Doctorate in Clinical Psychology

Mission Statement
The PsyD program in Clinical Psychology is grounded in the practitioner/scholar model with training that underscores the integration of theory and research. The program teaches a variety of theoretical perspectives, emphasizing a developmental understanding of human behavior. The program seeks to establish strong foundations for critical thinking. A commitment to ethical principles, with an appreciation of issues of diversity, service and social justice is a core component of the program.

Educational Objectives
1. To develop clinical skills that are founded on the integration of practice and research
   a. Students will understand the scientific research behind psychological assessment and develop skills in assessment
   b. Students will develop skills in diagnosis and clinical conceptualization
   c. Students will understand and apply evidence-based practices for a wide range of psychological problems
   d. Students will exemplify professional values, attitudes, and behavior including reflective practice
   e. Students will gain knowledge of and skills in applying ethical and legal issues in the practice of psychology
   f. Students will learn proficiency in relationships
2. To develop competence in research and scholarship
   a. Students will understand the scientific foundations of the broad and general areas of psychology
   b. Students will appreciate and develop skills in science and research
3. To instill an appreciation of human diversity by serving the underserved
   a. Students will gain competency in cross-cultural psychology, including personal awareness, knowledge of cultural factors, and skills in culturally-sensitive psychological services
   b. Students will build skills in client advocacy

Program Philosophy
The educational model of the PsyD Program in Clinical Psychology at CLU is based on the practitioner-scholar model, which was developed for professional schools who were focused on training clinicians and awarded the PsyD degree (Nelson & Messenger, 2003). This training model places particular emphasis on the clinical aspects of professional work while retaining the rigorous and prudent standards for knowing and utilizing the extant research. In addition to maintaining the standards of the practitioner-scholar model, our program is unique in that we place further emphasis on and training in research.

The foundation of CLU’s PsyD Program in Clinical Psychology is built upon the deliberate integration of research and clinical practice. As an institution, CLU has adopted three Core Commitments that guide its mission and are manifest in the vision for advanced training in clinical psychology. Liberal Learning encompasses the critical thinking that is essential for psychologists to be effective in all domains of their work while preparing for life-long learning. Professional Preparation is exemplified by integrating the theoretical, research, and practical frameworks for students to excel as skillful clinicians. Finally, students who will become exceptional citizens and leaders of their communities for psychological good through their work with the underserved will understand the university’s focus on Character and Leadership Development. The PsyD Program in Clinical Psychology will prepare students to become licensed clinical psychologists and will have a distinctive emphasis in understanding how research contributes to and informs clinical practice.
To these ends, the PsyD program has three goals:

1. To develop clinical skills that are founded on the integration of practice and research
2. To develop competence in research and scholarship
3. To instill an appreciation of human diversity by serving the underserved

This approach to clinical training demonstrates the program’s emphasis beyond the broad and general foundations of psychology to embrace the fundamental characteristic of evidence-based clinical practice: integration. We aim to ensure that our students are sufficiently knowledgeable about different approaches and change principles so that they can make informed judgments regarding which approach is effective for particular sets of problems with certain clinical populations having specific cultural characteristics. That is, clinicians must be flexible, knowing what works for whom through an integration of the best available research, the client’s contextual background and preferences, and clinical judgment. The PsyD Program at California Lutheran University is proud to offer a contemporary, integrated model of professional psychology designed to further the science of behavior and uplift the human condition.

**Admission Requirements**

Students with a bachelor’s degree in psychology or a related major and students with a master’s degree in psychology or a related major may apply. Students will need to demonstrate their abilities to succeed in a doctoral level program through GPA, GRE scores, research experience and experience in the field. Students will also need to have well developed writing skills. In addition, students need to demonstrate potential as clinicians by their abilities to engage with and develop interpersonal relationships. The need to target and enroll students from diverse backgrounds will be a priority in recruiting. Ventura County has a strong need for clinical psychologists who are bilingual in English and Spanish and efforts will be made to target potential students who are fluent in both languages. Addressing diversity has been a priority at CLU and will be a priority in the PsyD program as well.

