

# Psychology Masters Programs

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The psychology graduate programs at California Lutheran University are designed to develop competencies and skills for students to pursue a career in the helping professions. Master of Science degrees are offered in Counseling Psychology (with an Emphasis in Marital and Family Therapy) and in Clinical Psychology.

The Counseling Psychology program provides comprehensive and practical training focused on the development of counseling skills. This program meets all academic requirements for the California state license in marital and family therapy.

The Clinical Psychology program provides training in both counseling and research skills. This program is designed for students who wish to complete a terminal master's degree and work in a mental health agency, or for students who plan to pursue a doctorate.

These intellectually rigorous programs offer a fascinating study of human thoughts, emotions and behaviors. Students in both programs develop effective interpersonal communication skills, gain a thorough understanding of professional legal and ethical responsibilities and acquire knowledge of major theories and interventions in counseling.

Additionally, all students in the psychology graduate programs are trained to utilize the technology available through CLU's award-winning computer network system. These stimulating programs of learning promote both personal and professional growth.

The psychology graduate programs can be completed using either a part-time or full-time schedule, which range from two years to three years for completion. The part-time schedule (2.5 to three years) is recommended for students with demanding work or personal responsibilities.

Students attend classes during the fall and spring semesters and also in summer terms. Classes are scheduled in the late afternoon and evening, and some classes are offered on Saturdays.

Graduate classes are taught by full-time professors and by professionals who integrate experiences from their professional practice into the classroom. The University takes pride in its accomplished faculty members who are committed to excellence in teaching.

## Admission Requirements

Applicants to the Counseling Psychology and the Clinical Psychology programs will be considered for admission for the fall term only. Preference will be given to complete application portfolios submitted by January 15. All application documents and required interviews should be complete at least 45 days prior to the beginning of the desired start term. Admission requirements are as follows.

1. Prerequisites:
  - a. The Counseling Psychology (MFT) program requires prior coursework that includes:
    - i At least 3 credit hours of statistics and an additional 9 hours of undergraduate or graduate psychology courses. Grades of B or higher are preferred.
  - b. The Clinical Psychology program requires prior coursework that includes:
    - i 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.
2. Interviews. Applicants should schedule an appointment with an admission counselor as early as possible. They will then be referred to the program director for a personal interview and program advisement
3. Application. Applicants must submit a completed application form with a \$50 application fee.
4. Transcripts. An official transcript showing a bachelor's degree from a regionally accredited institution is required.
5. The general test for the Graduate Record Exam (GRE) is required for the Clinical Psychology program and recommended for the Counseling Psychology (MFT) program. 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.
6. Two Recommendation Forms.
7. Personal Statement. Candidates must submit a personal statement addressing personal interests, professional goals, and objectives for a career in psychology.
8. Resume or Curriculum Vitae

Note: Applicants to the Counseling Psychology program must demonstrate personal aptitude for work as a marriage and family therapist. Letters of recommendation should address the aptitude and/or experience of the applicant for work in marriage and family therapy. The personal statement submitted by the applicant should include an examination of significant influences and events that have helped develop present values and approach to life, as well as ways in which these factors may contribute to preparation for a career as a therapist. Psychological testing may be used as an aid in determining readiness for graduate study in this program.

The University reserves the right throughout a student's course of study to continually evaluate his or her personal suitability for professional involvement as a counselor. As part of this process, all Counseling Psychology students will be evaluated at the end of the first year to determine their suitability for

proceeding on to the counseling practicum component of the program. Faculty assessment using psychological testing and other evaluation techniques may be used to assist in the determination.

## The Master of Science in Counseling Psychology

The Master of Science in Counseling Psychology is a 60-credit program, which prepares the student to become a professional Marriage and Family Therapist. It is designed to meet all academic requirements for the California state license in marriage and family therapy. Licensing by the California Board of Behavioral Sciences requires a master's degree with specified content, supervised counseling experience, a post-master's internship, and two written examinations.

