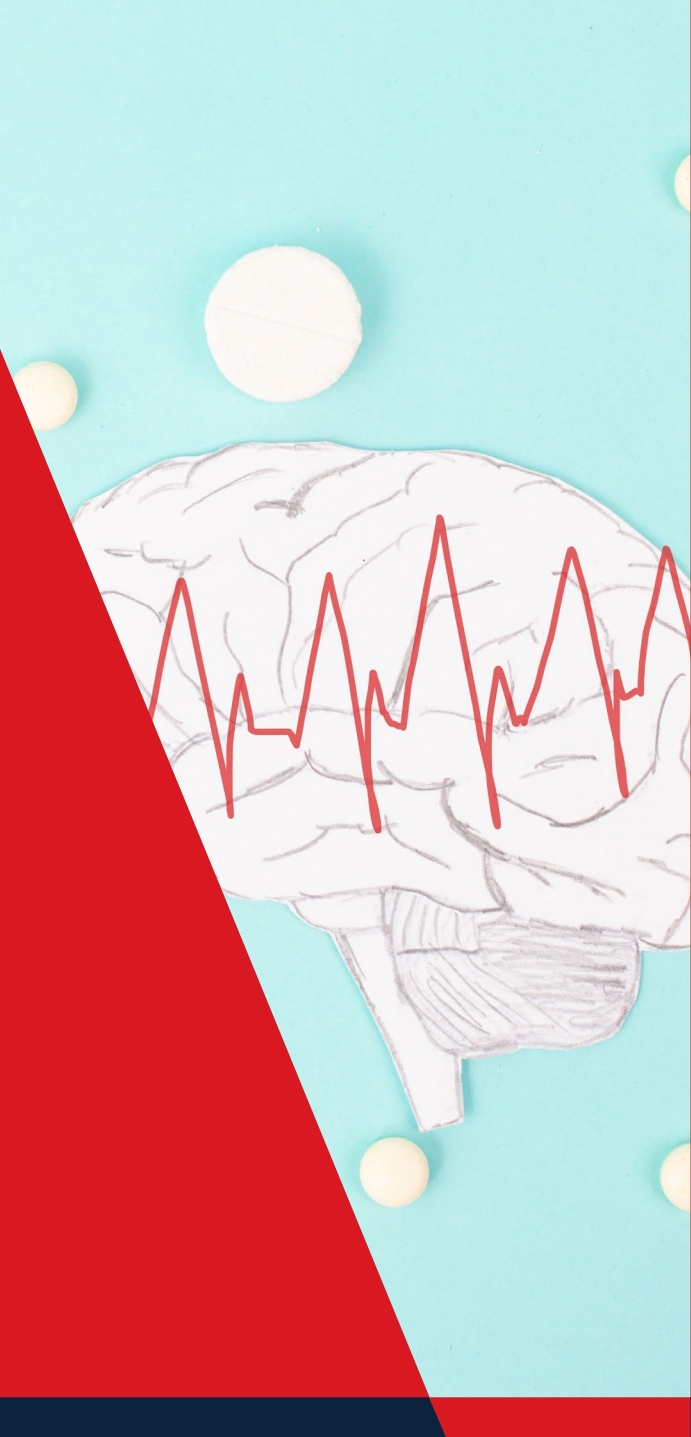
## Program Overview

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**