The Priority deadline for the following fall semester is January 15. Applications received after the January 15 deadline will be considered if there is still space available in the cohort.

The PsyD program will consider students when the following requirements have been met:

1. Bachelor’s degree from a regionally accredited institution.
2. Minimum GPA of 3.0
3. GRE General Exam - The general test for the Graduate Record Exam (GRE) is required. The test should be taken within the past 5 years. 50th percentile on the Verbal, Quantitative, and Analytical Writing scales is preferred. The psychology subject test of the GRE is recommended but not required.
4. Applicants who do not have an undergraduate or graduate degree in psychology are required to complete 15 units of coursework in psychology from an accredited institution. At least 3 credit hours of statistics with a grade of B or higher preferred and an additional 12 hours of undergraduate or graduate psychology courses. are required.
5. Official transcripts
6. Curriculum vitae
7. Personal statement: Essay stating how the PsyD Program's philosophy fits with the applicant's goals for pursuing a doctoral degree.
8. Clinical Experience Form
9. Research Experience Form
10. Completed application and application fee
11. Two letters of recommendation
12. Interview (for those invited)
13. Writing sample (completed at interview)

International students must provide the following:

1. TOEFL score of at least 600
2. Proof of financial sponsorship
3. Financial statements

**Requirements for the Doctoral Degree in Psychology**

The Psy.D. in Clinical Psychology curriculum includes sequential research courses, practicum experience and an internship in the field:

- Five-year program with a traditional semester format
- 114 course credits required
- Three areas of focus:
• Six core courses
• Research
• Practical skill development courses
• Includes three years of practicum training (one year at CLU)
• One year of internship
• Clinical Competency Exam
• Dissertation

Note: When students who are enrolled in the Psy.D. program successfully complete the requirements for the first two years of the program and either complete a 2nd Year Project or take a Master’s level competency exam, they will be awarded a Master’s Degree in Advanced Clinical Psychology.

### Course Requirements

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Courses

PSYD 701. Research Seminar 1. (1).
Throughout the first two years of the program, five to seven students work with a faculty member who mentors student research. The class will introduce various research methodologies used in clinical psychology and assist students in exploring their research interests.

PSYD 702. Research Seminar 2. (1).
A continuation of PSYD-701, this course will focus on introducing students to various research tools and strategies as students develop their research projects. Specific attention will be given to developing the literature review. It is expected that students will complete their literature reviews over the summer. Course offered as Pass/Fail.

PSYD 703. Research Seminar 3. (1).
A continuation of PSYD-702, this course assists students in becoming familiar with completing IRB forms, developing the methodology sections of their research projects, and examining the ethics of research and data collection. By the completion of this course, students are expected to have a completed proposal and be ready for data collection. Course offered as Pass/Fail.

A continuation of PSYD-703, this course examines data analysis and writing results. By the completion of this course, students are expected to have completed their second year projects, which may function as pilot studies for the dissertation project. Course offered as Pass/Fail.

PSYD 705. Research Methods 1. (3).
This course examines qualitative and correlational research designs including case studies, survey research, focus groups, conducting interviews and collecting data to support hypotheses regarding possible relationships and associations. In addition, students will learn the appropriate statistical analyses to use with qualitative and correlational research. Issues involving validity, bias and cultural diversity in research will be addressed.

PSYD 706. Research Methods 2. (3).
This course examines quantitative research designs including experimental, quasi-experimental, multivariate, cross-sectional and longitudinal studies. In addition, students will gain experience using SPSS for analysis of variance and covariance, simple effects analysis, factorial designs and multivariate analysis of variance.

PSYD 711. Colloquia 1. (1).
Professionals in the mental health field will conduct presentations on a wide range of issues that are relevant to careers in psychology. By drawing on local resources, the colloquia series addresses issues that are particularly applicable to our neighboring communities. The colloquia also include formal clinical case presentations from students, faculty and invited guests. Course offered as Pass/Fail.

PSYD 712. Colloquia 2. (1).
Continuation of PSYD 711 Course offered as Pass/Fail.
PSYD 713. Colloquia 3. (1).
Continuation of PSYD 712. Course offered as Pass/Fail.

