



ADDENDUM A.1

TO THE NATIONAL UNIVERSITY GENERAL **CATALOG 86**

National University
Spectrum Business Park
9388 Lightwave Ave,
San Diego, CA. 92123.

The following updates will take effect on February 23, 2024.

Course Terminations

Class-Based

PSY 680A - Counseling Practicum I

PSY 680B - Counseling Practicum II

Degree Information

Graduate Degree

Class-Based

Master of Arts in Counseling Psychology (California)

Status: *Historical-Review all addendums*

Academic Program Director: Monica Wilson; mwilson2@nu.edu

The Master of Arts in Counseling Psychology degree provides the academic pathway for students who are committed to the practice of professional counseling. All students must complete the course work in Marriage and Family Therapist (MFT) during their program. The MFT sequence 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 course work 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 are interested in also pursuing the Licensed Professional Clinical Counselor (PCC) pathway will complete three (3) additional courses at the end of their program, or where appropriate in their individual schedule, upon consultation with their Faculty Advisor. The PCC pathway, or Combined MFT-PCC Option, is designed to allow students to sit for licensing as both an LMFT and an LPCC (Licensed Professional Clinical Counselor). The PCC courses emphasize counseling techniques and theories, including those related to career development. This version of the degree meets the academic requirements to be eligible for licensing as a professional clinical counselor by the Board of Behavioral Sciences in the state of California.

The degree 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 an admissions advisor 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 - 213

Internet Based - 79

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 are fees associated with this program. These include access fees for our practicum management program and preparatory materials for the California licensing examination. For further information on payment of fees, please consult your Faculty Advisor. For the cost of fees associated with PSY 610 and PSY 644C please see the [Tuition and Fees section](#) of the catalog.

Program Requirements

- Students must complete a minimum of 10 hours of individual, marital, family, and group psychotherapy before taking PSY 644C and another 15 hours before graduation for a total of 25 hours.
- Students must obtain a total of 225 hours (Standard Program) or 280 hours (Combined Option) of face-to-face counseling experience at an approved practicum site with a designated practicum site supervisor during the practicum class.
- 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 should consider joining the California Association of Marriage and Family Therapy and/or the American Association of Marriage and Family Therapists. Students in the Combined Option should also consider joining the American Counseling Association 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.
- **NOTE:** The courses in the online version of the program are designed to be mostly asynchronous. However, some classes require attendance at prescheduled, live meetings. In many of these meetings, students participate in live, online role-play practice of psychotherapy skills. These live, online meetings will be scheduled by the instructor. The practicum sequence in the online program includes a required video presentation and live consultation with faculty each week. The schedule for these requirements differs by instructor and situation. The live meeting schedule is announced ahead of each course. Students are encouraged to reach out to instructors when they have any questions about the schedule.

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 (Standard Program) or as a Licensed Professional Clinical Counselor (Combined Option), and by contemporary scientific, professional, and public practice. At the completion of the program, students will achieve the following outcomes required for successful practice as an LMFT and/or an LPCC.

Program Disclosure Information

The MA in Counseling Psychology degree is designed for California only, and either option may not meet requirements in other states. Students should consult the licensing boards of the appropriate states for information about licensure outside of California.

For up-to-date information on program licensure eligibility requirements for a state, please visit:
<https://www.nu.edu/licensuredisclosures/>

Live Class Session Disclosure

The courses in the online version of the program are designed to be mostly asynchronous. However, these classes require attendance at prescheduled, live meetings. In clinical courses, students participate in live, online role-play practice of psychotherapy skills. These live, online meetings are scheduled to meet twice a week on Tuesdays and Thursdays. In non-clinical coursework, students meet once a week on a Tuesday. The practicum sequence includes a required video presentation and live consultation with faculty each week. The schedule for these requirements differs by instructor and situation. The live meeting schedule is announced ahead of each course. Students are encouraged to reach out to instructors when they have any questions about the schedule.

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, including critical evaluation of the relevant methods of research used in the study of behavior and their limitations.

