



**Karolinska  
Institutet**

*Programme syllabus for*

# **Study Programme in Psychology, 300 credits**

*Psykologprogrammet, 300 hp*

## **Basic programme information**

Programme code	2PS18
Name of the programme	Study Programme in Psychology
Number of credits	300.0 credits (300.0 ECTS credits)
Starting date	The syllabus applies to students who commence their studies in or after autumn 2018.
	Approved revisions of the syllabus are described under the heading Transitional Provisions.
Decision date	2018-03-14
Decided by	Board of Higher Education
Last revision	2021-11-10
Revised by	Committee for Higher Education
Reference number	3-4798/2021
Specific eligibility requirements	Mathematics 2a or 2b or 2c, Social Sciences 1b or 1a1+1a2.
Main field of study	Psychology

# Outcomes

## Outcomes of first cycle education according to the Higher Education Act

First-cycle courses and study programmes shall be based fundamentally on the knowledge acquired by pupils in national study programmes in the upper-secondary schools or its equivalent.

First-cycle courses and study programmes shall develop:

- the ability of students to make independent and critical assessments
- the ability of students to identify, formulate and solve problems autonomously, and
- the preparedness of students to deal with changes in working life.

In addition to knowledge and skills in their field of study, students shall develop the ability to:

- gather and interpret information at a scholarly level
- stay abreast of the development of knowledge, and communicate their knowledge to others, including those who lack specialist knowledge in the field.

## Outcomes of second cycle education according to the Higher Education Act

Second-cycle courses and study programmes shall be based fundamentally on the knowledge acquired by students during first-cycle courses and study programmes, or its equivalent.

Second-cycle courses and study programmes shall involve the acquisition of specialist knowledge, competence and skills in relation to first-cycle courses and study programmes, and in addition to the requirements for first-cycle courses and study programmes shall:

- further develop the ability of students to integrate and make autonomous use of their knowledge,
- develop the students' ability to deal with complex phenomena, issues and situations, and
- develop the students' potential for professional activities that demand considerable autonomy, or for research and development work.

## Outcomes of the Degree of Master of Science in Psychology according to the Higher Education Ordinance

For a Degree of Master of Science in Psychology the student shall demonstrate the knowledge and skills required to work autonomously as a psychologist and to complete the mandatory placement (PTP) required for registration as a psychologist.

### *Knowledge and understanding*

For a Degree of Master of Science in Psychology the student shall

- demonstrate knowledge of the disciplinary foundation of the field and insight into current research and development work as well as the links between research and proven experience and the significance of these links for professional practice
- demonstrate specialised knowledge of psychological investigation methods and interventions for both individuals, groups and organisations
- demonstrate specialised knowledge and understanding of social and family circumstances that affect different groups and individuals, including children as well as women and men,
- demonstrate knowledge of men's violence towards women and violence in close relationships, and
- demonstrate knowledge of the relevant statutory provisions.

### *Competence and skills*

For a Degree of Master of Science in Psychology the student shall

- demonstrate specialised skills in undertaking psychological treatment
- demonstrate the ability to undertake supervised psychotherapy
- demonstrate specialised skills in planning, managing and undertaking preventive measures autonomously as well as measures for development and change that focus on individuals, groups, organisations and environments
- demonstrate specialised skills based on a disciplinary foundation in critically evaluating and developing treatment measures and intervention plans in the field of professional practice
- demonstrate the capacity for teamwork and cooperation with other professional categories
- demonstrate the ability to account in speech and writing for investigations, interventions and outcomes with those concerned and to document them in accordance with the relevant statutory provisions, and
- demonstrate the ability to review, assess and use relevant information critically and autonomously and also to discuss new data, phenomena and issues with different audiences and so contribute to the development of the profession and professional practice.

*Judgement and approach*

For a Degree of Master of Science in Psychology the student shall

- demonstrate the capacity for continual development of self-awareness and the capacity for empathy
- demonstrate specialised skills in appraising interventions using a holistic approach to individuals informed by the relevant disciplinary, social and ethical aspects and taking particular account of human rights
- demonstrate the ability to identify ethical aspects of his or her own research and development work
- demonstrate the ability to adopt a professional approach to clients and those close to them, and
- demonstrate the ability to identify the personal need for further knowledge and undertake ongoing development of his or her skills.

**Outcomes of the Degree of Bachelor according to the Higher Education Ordinance**

*Knowledge and understanding*

For a Degree of Bachelor of Science student shall

- demonstrate knowledge and understanding in the main field of study, including knowledge of the disciplinary foundation of the field, understanding of applicable methodologies in the field, specialised study in some aspect of the field as well as awareness of current research issues.

*Competence and skills*

For a Degree of Bachelor of Science student shall

- demonstrate the ability to search for, gather, evaluate and critically interpret the relevant information for a formulated problem and also discuss phenomena, issues and situations critically,
- demonstrate the ability to identify, formulate and solve problems autonomously and to complete tasks within predetermined time frames,
- demonstrate the ability to present and discuss information, problems and solutions in speech and writing and in dialogue with different audiences, and
- demonstrate the skills required to work autonomously in the main field of study.

