



COLLEGE OF LETTERS AND SCIENCES

MASTER OF ARTS IN COUNSELING PSYCHOLOGY

Help Families and Individuals Find Their Paths

The Master of Arts in Counseling Psychology degree provides the academic pathway for students who are committed to the practice of professional counseling. The program includes core courses that all MA Counseling Psychology students must take and two options for license eligibility.

- Marriage and Family Therapist (MFT) Option emphasizes marriage and family therapy and is designed for students who are committed to the practice of individual, couples, family, adolescent, and child psychotherapy.
- Professional Clinical Counselor (PCC) Option emphasizes counseling techniques and theory, including those related to career development, and is designed for students who are committed to the practice of individual and group counseling.

Program highlights:

- Understand the core psychological concepts that underpin counseling, psychotherapy, and mental health counseling
- Learn to assess and diagnose psychological distress, impairment, and mental disorders
- Gain a working knowledge of topics including psychopharmacology, addictive and compulsive disorders, structured psychological assessment, relational violence, gender and sexuality, and trauma/crisis

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MASTER OF ARTS IN COUNSELING PSYCHOLOGY

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The Master of Arts in Counseling Psychology degree provides the academic pathway for students who are committed to the practice of professional counseling. The program includes two core course sequences, Core Sequence I and III, that all MA Counseling Psychology students must take and one core sequence, Core Sequence II, which offers an option for MFT-focused coursework or PCC-focused coursework. Each student must choose one of the following options for Core Sequence II:

The MA Counseling Psychology - MFT Sequence Option emphasizes marriage and family therapy and is designed for students who are committed to the practice of individual, couples, family, adolescent, and child psychotherapy. This version of the degree meets the academic requirements necessary to sit for the Marriage and Family Therapist (MFT) License mandated by the Board of Behavioral Sciences in the state of California. Students who wish to also take the PCC option must take the three PCC-focused courses and complete the additional practicum hours required for the PCC license in order to meet the educational requirements for both licenses.

The MA Counseling Psychology - PCC Sequence Option emphasizes counseling techniques and theories, including those related to career development, and is designed for students who are committed to the practice of individual and group counseling. This version of the degree meets the academic requirements to be eligible for licensing as a professional clinical counselor (PCC) by the Board of Behavioral Sciences in the state of California. Students may take courses from the MFT Sequence Option if they want to qualify for both licenses or want to qualify to work with couples, families, and/or children as a PCC. Students who wish to also take the MFT option must take the three MFT-track courses in order to meet the educational requirements for both licenses.

The degree with either sequence may not meet requirements in other states. Students should consult the licensing boards of the appropriate states for information about licensure outside of California. The degree also prepares students for the pursuit of doctoral studies in practitioner-oriented programs such as counseling or clinical psychology.

Application Requirements

Students interested in enrolling in this program should contact the appropriate campus for further information regarding the application process.

To be considered for admission, applicants must meet the University Graduate Admission requirements listed in the general information section of the catalog, as well as the MAC program criteria. All applicants are evaluated for the psychotherapy profession, regardless of career goals. Students must submit an application packet, pass a personal interview, and attend the program orientation before they may begin classes.

Students for whom English is not their primary language must take the Test of English as a Foreign Language (TOEFL) exam and receive one of the below scores before beginning the program:

- Paper-based – 550
- Computer-based – 5213
- Internet Based – 579

Students must submit their TOEFL score with their application.

Students should consult the regional faculty to determine at what point in the sequence they may enter the program. Entrance points may differ in each region.

Program Fees

There is a \$350 fee assessed during PSY 611B for materials that are integrated into program courses and designed to assist students in the preparation for the California licensing examination for LPCC or LMFT, including the California Law and Ethics Exam which must be taken in the first year post degree conferral while practicing as an Associate MFT.

Program Requirements

- Students must complete a minimum of 10 hours of individual, marital, family, and group psychotherapy before taking PSY 611B and another 15 hours before graduation for a total of 25 hours.
- Students must obtain a total of 225 hours (MFT) or 280 hours (PCC) of face-to-face counseling experience at an approved practicum site with a designated practicum site supervisor during the practicum class. Students who want to complete both MFT and PCC practicum requirements will need to meet the 280 hours requirement.
- Students who do not have an undergraduate degree in psychology must take PSY 501A and PSY 501B as the first two courses in their program. Under exceptional circumstances requests for independent studies in courses without experiential clinical work may be considered for approval by the department.

- Students seeking licensure in California must register with the Board of Behavioral Sciences (BBS) after graduation and fulfill all BBS licensing requirements for the license relevant to the student's MAC sequence option.
- Students are also urged to join a professional association. Students in the MFT track should consider joining the California Association of Marriage and Family Therapy (CAMFT) and/or the American Association of Marriage and Family Therapists (AAMFT). Students in the PCC track should consider joining the American Counseling Association (ACA) and/or the California Association for Licensed Professional Clinical Counselors. Students must obtain malpractice insurance, which may be obtained through the relevant association listed above or another professional organization.
- Students must complete all coursework within seven years. Any courses taken more than seven years ago must be repeated.
- In regional offerings of the program where applicable, students in the Master of Arts in Counseling Psychology may choose to take a regular evening course simultaneously with PSY 680A or PSY 680B.