PSYD 714. Colloquia 4. (1).
Continuation of PSYD 713. Course offered as Pass/Fail.

PSYD 716. Biological Aspects of Behavior. (3).
This course examines brain-behavior relationships. An emphasis is placed on understanding neuropsychological functions, physiological mechanisms and biochemical processes.

PSYD 717. Human Development. (3).
This course examines theory and research related to lifespan development. Clinical application of course material will be emphasized.

This course examines current theory and research in human cognitive and affective. The impact of cognitive and affective processes on the individual are studied and applied to clinical material.

PSYD 719. Social Psychology. (3).
This course examines the social and cultural bases of human behavior by examining relevant theory and research. Consideration is given to the ethnic/cultural issues that impact clinical practice.

PSYD 721. Practicum 1. (2).
The Practicum is structured to provide clinical experience in conducting psychotherapy. Students provide psychotherapy services to clients at the Community Counseling and Parent Child Study Center under the close supervision of licensed clinicians who are part of the Psy.D. program's clinical faculty. In addition to direct face-to-face contact and supervision, the practicum also provides supervised training in assessment, using standard test batteries that include intelligence tests, projective tests and self-report inventories. In practicum, students acquire the skills to present test findings to their clients and integrate assessment into their clinical practice.

PSYD 722. Practicum 2. (2).
Continuation of PSYD 721.

PSYD 723. Practicum 3. (2).
Continuation of PSYD 722.

PSYD 724. Practicum 4. (2).
Continuation of PSYD 723.

PSYD 725. Practicum 5. (2).
Continuation of PSYD 724.

PSYD 726. Practicum 6. (2).
Continuation of PSYD 725.

PSYD 728. Case Conference 1. (1).
As part of this yearlong seminar, students present information from clinical intakes that they are conducting as part of their practicum, as well as information on ongoing treatments, to a small group of peers and supervisors. The case conference gives each student the opportunity to develop skills in discussing presenting problems, diagnostic impressions, psychodynamic case formulation and treatment planning.

PSYD 729. Case Conference 2. (1).
Continuation of PSYD 728.

This course is designed for five to seven students led by a faculty member who will mentor students through the dissertation project process. Students will support one another by acting as peer mentors in the course as dissertation proposals are explored. Course offered as Pass/Fail.

A continuation of PSYD-731, this course continues to provide support for students as they actively develop their dissertation projects. At the conclusion of this course, students are expected to have completed their proposals, chosen a dissertation committee, and successfully defended their proposals. They should be ready for data collection and analysis over the summer. Course offered as Pass/Fail.

A continuation of PSYD-732, this course supports students as they analyze data and begin to write the results chapter of their dissertation projects. Course offered as Pass/Fail.

A continuation of PSYD-733, this course provides support for students as they complete their dissertation projects. In addition, students explore various methods of presenting their research including journal articles, conferences and community forums. Students are expected to complete their final defense by the conclusion of this course and are encouraged to present and publish their work. Course offered as Pass/Fail.

PSYD 735. Dissertation Supervision. (2).
This course is intended for students who have not completed their dissertations within the first four years of coursework and who require additional supervision.
PSYD 740. Diagnostic Interviewing. (2).
Diagnostic and therapeutic interviewing skills are essential for a clinician. In this course, students will develop techniques for conducting diagnostic interviews of clients with a range of symptoms and psychological disorders. The course involves hands-on interviewing exercises and a review of etiological and treatment issues specific to psychological disorders, such as anxiety, depression and eating disorder. Includes interviewing strategies that focus on symptoms, behaviors and dynamics that are specific to each disorder.

PSYD 741. Basic Attending Skills. (2).
This course examines one of the basic skills necessary for effective psychotherapy - the development of listening skills. The course explores concepts such as empathy, sympathy, reassurance, the importance of process versus content, and the importance of examining obstacles that interfere with a therapist's basic listening skills, including countertransference.

PSYD 743. Child and Adolescent Interventions. (2).
This course will integrate psychological and neuroscientific research on child and adolescent development with issues of learning disabilities, behavioral and impulse disorders, addictions and other psychopathologies. The student will understand how psychological, social, cultural and biological factors influence the problems and disorders experienced by children and adolescents.

