

## Psychology MA in Hungarian

The Psychology Master's programme at Károli University is traditionally practice-oriented. During their studies each student already has close contact with the psychology workplaces and practitioners. We offer self-awareness training to students, which is a prerequisite for further professional training. During the Master's programme, we place great emphasis on the in-depth exploration of the role of psychologists and the development of professional competences and attitudes. The Master's degree in psychology is a uniform qualification, which is a good starting point for further training in all areas and opens up all professional positions in psychology. However, each student also chooses a specialisation in the Master's degree, which gives them access to courses in a specific field, to partner institutions, external trainers and practitioners. The specialisation lays the foundations for further professional development in a particular direction, deepening skills in specific areas. The following three specialisations are announced at our university, and here is some important information about them:

### *Developmental and Clinical Child Psychology Specialization*

Drawing on developmental psychological theories and research, as well as clinical practice, the specialisation helps to develop the competences needed for modern diagnostic work. In addition to learning about aspects of typical and atypical development, students will also learn about the general characteristics of pathological psychological phenomena and their manifestations in childhood and adolescence in courses that are largely shared with the specialisation in Clinical and Health Psychology. Graduates will have a high level of clinical knowledge and will be able to work as psychologists in workplaces that examine and treat children and adolescents (e.g., educational counsellors, schools, kindergartens, social institutions, and health departments), and will also be prepared for further training as a specialist psychologist.

### *Interpersonal and Intercultural Psychology Specialization*

Building on a positive psychology approach, we focus on community development in our applied social psychology specialisation, which is characterised by a systems approach. We offer theoretical training and practical experience in three areas: family processes, organisational development, and social inclusion. Our graduates are successful as psychology professionals in the social care system (e.g., as family support workers), in organisational development (e.g., as HR managers, trainers), in the school-educational environment (e.g., educational counselling) and in dealing with social issues, in interdisciplinary cooperation with other disciplines. Further studies in professional psychology (e.g., counselling, work, and organisational psychology) and doctoral studies (at ELTE's PhD school and the forthcoming KRE doctoral programme) will provide a solid basis for further studies.

### *Clinical and Health Psychology Specialization*

Students will learn about the theory of health psychology based on salutogenesis and positive psychology and the practice of psychoeducational health promotion with a focus on prevention and prophylaxis in courses that are largely shared with the Developmental and Clinical Child Psychology specialisation. Insights in the field of clinical psychology range from integration in medical care to working in a therapeutic team, with direct participation in clinical practices. From a theoretical point of view, learning about illness perspectives, applying the competency and growth model, and from a practical point of view, learning about psycho-diagnostic and psychotherapeutic work, prepares and equips students to continue their work as psychologists after graduation with a solid knowledge base, as well as to continue their studies as psychologists at postgraduate level in clinical psychology.

## Field practice

The MA program provides first-hand experience in professional institutions related to the MA specializations. Student work includes assistance in diagnosis and therapy together with the elaboration of a general representation the chosen institution, supervised by local psychologists.

### Heim Pál National Pediatric Institute – Clinical Psychology Clinic

During the internship, under the guidance of the supervisor, students are introduced to the basics of psychotherapy, and experiential psycho-diagnostic work. They will gain practice in the technique of the first interview, taking anamnesis, drawing tests, world play and psycho-diagnostic analytical work.

### MRE Bethesda Children's Hospital – Mental Health Department

The field practice takes place at the MRE Bethesda Children's Hospital Mental Health Department, where the diagnostic process of psychiatric aspects. Each student will have a case from admission to final handover, which includes individual and group psychodiagnosis, animal-assisted sessions (dog and horse) and art-oriented activities. Students can also gain insight into other areas of the clinic. We offer the possibility to visit the neurology department and the movement rehabilitation department and the work of psychologists. They will also get an insight into the work of the teamwork in healthcare. During the placement, each student will have a mentor who is a clinical psychologist.

### MRE Bethesda Children's Hospital – Psychosomatic Department and Psychiatric Outpatient Clinic

During the internship, students will gain an insight into the workings of the ward, the teamwork and the outpatient check-up process, participate in professional meetings. Psychological work in the somatic wards of the hospitals is part of the internship. They follow up a case, together with the supervisor and prepare a complex psychodiagnosis and a therapy plan.

### National Institute of Oncology

Students on placement gain insight into the state-of-the-art cancer care system (surgery, radiotherapy, chemotherapy) of the cancer care system. They will learn about the psychological aspects of different types of treatments and somatic problems and aspects of different types of treatments and somatic conditions, different challenging situations. Students coming to the traineeship get an insight into learn about some aspects of the modern cancer care system (surgery, radiotherapy, chemotherapy). They will learn about the different types of different types of treatments and somatic problems, the different challenges of the different types of treatment and the situations. From group psychological care for patients with somatic illnesses to educational psychological interventions in preparation for medical interventions, the student will encounter the main psychological challenges of this specific field.

### Péterfy Sándor Hospital, Budapest

Students participating in the field practice will gain an observational insight into the functioning of the department, the work of the psychologist and the team. In addition to general psychiatry, the department has a special profile in crisis intervention. There are several group psychotherapy sessions, such as psychoeducation, special crisis group, self-awareness and social skills group, art therapy, bibliotherapy, lifestyle group, manual group, sports therapy, film club, music group, relaxation group. In addition to attending the sessions, there will be an opportunity to have an individual clinical first

interview, psycho-diagnostic tests. The individual work is done with supervision support: cases and tests are discussed.