- Demonstrate current professional standards of ethics, values, and laws related to the practice of professional psychotherapists.
- Demonstrate cultural competence, including recognition of one's own potential biases, intersectionality (including systems of power, privilege, and oppression), and appreciation of cultural diversity in addressing the mental health needs of people of diverse backgrounds and circumstances with an emphasis on historically underserved populations.
- Assess and diagnose psychological distress and client problems according to stated theoretical principles of conceptualization while integrating and adjusting for the client's cultural and social identities, and physical ability.
- Establish, maintain, and evaluate the therapeutic relationship to serve the mental health needs of diverse clients.
- Develop culturally appropriate strategies, treatment plans, and interventions for work with diverse client groups in various clinical contexts and using a variety of psychotherapeutic models and modalities, including telehealth.
- Evaluate outcomes of clinical work and demonstrate an ability to integrate supervisor feedback into the student's treatment planning.
- 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 expression and sexuality, and trauma/crisis, including suicidality.
- Evaluate norms and principles of public mental health work including (but not limited to) case management, collaborative treatment, evidence-based practice, strength-based model, resiliency, trauma-informed care, and recovery-oriented care to work with clients.
- Demonstrate an understanding of the principles of practicing self-care, with particular awareness of the impact of vicarious trauma on the therapist's wellbeing, as the student develops a professional identity.
- Integrate personal and professional development through self-reflection emphasizing capacities such as self-awareness, integrity, sensitivity, flexibility, insight, compassion, imagination, personal presence, and the impact on the therapeutic relationship.

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 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 Lead Faculty.

PSY 501A	Foundations in Counseling I	4.50
PSY 501B	Foundations in Counseling II	4.50

Core Requirements I (7 courses; 31.5 quarter units)

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

PSY 605	Lifespan & Sexual Development	4.50
	Prerequisite: Bachelor's Degree in Psychology , or PSY 501A and PSY 501B	
PSY 637	Cultural & Social Justice Iss.	4.50
	Prerequisite: PSY 501A; PSY 501B	
PSY 610	Community Mental Health	4.50

<i>Prerequisite:</i> Bachelor's Degree in Psychology, or PSY 501A and PSY 501B		
PSY 644A	Therapeutic Skills & Theory A	4.50
PSY 644B	Therapeutic Skills & Theory B	4.50
<i>Prerequisite:</i> PSY 644A		
PSY 612A	Clinical Assessment I	4.50
PSY 612B	Clinical Assessment II	4.50
<i>Prerequisite:</i> PSY 612A		

Core Requirements II: MFT Coursework (3 courses; 13.5 quarter units)

Students will take these courses between Core Sequence I and III.

PSY 636	Child and Adolescent Therapy	4.50
PSY 632	Couples Therapy & Sexuality	4.50
PSY 632A	Family Therapy	4.50

Core Requirements III (13 Courses; 45 quarter units)

PSY 627	Legal & Ethical Issues	4.50
PSY 644C	Therapeutic Skills & Theory C	4.50
<i>Prerequisite:</i> PSY 644A; PSY 644B		
PSY 681A	Practicum A	1.50
<i>Prerequisite:</i> PSY 644C with a minimum grade of S. Student must pass the prerequisite.		
PSY 628	Group Therapy	4.50
PSY 681B	Practicum B	1.50
<i>Prerequisite:</i> PSY 681A with a minimum grade of S. Student must pass to move forward in sequence.		
PSY 646	Holistic Treatment	4.50
PSY 640A	Treatment of Addictions	4.50
PSY 681C	Practicum C	1.50
<i>Prerequisite:</i> PSY 681B with a minimum grade of S. Student must pass to move forward in sequence.		
PSY 679A	Found. & Trauma-Focused Care	4.50
PSY 679B	Relational & Systemic Trauma	4.50
PSY 681D	Practicum D	3.00
<i>Prerequisite:</i> PSY 681C with a minimum grade of S. Student must pass to move forward in sequence.		
PSY 678	Psychopharmacology	4.50
PSY 681E	Practicum E	1.50
<i>Prerequisite:</i> PSY 681D with a minimum grade of S. Student must pass to move forward in sequence.		

Optional Sequence IV: Combined MFT/PCC Option (3 courses; 13.5 quarter units)

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

PSY 653	Research and Evaluation	4.50
PSY 624A	Testing and Assessment	4.50
PSY 645A	Career Counseling	4.50

Supplemental Coursework (2 courses; 3 quarter units)

Units: 3.00

Courses in this sequence are not required. They may be taken upon faculty approval.

PSY 680E	Early Practicum	1.50
PSY 680S	Supplemental Practicum <i>Historical-Review all addendums</i>	1.50
<i>Prerequisite: PSY 680B</i>		

Courses

Class-Based

PSY 681A Practicum A (1.50)

Prerequisite: PSY 644C with a minimum grade of S. Student must pass the prerequisite.