PSYD 744. Principles of Psychodynamic Psychotherapy. (3).
The course surveys some of the basic treatment modalities that fall under the rubric of psychodynamic psychotherapies, including perspectives from object relations, self psychology, ego psychology and interpersonal psychology. Students develop the capacity for distinguishing and finding points of convergence between the different theoretical perspectives and their application in clinical practice. Traditional concepts such as transference, countertransference, resistance, neutrality and compromise formation are discussed. This course also addresses the role of enactments, self-disclosure and insight in effecting therapeutic change.

PSYD 745. ABA and CBT Interventions. (3).
This course examines the conceptual foundations underlying behavioral and cognitive approaches to assessment and treatment. The principles and techniques of applied behavioral analysis and cognitive behavioral therapy will be reviewed. In addition, relevant outcome research will be presented to support the use of these therapies with specific populations.

PSYD 746. Couples and Family Therapy. (2).
This is an advanced course on the study of conjoint therapy with couples and families. A number of theoretical perspectives and related clinical techniques will be studied including cognitive-behavioral, system theory and psychodynamic approaches. The intervention techniques can be applied with pre-marital couples for couple enrichment and as part of psychotherapy with distressed couples. Interventions will be taught for dealing with a variety of marital and divorce issues, e.g., dual-career, multicultural/multinational, domestic violence, alcoholism and remarriage. Instruction is through lecture, discussions, role-playing and video. Students will complete a course project either through a practicum experience or some other applied experience developed with the instructor.

PSYD 747. Group Psychotherapy. (2).
This course is designed to help students learn about group theory and the practice of group psychotherapy. Students acquire information and skills on different types of psychotherapy groups, including inpatient and outpatient groups, as well as psycho-educational groups, symptom-focused groups (e.g., eating disorder group), and others. The course examines the value, as well as the potential for iatrogenic effects, of group work as it is impacted by diagnostic categories, age populations and other relevant factors.

PSYD 750. Child and Adolescent Disorders. (3).
This course will integrate psychological and neuroscientific research on child and adolescent development with issues of learning disabilities, behavioral and impulse disorders, addictions and other psychopathologies. The student will understand how psychological, social, cultural and biological factors influence the problems and disorders experienced by children and adolescents.

PSYD 751. Personality and Dissociative Disorders. (3).
This course is designed to review the major theories of personality and dissociative disorders, addressing psychoanalytic, behavioral and humanistic schools of thought, as well as biological approaches that include the study of genetics and heritability. The course takes a developmental approach to the study of these disorders and examines points of convergence and divergence between the different theories.

PSYD 752. Mood and Anxiety Disorders. (3).
This course provides an in-depth examination of mood disorders (e.g., depression, bipolar disorder, dysthymia) and anxiety disorders (e.g., obsessive-compulsive disorder, phobia, panic disorders). The course examines the etiology and course of the disorders from multiple perspectives. In addition, the course requires a critical review of psychotherapeutic interventions that have been proven effective from a variety of theoretical and treatment modalities. The most current approaches to assessment are reviewed.

PSYD 753. Gender and Sexual Disorders. (2).
This course will explore gender and sexual disorders from multiple perspectives including historical, object relational, attachment, cognitive, behavioral, systems, biological and social. Diagnostic criteria and etiology will be examined while considering the influence of culture and societal values. Multiple treatment approaches and interventions will be examined as found in relevant research. Students will explore their own sexual attitudes and develop an awareness of and comfort with the complexities of human sexuality.

PSYD 754. Substance Abuse. (2).
The course examines the major theories addressing substance abuse. Students will understand substance abuse from a variety of theoretical frameworks (including psychoanalytic, behavioral, humanistic and social learning theory), as well as findings from neuroscience. The course emphasizes a developmental perspective in the understanding of this issue.
PSYD 755. Schizophrenia and Other Cognitive Disorders. (2).
This course examines major theories on the etiology of schizophrenia and other cognitive disorders and their symptomatic manifestations. The course includes a historical overview of the disorders as well as recent findings from the fields of biology and neuroscience. The course also includes a review of medications and the neural pathways by which psychotropic medications are thought to affect thought disorders.