Marriage and family therapy has been described by the American Association of Marriage and Family Therapists as "one of the most delicate and complex undertakings in the whole field of the helping professions."

It requires all the skills taught in the usual academic training program for counseling and therapy, and in addition, a considerable amount of preparation in the dynamics of interpersonal interaction within marriage and the family setting.

Also required is a thorough understanding of the varied roles of intimate relationships, and the understanding of the psychodynamics of family systems and the context in which people live.

In addition, the family therapist needs specific preparation in the issues of child and adolescent clients as well as issues arising from the early life of adult clients.

The Counseling Psychology program is designed to prepare the student for this undertaking from a perspective which takes into account the human being as a whole person with physical, mental, emotional and spiritual dimensions, and which focuses on the family as an interactive system.

The focus of this program is on developing an integration of academic knowledge and clinical skills so that, at the time of graduation, students are well prepared as beginning marriage and family therapists. In addition, students develop personal insights and communication skills to enable them to work effectively in a wide variety of settings.

Over the years, graduates of the CLU program have an outstanding record of obtaining internships, passing the state licensing examinations, and establishing successful practices in both private and institutional fields.

## Counseling Practicum

A special feature of the California Lutheran University Counseling Psychology program is a 12-month practicum placement in one of the University's two Community Counseling Parent Child Study Centers.

The Centers are low-cost community counseling facilities which provide an intensive on-site clinical training experience for graduate students. The clients who are seen by student therapists at the centers provide experience in working with a full range of marital, family, and child problems.

Individual supervision, group supervision, staff training, peer support and shared learning experiences, in an atmosphere designed to facilitate growth as a therapist, create exceptional opportunities. Each student-therapist experiences a variety of client types, client problems, and therapeutic approaches.

Work as a therapist is included, and up to 750 hours applicable to the California licensing requirement may be obtained. A fee is required in addition to tuition for the counseling practicum experience.

## Requirements for the Master of Science in Counseling Psychology

**(60 credits required)**

### Required Courses (54 Credits)

PSYC 510	Psychopathology	3
PSYC 512	Systems of Counseling and Psychology	3
PSYC 515	Survey of Psychopharmacology	2
PSYC 516	Counseling Skills	2
PSYC 517	Lifespan Development	3
PSYC 518	Gender and Sexuality	3
PSYC 520	Law and Ethics	2
PSYC 522	Cultural Diversity	2
PSYC 524	Substance Abuse and Dependency	3
PSYC 526	Domestic Violence and Abuse	2
PSYC 530	Diagnostic and Therapeutic Interviewing	3
PSYC 534	Group Therapy	2

PSYC 540	Principles & Techniques Child Therapy	3
PSYC 541	Principles & Techniques Adolescent Thera	3
PSYC 542	Principles & Techniques Couples Therapy	3
PSYC 543	Principles & Techniques Family Therapy	3
PSYC 550	Survey of Psychological Testing	3
PSYC 561	Research Synthesis and Evaluation	3
PSYC 591	Counseling Practicum I	2
PSYC 592	Counseling Practicum II	2
PSYC 593	Counseling Practicum III	2
Total Hours		54

**Graduate Psychology Elective Tracks (6 credits) (Subject to change)**

Select a two-course series from the following: 6

PSYC 544/545	Theories of the Recovery Model and Techniques of the Recovery Model	
PSYC 570/571	Theories of Latino Counseling and Techniques of Latino Counseling	
PSYC 574/575	Attachment Theory and Attachment Techniques	
PSYC 577/578	Family Mediation Theory and Research and Family Mediation Application/Practice	
Total Hours		6

Graduate Psychology is offering the above elective tracks for students as well as post degree and post license individuals who have an interest in developing knowledge and skill in a specialized area.

