

## Program Structure

---

Awarding of a degree is based on the satisfactory completion of academic requirements, demonstrated clinical competence appropriate to the level of training, and behavior consistent with the Code of Ethics and the Standards of Practice as established by the American Psychological Association and the American Counseling Association.

### Courses:

PSY 604	Research Methods and Evaluation .....	4
PSY 610	Lifespan Human Growth and Development I.....	4
PSY 614	Pediatric Health Psychology.....	3
PSY 618	Theories of Psychotherapy and Counseling.....	3
PSY 640	Psychopathology .....	3
PSY 641	Cultural and Social Issues in Clinical Practice.....	3
PSY 645	Health Psychology.....	4
PSY 646	Health Psychology Interventions.....	3
PSY 670	Introduction to Clinical Practice: Helping Relationships I .....	3
PSY 671	Introduction to Clinical Practice: Helping Relationships II .....	3
PSY 672	Professional Orientation.....	3
PSY 686	Advanced Health Psychology .....	3
PSY 590	Human Neuropsychology.....	3
PSY 681	Brief and Time Effective Interventions	
PSY 605	Advanced Research Methods & Statistics.....	3
PSY 642	Group Interventions .....	3
PSY 650	Assessment I .....	4
PSY 673	Career and Lifestyle Development .....	3
PSY 690	Clinical Practicum I .....	3
PSY 691	Clinical Practicum II .....	3
PSY 692	Clinical Practicum III .....	3
PSY 693	Clinical Practicum IV.....	3
PSY 694	Clinical Practicum V .....	3

### Elective Courses

(Each course is 3 credits)

PSY 599 Selected Topics  
PSY 609 Developmental Psychopathology  
PSY 680 Family Therapy: Theories and Practice  
PSY 682 Gerontology  
PSY 683 Substance Abuse Interventions  
PSY 684 Clinical Psychopharmacology  
PSY 700 Independent Study

## Courses

---

All courses discuss ethical and cross-cultural issues. Please refer to the Web site for the most current program and course descriptions as well as requirements.

**PSY 590/**      **Disability and maladaptive behaviors in organic brain disorders**  
**BIPY 490**

This course provides counselors with an introduction to the study of disabilities and maladaptive behaviors across the life-span that are associated with organic brain disorders. This course helps counselors work more effectively with clients and helps foster a greater awareness and sensitivity to their special needs. Concepts will be discussed using case studies that help illustrate how counselors can optimize counseling efficacy by selecting appropriate interventions and techniques. Ethical/legal considerations will also be discussed.

**PSY 604 Research Methods and Evaluation**

With the goal of gaining facility in critical evaluation of published research and preparation for master's level research positions, this course will provide training in the basic use of descriptive statistics, experimental and quasi-experimental research designs, and parametric and nonparametric statistical methods.

**PSY 605 Advanced Statistics**

This course will expose the student to advanced statistical techniques and provide the foundation and applied experiences so that the student is proficient in these techniques, the course will emphasize the selection and application of appropriate statistical techniques to research problems and outcome evaluations. A variety of statistical and analytic approaches will be presented. In addition, students will learn how to prepare and write a research proposal, be provided with opportunities to collect sample data, analyze it write it up. Data analysis and display will be performed using SPSS and Excel. Ethical, multicultural and legal issues will also be discussed.

**PSY 609 Developmental Psychopathology**

This course examines difficulties in child development and adjustment. Disturbed behavior in children is studied in relation to physiological, environmental, and social influences. The etiology of childhood disturbances, treatment modalities and methods for prevention are explored within the framework of the major personality theories. Clinical examples, case studies and current research are emphasized.

**PSY 610 Lifespan Human Growth and Development I**

This course provides a foundation for understanding human behavior across the lifespan. It covers the biological and environmental bases of human development, theories and research on the development of personality, cognition, social relations and the cultural and systems contexts of adaptive and maladaptive behavior. Ethical/legal considerations will also be examined.