PSYD 756. Introduction to Dialectical Behavior Therapy. (3).
Dialectical behavior therapy (DBT) is a comprehensive and flexible cognitive-behavioral intervention combining change strategies and acceptance strategies that are commonly encountered in many successful interventions for mental health problems. The ease with which DBT can be used for a variety of problems is demonstrated through the wide array of research studies supporting its use with various populations. DBT has been used with suicidal individuals, adults meeting criteria for substance dependence, adolescents, elderly individuals with depression, adults with eating disorders, oppositional children, victims of domestic abuse, stalking offenders, families of at risk individuals and difficult to manage correctional populations. This course is an introduction to the science underlying the treatment principles and their application.

PSYD 757. Introduction to Dialectical Behavior Therapy: Skills Training. (3).
Dialectical Behavior Therapy (DBT) is an evidence based cognitive behavioral mental health intervention initially designed to treat highly suicidal, complex, difficult to treat individuals with co-morbid disorders and now expanding to also treat Axis I disorders (such as depression, anxiety, eating disorders, substance abuse, oppositional disorder, trichotillomania, etc). Multiple research studies attest to the value of such interventions building on the DBT skills training only. The purpose of this course is to offer such training to all interested graduate students. This course is part of a series of courses aimed to train graduate students in evidence-based practices to be used with high-risk clinical populations. Please note that this is an introductory course in DBT. While this course will increase your familiarity with DBT techniques, the course is in no way a sufficient or exhaustive training in DBT.

PSYD 758. Methods in Suicide Risk Assessment And Management. (3).
Suicide is one of the leading causes of death in the United States as well as one of the most difficult problems mental health professionals have to handle in their profession. Beyond completed suicides, suicidal behavior is common and graduate school programs provide little training in how to assess for risk as well as how to intervene when suicidal behavior occurs. The purpose of this course is to provide graduate students with training in hands on evidence based interventions for suicidal behavior. Please note that this is an introductory course in risk assessment and treatment. While this course will increase your familiarity with suicide assessment and treatment techniques, the course is in no way a sufficient or exhaustive training in risk management.

PSYD 761. Professional Seminar. (2).
The purpose of this course is to assist students in the development of a professional identity. Students will investigate the various roles of clinical psychologists. They will examine practice issues in light of relevant ethical and legal issues. Each student will develop a plan for transitioning from student to professional.

PSYD 762. Test and Measurement. (3).
This course introduces students to test theory and the psychometric properties of tests. Controversies and ethical issues in assessment are explored from both a quantitative and qualitative perspective. Particular attention is given to potential test biases and the potential misuse of testing in clinical psychology.

PSYD 763. Ethics. (3).
This course is designed to explore the advanced legal and ethical issues for professional psychology. Students will examine and discuss complex and controversial legal and ethical issues as they pertain to clinical practice and research. Students will be expected to demonstrate a good working knowledge of many legal and ethical concepts and to demonstrate their ability to offer a critical analysis of the professional literature. Classroom discussion is an essential part of this course and students are expected to come to each meeting prepared to ask questions and debate topics. Several take-home assignments and a final exam will also be used to assess grades.

PSYD 770. Assessment: Cognitive. (3).
This course is designed to provide graduate level students with training in the administration, scoring and interpretation of the current editions of the Wechsler Adult Intelligence Scale (WAIS-IV), the Wechsler Intelligence Scale for Children (WISC-IV), and the Woodcock-Johnson Achievement Test (WJ-III). In addition, other measures of cognitive assessment will be reviewed. Issues relating to the appropriate use of intelligence tests, theories of intelligence, ethical test use, testing culturally diverse populations, integration of data and effective report writing will be addressed.