*Judgment and approach*

For a Degree of Bachelor of Science student shall

- demonstrate the ability to make assessments in the main field of study informed by relevant disciplinary, social and ethical issues,
- demonstrate insight into the role of knowledge in society and the responsibility of the individual for how it is used, and

- demonstrate the ability to identify the need for further knowledge and ongoing learning.

### **Outcomes of the Degree of Master (120 credits) according to the Higher Education Ordinance**

#### *Knowledge and understanding*

For a Degree of Master (120 credits) the student shall:

- demonstrate knowledge and understanding in the main field of study, including both broad knowledge of the field and a considerable degree of specialised knowledge in certain areas of the field as well as insight into current research and development work, and
- demonstrate specialised methodological knowledge in the main field of study.

#### *Competence and skills*

For a Degree of Master (120 credits) the student shall

- demonstrate the ability to critically and systematically integrate knowledge and analyse, assess and deal with complex phenomena, issues and situations even with limited information
- demonstrate the ability to identify and formulate issues critically, autonomously and creatively as well as to plan and, using appropriate methods, undertake advanced tasks within predetermined time frames and so contribute to the formation of knowledge as well as the ability to evaluate this work
- demonstrate the ability in speech and writing both nationally and internationally to report clearly and discuss his or her conclusions and the knowledge and arguments on which they are based in dialogue with different audiences, and
- demonstrate the skills required for participation in research and development work or autonomous employment in some other qualified capacity.

#### *Judgement and approach*

- For a Degree of Master (120 credits) the student shall
- demonstrate the ability to make assessments in the main field of study informed by relevant disciplinary, social and ethical issues and also to demonstrate awareness of ethical aspects of research and development work
- demonstrate insight into the possibilities and limitations of research, its role in society and the responsibility of the individual for how it is used, and
- demonstrate the ability to identify the personal need for further knowledge and take responsibility for his or her ongoing learning.

### **Outcomes of the study programme at Karolinska Institutet**

Through education, research, and information Karolinska Institutet shall contribute to the improvement of public health. The goal of the psychology programme at Karolinska Institutet is to educate psychologists with a broad expertise in the field of professional psychology and a particular preparedness to collaborate in and contribute to the development of health and medical care work in society.

#### *Knowledge and understanding*

The student shall

- demonstrate knowledge about the connection between behaviour, cognition, emotion and health.

#### *Competence and skills*

The student shall

- demonstrate an ability to conduct psychological assessment and to deliver treatment within the framework of health and medical care,

- demonstrate an ability to develop and apply development and innovations in the field of health and medical care,
- demonstrate an ability to develop and evaluate psychological assessment and treatment work based on evidence-based knowledge and
- demonstrate ability to communicate and collaborate with other professions in health and medical care-related work.

### *Judgement and approach*

The student shall

- demonstrate ability to identify his or her own need for additional knowledge related to the evidence-based health care interventions in line with Karolinska Institutet's overarching goals.

## **Content and structure**

The Psychology Programme earns a total of 300 credits (five years), primarily in the main field of study, Psychology. Other subject areas which are generally integrated into the courses in Psychology are: Statistics, Education, Sociology Biology, Neuroscience and pharmacology. Equality and diversity issues are addressed continually wherever they are relevant on the programme. There are also modules throughout the programme which incorporates counselling techniques, assessment methods and clinical training.

*Years 1 to 3* are aimed at providing general knowledge in some of psychology's central subject areas that are relevant to the profession, and knowledge of statistics and scientific methods. The teaching is gradually broadened to include the social and developmental aspects of psychology. Semester 4 introduces the subjects of Health Psychology and Clinical Psychology, and semester 5 begins with an integration and recap of all previous courses.

In the third year, preparation is given for psychology work among children and adolescents and the theoretical and practical basics in planning, leading, executing and evaluating development and change work that apply to groups, organisations and environments in work life and organisation. The year rounds off with optional courses totalling 22.5 credits. Students can choose among a selection of courses to customise their studies for a subsequent career as a psychologist and/or researcher. During this period there is the possibility of completing a degree project of 15 credits. Students who have completed this degree project have the right to apply for a Degree of Bachelor of Medical Science. The students who have made this choice can also apply for a Degree of Master of Medical Science after completing their psychology studies.

*In years 4 to 5* the programme focuses on the clinical applications of psychology and related subjects. The practical psychology is conducted mainly at centres within the Stockholm County Council in cooperation with other programmes at Karolinska Institutet that specialise in health care but can also take place at other psychology workplaces.

*Year 5* is devoted partly to a course in psychotherapy/psychological treatment and partly to the course Degree Project in Psychology. The two courses of each 30 credits runs in parallel, whilst the pace between them varies over the two semesters.