**PSY 614 Pediatric Health Psychology**

This course examines various topics related to pediatric psychology. It addresses the most prevalent chronic illnesses in children and how they are affected by human development, parent and child coping, family dynamics, the behavior of medical professionals, peer and school issues, and other factors. Research in pediatric settings and pediatric psychology interventions are discussed. In addition, legal and ethical issues are examined.

**PSY 618 Theories of Psychotherapy and Counseling**

This course provides a consideration of the major theories of counseling and psychotherapy, including behavioral, cognitive, cognitive-behavioral, psychodynamic, interpersonal and humanistic theories and how they are applied. Issues pertaining to brief versus long-term interventions are discussed.

**PSY 640 Psychopathology**

This course explores the biological, behavioral, cognitive, humanistic, and psychodynamic and socio-cultural explanations of abnormal behavior and teaches students how to assess Axis I and Axis II disorders. The purposes and use of the DSM-IV are discussed. The importance of research in this area is emphasized.

**PSY 641 Cultural and Social Issues in Clinical Practice**

This course seeks to broaden students' understanding of the cultural differences between the diverse populations that make up our society, the social problems faced by minorities and women, and how stereotypes, biases, and role and performance expectations related to particular cultural or social groups are part of the common socialization patterns. The overall aim is to improve the self-awareness, knowledge base, and sensitivity of counselors so that they can be more effective. Toward this end, the course is designed to explore the many forms of prejudice and discrimination in our society and to identify cultural differences

in our society that affect counseling practice, such as diverse beliefs concerning illness, healing, and authority.

#### **PSY 642 Group Interventions**

This course provides an introduction to the understanding of group process and the skill and processes involved in bringing about growth and change in individuals through group intervention. It seeks to expand students' conceptual framework of the helping process by providing models of group dynamics and the counseling skills that facilitate goal achievement in each of the phases of group work. Common elements in work with individuals, families, and groups will be emphasized. Both the commonalities of diverse types of groups and the unique aspects related to setting and purpose of the intervention are also considered.

#### **PSY 645 Health Psychology**

This course is designed to provide a broad overview of the related fields of health psychology and behavioral medicine. Various theoretical perspectives will be used to develop an understanding regarding the ways in which biological, psychological, and social factors interact with and affect: (1) people's efforts to achieve good health and prevent illness, (2) factors underlying health habits and lifestyles, (3) stress and coping and their role in illness, (4) factors related to seeking and receiving treatment for medical problems, (5) pain and its treatment, and (6) the recovery, rehabilitation, and psychosocial adjustment of people with serious health problems and chronic illnesses such as cancer and heart disease. This course will also address the role of research in clinical psychological interventions and the various ways in which these interventions can both improve health behaviors and patients' quality of life.

#### **PSY 646 Health Psychology Interventions**

This class is designed to provide graduate students with theoretical knowledge and practical skills in clinical interventions in the field of health psychology, emphasizing the most effective use of both individual and group modalities. This includes training in theory, research, assessment, treatment, and prevention of common health compromising behaviors/disorders, including: stress and coping; chronic pain and illness; nicotine cessation; obesity and weight management; cardiovascular health; sexual health; cancer and immunology disorders; and terminal illness, death, dying, and caregiver support.

#### **PSY 650 Assessment I**

This course introduces the counseling student to basic concepts of standardized and non-standardized testing of mental status at the individual and group level. Underlying concepts and instruments for appraising personality, mood, drug and alcohol abuse and other functionally oriented measures will also be discussed. Fundamentals of assessment and evaluation such as test construction and issues of validity, reliability, measures of central tendency and variability are covered, in addition to how sociocultural factors can influence the assessment and evaluation process within the context of the counseling environment. Opportunities for administration of tests are provided. Ethical/legal considerations will also be examined.

#### **PSY 670 & 671 Introduction to Clinical Practice: Helping Relationships I & II**

This course is designed to educate students in the basic procedures of ethical and culturally responsive counseling practice including the individual and systems perspectives. The course will include intake interviewing, initial assessment, engaging the client, formulating a treatment plan, implementing treatment, assessing progress and termination issues. This course will also explore the characteristics and behaviors of the counselor and the client that influence the therapeutic process. Ethical/legal considerations will also be examined.