PSYD 771. Assessment: Personality. (3).
This course is designed to provide graduate level students with training in the administration, scoring, and interpretation of personality measures including projective drawings, sentence completion, Thematic Apperception Test (TAT, CAT, RAT), Minnesota Multiphasic Personality Inventory-2 (MMPI-2, MMPI-A), Millon Clinical Multiaxial Inventory-III (MCMI-III), California Personality Inventory-R (CPI-R), Beck Depression Inventory-II (BDI-II), and the Achenbach Child Behavior Checklist (CBCL). In addition, other measures of personality assessment will be reviewed. Issues relating to the appropriate use of personality measures, theories of personality, ethical test use, testing culturally diverse populations, integration of data and effective report writing will be addressed.
PSYD 780. A History of Psychology. (3).
The intention in this course is to guide the student to understand Western psychological science through its history, and through the histories of the societies in Europe and North America within which that science has been embedded. The goal is to have the student become aware that today’s psychology is not just a discipline of the 20th/21st century; rather that its roots lie within “long-forgotten” texts that still influence our thoughts today. By the end of this course students will have learned the major philosophical perspectives governing the various schools of psychology and be able to draw more solid connections from past to present. Students will furthermore come to understand contextual relevance and most importantly learn ways to approach research through guiding theory. In the end, it should become clear to students why ignoring the legacy of their intellectual ancestors would be a grave mistake; the great dinosaurs from the old schools of psychology are still able to teach us ‘modern’ psychologists plentiful.

PSYD 781. Consultation/Supervision. (3).
This course examines the role of psychologists as consultants and as supervisors. Theories of consulting and supervising will be presented, as well as experiential exercises. Students will consider the roles of consultant and supervisor from developmental perspectives.

PSYD 782. Multicultural Psychology. (3).
This course exposes students to the field of multicultural psychology, which includes science, theory, and practice related to multiple aspects of diversity and identity. Students will learn the historical progression of the science of stereotyping and prejudice as well as the models that describe identity development relevant to social categories. Students will also study the psychological consequences of oppression and learn how to incorporate cultural and contextual factors into assessment, case conceptualization, and treatment planning. Parts of this course will involve experiential exercises and writing assignments designed to increase self-awareness of issues related to diversity.

This course will examine the history of intimate partner violence from multiple perspectives including psychological and psychosocial understandings. Current research will be presented and multiple theoretical frameworks will be explored. In addition, the course will review current approaches to treating clients who have been exposed to intimate partner violence including evidence-based practices. Cultural understanding and influences will also be studied.

PSYD 784. Intimate Partner Violence: Advanced Clinical Applications. (3).
This course will provide an in-depth examination, analysis and evaluation of current practices utilized in working with clients who have been exposed to intimate partner violence. Students will examine research, view video of therapy sessions and present their own work with clients.

PSYD 790. Neuropsychoanalysis. (3).
This course will provide an interface between modern neuroscientific research and psychoanalytic theory and practice. Students will explore the relationships between brain structure and function as they relate to the phenomenological expression of the human condition. They will examine how brain development may underlie both psychosexual and psychosocial maturity and the implications of these changes for psychotherapy. By building from the neuroscience of understanding brain injuries and anomalies, we will consider how psychogenic processes may involve similar biological and anatomical systems. The student will also become versed in the modern scientific epistemologies of complex dynamic systems. These epistemologies will also be integrated with psychoanalytic concepts in consideration of expanding our conventional understanding of depth psychology.

PSYD 791. Psychopharmacology. (2).
This course will examine the principles of psychopharmacology and will review individual classes of drugs as well as their mechanisms. Special attention will be given to drug-to-drug interactions, particularly with the elderly. Students will become familiar with the FDA drug review process and will consider relevant legal and ethical issues.

PSYD 792. Advanced Topics. (3).
PSYD 793. Dissertation Completion. (3).
Dissertation Completion is a 3 unit course that PsyD students take to complete work on their dissertations following the completion of their internship training. Prerequisites: completion of PSYD-795 and PSYD-796.

PSYD 794. Independent Study. (1-4).
PSYD 795. Internship 1. (0.5-3).
PSYD 796. Internship 2. (0.5-3).
PSYD 797. Dissertation Continuation. (1-3).
Students enroll in dissertation continuation once they have completed coursework and are enrolled in internship.

PSYD 798. Internship. (3.00).