Duration: 8

First of five practicum courses where students work as MFT or PCC trainees. Students will participate in an academic seminar for two months online. Students in either the MFT only track or the MFT/PCC track should complete approximately 30 hours of face-to-face work with clients at an approved clinical site during the two months of this course. Students will demonstrate their ability to assess, diagnose, and formulate an initial treatment plan for clients with acute suicidal ideation, as well as their understanding of clinical issues related to the practice of telehealth. Students will assess clinical diagnoses from the current DSM, strength-based and recovery model perspectives. Students will identify their own likely symptoms related to burnout and the life practices that will assist in reducing such symptoms.

PSY 681B Practicum B (1.50)

Prerequisite: PSY 681A with a minimum grade of S. Student must pass to move forward in sequence.

Duration: 8

Second of five practicum courses where students work as MFT or PCC trainees. Students will participate in an academic seminar for two months online. Students in either the MFT only track or the MFT/PCC track should complete approximately 30 hours of face-to-face work with clients at an approved clinical site during the two months of this course. Students in the MFT only track should complete a minimum of 60 hours of face-to-face work with clients at an approved clinical site during the two months of this course. Students in the MFT/PCC track should complete a minimum of 70 hours of face-to-face work with clients at an approved clinical site during the two months of this course. Students will demonstrate their ability to perform an initial assessment and diagnosis of clients at their site as well as the ability to design an effective treatment plan based on that assessment. Students will assess clinical diagnoses from the current DSM, strength-based, and recovery model perspectives.

PSY 681C Practicum C (1.50)

Prerequisite: PSY 681B with a minimum grade of S. Student must pass to move forward in sequence.

Duration: 8

Third of five field practicum courses where students work as MFT or PCC trainees. Students will participate in an academic seminar for two months online. The presentations of the Signature Assignment will begin in this course. Selected students will present a clinical case from their community site with a video of a live client session (unless the site will not allow videotaping in which case an alternative video assignment will be shown). Students will receive feedback about their clinical skills as demonstrated in the video from their peers and the professor. Students will assess clinical diagnoses from the current DSM, strength-based, and recovery model perspectives. Students in the MFT only track should complete a minimum of 60 hours of face-to-face work with clients at an approved clinical site during the two months of this course. Students in the MFT/PCC track should complete a minimum of 70 hours of face-to-face work with clients at an approved clinical site during the two months of this course.

PSY 681D Practicum D (3.00)

Prerequisite: PSY 681C with a minimum grade of S. Student must pass to move forward in sequence.

Duration: 8

Fourth of five field practicum courses where students work as MFT or PCC trainees. Students will participate in an academic seminar for two months online. The presentations of the Signature Assignment occur in this course. Selected students will present a clinical case from their community site with a video of a live client session (unless the site will not allow videotaping in which case an alternative video assignment will be shown). Students will receive feedback about their clinical skills as demonstrated in the video from their peers and the professor. Students will assess clinical diagnoses from the current DSM, strength-based, and recovery model perspectives. Students will demonstrate their ability to identify and integrate legal and ethical issues into their work with clients. Students in the MFT only track should complete a minimum of 60 hours of face-to-face work with clients at an approved clinical site during the two months of this course. Students in the MFT/PCC track should complete a minimum of 70 hours of face-to-face work with clients at an approved clinical site during the two months of this course.

PSY 681E Practicum E (1.50)

Prerequisite: PSY 681D with a minimum grade of S. Student must pass to move forward in sequence.

Duration: 8

Fifth of five field practicum courses where students work as MFT or PCC trainees. Students will participate in an academic seminar for two months online. The presentations of the Signature Assignment occur in this course. Selected students will present a clinical case from their community site with a video of a live client session (unless the site will not allow videotaping in which case an alternative video assignment will be shown). Students will receive feedback about their clinical skills as demonstrated in the video from their peers and the professor. Students will assess clinical diagnoses from the current DSM, strength-based, and recovery-model perspectives. Student will demonstrate their ability to identify and integrate legal and ethical issues into their work with clients. Students in the MFT only track should complete a minimum of 60 hours of face-to-face work with clients at an approved clinical site during the two months of this course. Students in the MFT/PCC track should complete a minimum of 70 hours of face-to-face work with clients at an approved clinical site during the two months of this course.