

# DEPARTMENT OF PSYCHOLOGY



**MASTER'S PROGRAM**  
Health and Counselling Psychology

# WHO WE ARE

Our department offers a rich academic curriculum that exposes our students to the cutting-edge knowledge in the field of health psychology and psychological counselling. The MA study program in Health and Counselling Psychology organized by the Department of Psychology, at the School of Political Science at UACS, offers an in-depth insight into the application of psychology at the workplace and the education of professional staff who can respond to the various challenges of the globalized world in the field of health psychology and psychological counselling. The postgraduates will be able to apply their knowledge in facing modern challenges in various health and clinical settings, and will be able to develop systematic and critical awareness of the role of the bio-psycho-social factors in the development and maintenance of health as well as disease. Consequently, students will be able to develop advanced theoretical and methodological skills for conducting independent research and apply the principles of health psychology in practice. Additionally, the program will enable students to undertake, analyze and disseminate quantitative and qualitative research in the field of health and counselling psychology according to ethical codes of practice, as well as to develop and implement a variety of interventions and practical skills for working in health and clinical settings, but also to continue their education on a higher level, if desired.

# WHAT WE STAND FOR

- We create professionals who are capable of dealing with modern-day challenges in the areas of psychology, especially the ones related to health psychology and psychological counselling;
- Our courses are carefully designed to tackle some of the most important issues in health psychology and psychological counselling;
- We have a well-balanced combination of theoretical and practical knowledge delivered interactively by professors, experts and practitioners;
- We create a vivid environment for continuous interchange of professional experience among international professors, guest speakers and students;
- We offer an exceptional mix of the best practices of European and American educational systems;
- We involve our students in international research projects and activities;
- Our students benefit from the opportunity to take part in the Erasmus+ European Mobility Program and spend a study semester at one of our many partner universities across Europe.

# OUR FACULTY

The MA study program in Health and Counselling Psychology organized by the Department of Psychology, SPS, at UACS champions a well-balanced combination of theoretical and practical knowledge delivered interactively by professors and psychology professionals. It creates a vivid environment for continuous learning and interchange. Our faculty members are reputable scholars and researchers who prepare graduate students to apply psychology at the workplace and educate professional staff to respond to the various challenges of the globalized world in the fields of health and counselling psychology.

# OUR ACADEMIC PROGRAM

The Department of Psychology offers an ambitious and innovative graduate study program in health and counselling psychology, which aims to foster the professional development of students who will be able to proficiently and competently respond to the most pressing modern challenges related to health and counselling institutions and organizations. The Master of Arts in Health Psychology and Psychological Counselling seeks to develop applicable skills, and offer students the opportunity to gain real-world work competencies which will undoubtedly aid in their future career plans, while implementing interventions and programs in various types of health and clinical settings. Moreover, the coherent nature of the program, which includes advanced theoretical content, methods and application of approaches in health and counselling psychology, is in accordance with modern scientific research concepts and European academic programs of second cycle studies. The program enables of profiling particular resources and human capital who have the knowledge to understand the behavior of actors within the health institutions, and organizations in the public and private sectors. Additionally, the study program prepares the students to apply this knowledge in interdisciplinary teams in order to successfully solve various problems and topics at the national, regional and international level.

# EXPECTED LEARNING OUTCOMES UPON GRADUATION

With the UACS's mixture of practical and theoretical teaching philosophy, upon graduation, the student will be able to:

- Demonstrate advanced in-depth knowledge of psychological theories, research methodology and ethical principles of psychology as a science, particularly in the fields of health psychology and psychological counselling;
- Application and translation of theoretical knowledge into the advanced research and policy results, as well as ability for psychological studies and reports;
- Ability to apply knowledge in analysing and solving the effects of social, professional and other factors that influence the issues of health, mental health and in psychological counselling;
- Ability to critically assess the suitability for the application of various theoretical approaches, psychological interventions and measurement instruments in accordance with the needs and problems in organizations, institutions and companies, especially in the field of physical health, mental health, and psychological counselling;
- Have advanced level of engagement in critical discussions, exchange of proposals and conclusions on various topics related to health psychology and psychological counselling in professional discussions, as well as within organizations, institutions and companies at national and international level.

# OUR TEACHING PHILOSOPHY

Our aim is not to teach theory and facts only, but also to enable the students to apply their knowledge and gain practical skills. Along with lectures, we use advanced teaching tools such as:

- Case studies;
- Role plays;

- Simulation exercises;
- Solving practical problems;
- Individual and team projects (research papers, analyses, and clinical reports).

Small size groups enable every student to actively participate in the learning process as class discussions are an essential part of each course. We are proud that our students gain knowledge and skills that enable them to immediately enter the real world.

## GIVING BACK TO COMMUNITY

Our programs also nurture social responsibility in students, inviting them to respect the community they live in by being responsible members/active citizens of society. This is why UACS organizes a range of socially responsible events and projects in which students are actively involved.