The program is guided by the standards of the California Board of Behavioral Sciences for academic training relevant to licensing as a Marriage and Family Therapist in the State of California (MFT Sequence) or as a Licensed Professional Clinical Counselor (PCC Sequence), and by contemporary scientific, professional, and public practice. At the completion of the program students will achieve the following outcomes required for successful practice of Marriage and Family Therapy (MFT Sequence) or Professional Clinical Counseling (PCC Sequence).

Program Learning Outcomes

Upon successful completion of this program, students will be able to:

- Demonstrate core psychological concepts and therapeutic skills that underpin counseling, psychotherapy, and mental health counseling.
- Critically evaluate the relevant methods of research used in the study of behavior and their limitations.
- Understand and demonstrate current professional standards of ethics, values, and laws related to the practice of professional psychotherapists.
- Demonstrate cultural competence in addressing the mental health needs of people of diverse backgrounds and circumstances, including an appreciation for the wide cultural diversity among California's multiple diverse communities.
- Evaluate psychological distress and/or impairment, mental disorders, and problems in living in diverse individuals and systems within various mental health settings.
- Develop culturally appropriate strategies, treatment plans, and professional relationships for successful interventions with diverse client groups in various clinical contexts.
- Apply related therapeutic interventions with diverse clients using a variety of psychotherapeutic models.
- Apply a working knowledge of a range of topics important to mental health practice including (but not limited to) psychopharmacology, addictive and compulsive disorders, structured psychological assessment, relational violence, gender and sexuality, and trauma/crisis.
- Understand norms and principles of public mental health work including (but not limited to) case management, collaborative treatment, evidence-based practice, strength-based model, resiliency, and recovery-oriented care to work with clients.
- Integrate professional development through self-reflection emphasizing personal capacities such as self-awareness, integrity, sensitivity, flexibility, insight, compassion, imagination, and personal presence.

Degree Requirements

To receive the Master of Arts in Counseling Psychology, students must complete at least 90 quarter units of graduate work. A total of 13.5 quarter units of graduate credit may be granted for equivalent graduate work completed at another regionally accredited institution, as it applies to this degree and if the units were not used in earning another advanced degree. Students for whom English is a second language must take and pass an English Language Proficiency exam prior to beginning any coursework. Students should refer to the section on graduate admission for specific information regarding additional application and evaluation requirements.

Prerequisites for the Major

(2 courses; 9 quarter units)

Students who hold a bachelor's degree in Psychology may request these courses to be waived. Please contact the Academic Program Director.

PSY 501A Foundations in Counseling I
PSY 501B Foundations in Counseling II

Core Requirements

Sequence I

(6 courses; 27 quarter units)

Students will take classes from this sequence, then take 3 area of specialization courses, Core Course Sequence II.

PSY 605	Lifespan Development <i>Prerequisite: Bachelor's Degree in Psychology or PSY 501A and PSY 501B</i>
PSY 620	Perspectives on Psychology <i>Prerequisite: Bachelor's Degree in Psychology or PSY 501A and PSY 501B</i>
PSY 610	Case Management <i>Prerequisite: Bachelor's Degree in Psychology or PSY 501A and PSY 501B</i>
PSY 611A	Counseling Paradigms I <i>Prerequisite: Bachelor's Degree in Psychology or PSY 501A and PSY 501B</i>
PSY 612A	Clinical Assessment I
PSY 612B	Clinical Assessment II <i>Prerequisite: PSY 612A</i>

Core Requirements Sequence II

PCC Option

(3 courses; 13.5 quarter units)

Students interested in becoming a Licensed Professional Clinical Counselor will take these courses between Core Sequence I and III.

PSY 653	Research and Evaluation
PSY 624A	Testing and Assessment
CED 612	Career & Academic Counseling

MFT Option

(3 courses; 13.5 quarter units)

Students interested in becoming a Licensed Marriage and Family Therapist will take these courses between Core Sequence I and III.

PSY 636	Child and Adolescent Therapy
PSY 632A	Family Therapy
PSY 632B	Couples Therapy

Core Requirements Sequence III

(11 Courses; 49.5 quarter units)

PSY 627	Legal & Ethical Issues
PSY 611B	Counseling Paradigms II
PSY 680A	Counseling Practicum I <i>Prerequisite: PSY 611B with a minimum grade of S</i>
PSY 628	Group Therapy
PSY 637	Cultural Competencies
CHD 640	Treatment of Addictions
PSY 626	Human Sexuality
PSY 679	Psychology of Trauma
PSY 680B	Counseling Practicum II <i>Prerequisite: PSY 680A</i>
PSY 678	Clinical Biopsychology
PSY 638	Wellbeing & Wellness