#### **PSY 672 Professional Orientation**

This course provides an understanding of all aspects of professional functioning including history, roles, organizational structures, ethics, standards, and credentialing, and public policy issues. Particular emphasis is placed on ethical and legal issues and their applications to various professional activities as a counselor.

#### **PSY 673 Career and Lifestyle Development**

This course is designed to expose students to the various career counseling concepts and vocational development theoretical orientations necessary to understand the role of work in people's lives. This can serve as a foundation for

counseling with individuals throughout the lifespan, across various populations, in order to facilitate effective career decision making, planning, and implementation. Students will be exposed to basic career counseling principles and techniques, including: vocational development theories; career decision-making models; career assessment instruments and techniques, including computer based career information systems; career counseling processes and resources; career program planning, implementation, and evaluation; and an understanding of the interrelationships among work, family, and other life roles, including how multicultural issues, gender, sexual orientation, and other issues of diversity impact vocational development and career planning.

**PSY 680 Family Therapy: Theories and Practice**

This course introduces students to the various theoretical models of family function and dysfunction and specific therapy skills related to the models for helping the family better understand its needs and dynamics and to develop the kind of strategies for change that enable it to move forward in more functional ways. Techniques for family counseling are discussed.

**PSY 681 Brief and Time Effective Interventions**

The aim of this course is to introduce students to the methods of brief therapy by providing them with a theoretical knowledge base about different models of brief therapy and the basic skills for beginning to implement these therapies. Budman's time-effective approach, and behavioral, cognitive, solution-oriented, strategic, narrative, interpersonal, and crisis intervention therapies will be explored. Students learn how to implement brief and time effective interventions in their counseling practice.

**PSY 682 Gerontology**

This course is designed to help the counseling student understand the cultural context of age both with respect to relationships and issues and trends in a multicultural and diverse society. Emphasis will be placed on both the normal and the pathological processes of aging and on special issues and developmental tasks that confront aging individuals in American society. Implications for retirement, bereavement, support systems, and counseling techniques will also be covered. Ethical/legal considerations will also be examined.

**PSY 683 Substance Abuse Interventions**

The aim of this course is to provide students with basic knowledge about pharmacology and toxicities of drugs of abuse and about substance abuse disorders. This course also introduces students to the therapeutic approaches and community resources that are most useful in intervening in these disorders. Areas covered include alcohol, marijuana, heroin, amphetamines, and abused derivatives of amphetamines, cocaine, and barbiturates. The course also addresses other addictive/compulsive disorders such as gambling addictions and eating disorders. Students learn counseling intervention techniques for persons with addictive/compulsive disorders.

**PSY 684 Clinical Psychopharmacology**

This course examines basic principles and research methods including ethical issues in drug research. The physiological, behavioral, and psychotherapeutic effects of the major classes of drugs in clinical use are discussed and an emphasis is placed on differentiating the appropriate uses, mechanisms, therapeutic and side effects, toxicities, and main drug interaction of these agents. Developmental issues in drug use (e.g., childhood, adolescence, and aging) are also discussed.

**PSY 686 Advanced Health Psychology**

The focus of this course is on studying the biopsychosocial foundation and treatment of health disorders, their etiology and in the maintenance of healthy behaviors. This course will integrate advanced theoretical and clinical perspectives that examine a variety of conditions, diseases, disorders and syndromes from a cross-cultural perspective that are observed across the lifespan. The interventions that will be emphasized in this course will be derived from psychological, medical, behavioral and complementary and alternative medical techniques (CAM).

**PSY 690, 691, Clinical Practicum I, II, III, IV, V  
692, 693, 694**

The goal of these capstone courses is to provide a framework in which students can integrate theory, research and practice. As such, these weekly seminars provide an essential forum for discussion and integration of concepts, techniques, and professional issues studied in the foundation courses that help shape, guide, and inform supervised field experiences in counseling.

**PSY 700 Independent Study:** Arranged with supervisor and approved by graduate director and department chair. Max: 3 Credits

Only one independent study may be taken in the program.