## EMPLOYMENT POSSIBILITIES

Graduates may work in a variety of settings, including privately owned companies, public companies, the non-governmental sector, international organizations, public and private health institutions, schools, industry, academia, or pursue further training or study.

Areas of employment include:

- Specialist in health psychology and counselling settings;
- Consultants in the area of health behavior change;
- Planning and conducting applied research in the areas of health psychology, health behaviors and counselling;
- Consultant in needs and skills assessments of various groups when it comes to health psychology and counselling related issues;
- Consultant in the areas of health psychology communication and stress management resolution;
- Teaching and research.

## UACS BUSINESS COUNCIL

The cooperation with the UACS Business Council is a key factor in developing highly professional staff for the real world. The UACS Business Council is comprised of 150+ leading institutions, organizations, and companies from various professional backgrounds. Providing adjustments of the curricula to the needs of contemporary processes and policies, the UACS Business Council is an additional opportunity for career development of the UACS students.

## TITLE AND DEGREE EARNED UPON GRADUATION

Upon completion of the graduate study program, the students earn the degree of:

- **Master of Arts in Health and Counselling Psychology.**

# ACADEMIC STAFF

## TENURED FACULTY

- Prof. Marjan Bojadjiev, PhD – Rector at the University American College Skopje, Professor at Tor Vergata Rome, Italy, Teacher of the Year 2012 for Europe and the Middle East;
- Prof. Venera Krlju, PhD – Vice Rector for Education, Webster alumna, Mother Theresa Award 2017, Board Member of Macedonia 2025;
- Prof. Ivan Dodovski, PhD – Dean of the UACS School of Political Science, University of Nottingham alumnus and Chair of ENTAN – the European Non-Territorial Autonomy Network;
- Assoc. Prof. Dimitrinka Jordanova Peshevska, PhD, Vice Dean of the UACS School of Political Science and Head of the Department of Psychology – National Country Delegate for the European Health Psychology Society, Bologna University Alumna;
- Prof. Ana Tomovska-Misoska, PhD – Queen's University Belfast alumna, Board Member of the Macedonian Human Resource Association;
- Prof. Katica Stoimenovska Mantova, PhD – Member of the National Association for Systemic Family Psychotherapy, and EMDR Practitioner;
- Assoc. Prof. Kate Trajkova, PhD – Member of the Macedonian American Alumni Association;
- Assist. Prof. Natasha Angjeleska, PhD – Member of Working Groups for the Development of Educational and Youth Policies in North Macedonia, Regional Patient Advocate in South Eastern Europe for HAE;
- Prof. Kimo Chavdar, PhD – member of the Macedonian Civil Code Committee, and of the Pardoning Commission of the President of North Macedonia;
- Assoc. Prof. Marina Andeva, PhD – University of Trieste alumna, and ISIG Italy Research Fellow.

## ADJUNCT FACULTY

- Zhaneta Chonteva, PhD – Author of the Conceptual Documents in the fields of Inclusive Education, Civic Education, Life Skills Based Education; Coordinator of the Assessment for a Learning Project in collaboration with Cambridge Assessment International Education;
- Blagica Rzoska-Vanikj, PhD – Director of Counselling Facility for Humane Cooperation, Gestalt Training Institute; President of the Macedonian National Organization for Gestalt Therapy-Kontakt;
- Sasho Ordanovski, PhD – IWM Vienna Fellow;
- Kiril Naskov, MA – Coach of the Macedonian National Snowboard Team, trained sport psychologist.

## VISITING AND EXCHANGE PROFESSORS

- Prof. Robert Hudson, PhD – University of Derby, UK, Jean Monnet Scholar and Royal Society of Arts Fellow, UACS Professor Honoris Causa;
- Prof. Elizabeta Mukaetova-Ladinski, PhD – Chair in Old Age Psychiatry, School of Psychology and Visual Sciences, University of Leicester, UK;
- Venka Simovska, PhD – Aarhus University, Denmark;
- Emilija Georgievska, PhD – Saint Louis University, Madrid, Spain;
- Christopher Binetti, PhD – Middlesex County College USA alumnus.

# STRUCTURE OF THE STUDY PROGRAM

Master of Arts in Health and Counselling Psychology  
(60 ECTS, 4+1 program)

## Mandatory courses of the study program

#	Title of teaching course	Semester	ECTS
1	Advanced Research Methods	1	10
2	Advanced Health Psychology	1	10
3	Approaches to Psychological Counselling	1	8
4	Master Thesis Writing Workshop	1	2
5	Health and Well-being at Work	2	6
6	Couple & Family Counselling	2	6
7	Elective course	2	6
8	Master thesis	2	12
Total hours (lectures/exercises) and ECTS for the year			60

## Elective courses of the study program

#	Title of teaching course	Semester	ECTS
1	Counselling and Coaching	2	6
2	Stress, Coping and Prevention	2	6
3	Counselling Children and Adolescents	2	6
4	Health Promoting Schools	2	6
5	Managing Diversity	2	6
6	Inclusive Practices	2	6
7	Advanced Organizational Behaviour	2	6

*The University American College Skopje reserves the right to amend the program*





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