### **Scientific knowledge, competence and approach**

From the very start of the programme, students learn to read research articles, conduct practical experiments and write scientific reports. There are applied elements of statistics and methods throughout the programme. There are also two statistics and methodology courses (semesters 5 and 8 respectively). The programme also includes legal and ethical aspects of research related to humans, and ethics and law

for psychologists. The programme emphasises the importance of international research, the development of evidence-based treatments and the ability to independently search for information. All of this lays the foundation for lifelong learning.

### **Practice Integrated Learning**

Practice integrated learning is a generic term for the pedagogical models that are based on interaction and integration between higher education and working life. Practice integrated learning may take the form of placements, study visits, observing teaching activities, staff exchange training schemes or field studies within out-patient and in-patient healthcare, social care or other relevant activities.

The student will, during the five year programme, have various forms of placements which includes activities ranging from one half day (e.g. shorter observation tasks) to longer periods (clinical placements). Skills in how to provide internet-delivered psychological interventions are provided on semester 7 before the course in psychological treatments (including psychotherapy) is given at semester 9 and 10. The main part of the internship is provided in cooperation with the health care sector.

### **Internationalisation**

As part of internationalisation efforts, students are trained to be active in a multicultural and international settings. During the programme, mental health problems are analyzed from a national and international perspective. During the elective period in semester 6, some education can take place abroad as a part of the international exchange programme. Both national and international students are offered courses that are provided in English. As the education is focused on international research means, the majority of the programme's course literature is in English.

### **Elective courses**

Semester 6 includes an elective period of 22.5 credits. During this period, the students either obtain more in-depth knowledge or broaden their general knowledge in novel research areas that are in line with the intended outcomes for the psychology degree. The Programme Council annually determines a specific range of courses with a selection of programme-specific and cross-programme elective courses in Swedish or English that students apply for through special provisions at the beginning of semester 5. Some courses may have limited space. Students may also apply for credit transfer for other courses, in accordance with regulations related to the credit transfer to part of programme, for example in connection with exchange studies.

## **Transitional provisions**

For admissions in autumn semester 2021 or earlier, entry requirements are written as follows:  
*Mathematics 2a / 2b / 2c, Social Sciences 1b / 1a1+1a2 (field specific entry requirements A5).*  
*Or: Mathematics B, Social Sciences A (field specific entry requirements 5).*

## **Other guidelines**

### **Grading scale**

The grades used are Fail, Pass or Pass with distinction. Alternative grading scales may apply to elective courses, cross-programme courses or some other courses within the programme. The grading scale is detailed in the course syllabus.

### **Language of instruction**

The course language is Swedish but courses may be held in English. The programme's focus on the

research connection and current knowledge means that the majority of the course literature is in English.

### **Specific eligibility requirements within the programme**

There are specific eligibility requirements for the courses within the programme. The eligibility requirements can be found in the syllabi. In cases where the requirements are connected to the admission to a later semester, they are described on the programme website. There may also be specific eligibility requirements within a specific semester if a course requires certain prior knowledge.

### **Guidelines regarding the suspension of clinical educations whilst the course is in progress**

A student's clinical education (VFU) can be immediately suspended if the student demonstrates such serious shortcomings, in terms of knowledge, skills or approach, as to jeopardise the safety of the patients, or their trust in their medical care. The administration of such matters must be outlined in the course syllabus.

If the education is suspended in this manner, an individual action plan shall be drawn up stating the activities and testing that will be required for a student to be given the opportunity to recommence the education.

## Study plan with constituent courses

Semester	Course name	Credits	Main field of study	Cycle and depth of the course (for first cycle courses within the main field of study)
1	Introduction to Psychology	7.5	Psychology	First (G1)
1	Basic Biology	7.5	--	First
1	Experimental Psychology	15	Psychology	First (G1)
2	Cognitive Processes	15	Psychology	First (G2)
2	Social Psychology	15	Psychology	First (G2)
3	Differential Psychology	15	Psychology	First (G2)
3	Developmental Psychology	15	Psychology	First (G2)
4	Health Psychology	7.5	Psychology	First (G2)
4	Clinical Psychology 1	22.5	Psychology	First (G2)
5	Preclinical Integration	4.5	Psychology	First (G2)
5	Clinical Practice with Children and Adolescents for Psychologists	6	Psychology	First (G2)
5	Theory of Science	3	Psychology	First (G2)
5	Society and Health	4.5	--	First
5	Work and Organizational Psychology 1	12	Psychology	First (G2)
6	Work and Organizational Psychology 2	7.5	Psychology	First (G2)
6	Elective Courses of which one can be Degree Project in Psychology, 15 credits (First; G2)	22.5	--	First/Second
7	Self Awareness and Clinical Skills	4.5	Psychology	Second
7	Clinical Psychology 2	25.5	Psychology	Second
8	Statistics and Methodology	4.5	Psychology	Second
8	Psychology in Practice	19.5	Psychology	Second
8	Clinical Methods in Psychology	6	Psychology	Second
9 and 10	Psychological Treatment, Including Psychotherapy	30	Psychology	Second
9 and 10	Degree Project in Psychology	30	Psychology	Second