Other Requirements

1. Successful completion of a comprehensive examination.
2. Personal experience in therapy is required for a minimum of 20 sessions. Students are encouraged to begin therapy in the second semester of the first year of the program and must complete the 20 hours of personal therapy before beginning Practicum at the Counseling Center. Consult program adviser for details.
3. A special feature of the Counseling Psychology program is a 12-month practicum placement in one of the University's two Community Counseling Parent Child Study Centers. Alternatively, students may request to complete the practicum experience at an external site such as a nonprofit counseling agency.

Students who are placed in an external practicum continue to meet for weekly seminars at CLU's Community Counseling Parent Child Study Centers. Students begin the practicum with faculty approval after completing a minimum of 18 credits and PSYC 520 as well as 20 hours of personal psychotherapy.

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PSYC 570/571	Theories of Latino Counseling and Techniques of Latino Counseling	
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PSYC 577/578	Family Mediation Theory and Research and Family Mediation Application and Practice	
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## The Master of Science In Clinical Psychology

The Master of Science degree in Clinical Psychology is a 34- to 37-credit program emphasizing both research and clinical skills. This combination provides a strong foundation for the advanced study of psychology. The development of research skills takes place through completing advanced courses in statistics and research methods. Students have the option of successfully completing a comprehensive examination or of conducting their own research study and completing a thesis (which involves an additional 3 credits of course work, for a total of 37 credits).

Clinical skills are developed in many of the courses offered in the Clinical Psychology program. Students gain an understanding of psychological disorders and methods of treating those disorders. They also develop skills in interviewing, group therapy and applied behavior analysis. Students are exposed to an overview of psychological testing, and they learn how to effectively develop treatment plans and engage in program evaluation. Legal and ethical issues related to both research and counseling are emphasized in the program.

The Clinical Psychology program offers students the option of completing two courses in child and adolescent therapy or two courses in the recovery model which focus on working with adults who have serious mental illnesses.

The courses in the recovery model emphasize the goal of improving the quality of life for the seriously mentally ill by assisting them in functioning as independently as possible. Students choosing the two-course sequence in the recovery model develop skills in areas such as symptom assessment, functional assessment, and skills training.

The two-course sequences in child and adolescent therapy or in the recovery model provide an opportunity for students to focus on treatment techniques related to a particular population.

A number of career options are available to graduates of the Clinical Psychology program. The curriculum is designed to prepare students who plan to continue their graduate studies in a doctoral program.

The program is also designed for students who desire to complete a terminal master's degree in psychology and do not intend to become a licensed practitioner. Many of our graduates choose this career path and are successfully employed overseeing treatment programs in mental health agencies.

Graduates of the Clinical Psychology program are also qualified for registration in California as a psychological assistant to work under the supervision of a licensed psychologist. Additionally, graduates are qualified for employment in the community college system as instructors of psychology or as counselors.

Newly admitted students start the Clinical Psychology program in the summer or fall semester. Completion of the program generally takes two years if full time and three years if part time.

## Requirements for the Master of Science in Clinical Psychology

**(34 credits)**

### Required Courses (25 credits)

PSYC 510	Psychopathology	3
PSYC 512	Systems of Counseling and Psychology	3
PSYC 520	Law and Ethics	2
PSYC 530	Diagnostic and Therapeutic Interviewing	3
PSYC 532	Applied Behavior Analysis	3
PSYC 534	Group Therapy	2
PSYC 550	Survey of Psychological Testing	3
PSYC 562	Advanced Statistics	3
PSYC 564	Advanced Research Methods	3

### Electives (3 credits)

PSYC 565	Research Practicum	3
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### Select one of the following series: (6 credits)

PSYC 540/541	Principles Techniques Child Therapy and Principles Techniques Adolescent Thera	6
PSYC 544/545	Theories of the Recovery Model and Techniques of the Recovery Model	

<b>Comprehensive Exam or Thesis Option</b> <sup>1</sup>		0-3
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Total Hours		34-37
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<sup>1</sup> Students must either take a comprehensive examination or complete a thesis, which requires taking an additional course, PSYC 566. Students choosing to take PSYC 566 will need to take PSYC 565 as a prerequisite.