



## DEGREE PROGRAM

*Master of Arts in Counseling Psychology (63 units)*

## ABOUT THIS PROGRAM

Holy Names University offers six graduate programs in the Counseling Psychology Programs to persons who want to work professionally as counselors in a variety of venues, including forensic and pastoral. Students will gain the knowledge and skills necessary to effectively counsel, fully acknowledging the diverse dimensions of people's lives. The faculty is made up of practicing clinicians, and students are exposed to a wide variety of counseling theories with an integrated, programmatic emphasis on human diversity and spirituality. Classes incorporate didactic learning with opportunities for experiential practice via written exercises, case studies, and simulations. Integration of learning is fostered by scholarly papers and reflection journals. At the end of the program, students will be able to demonstrate clinical competence and clear understanding of professional responsibilities.

Our students reflect a rich diversity of age, culture, religion, lifestyles, and lived experiences. Holy Names Counseling programs are appropriate for individuals whose own levels of personal and psychological development enable them to have high regard for all human beings, especially those different from themselves. All programs are dedicated to fostering student development of openness and respect for all people. We firmly believe that valuing differences is a hallmark of effective, compassionate counseling. All three programs are designed for the working adult. Most classes are offered in the late afternoons and evenings.

### *Master of Arts in Counseling Psychology (63 units)*

This program prepares its graduates for a profession in counseling and psychotherapy with an emphasis on community mental health. Students will gain theoretical knowledge of the counseling field and experience practical application of theory in therapeutic, supervised field placement settings. Graduating students are prepared to apply for licensure by with the California Board of Behavioral Sciences (CBBS) as Marriage and Family Therapists (MFT) and the program is continually updated to meet the requirements set by the CBBS.

#### **Pre-requisite requirement:**

Applicant to any counseling psychology master's program must have taken an undergraduate general psychology or sociology course or have life experience working in the community mental health field.

### Core Courses (63 units total)

CPSY 200	Foundations of Counseling: Process and Skills
CPSY 201	Foundations of Psychological Research.
CPSY 202	Clinical Neuroscience
CPSY 205	Psychopathology
CPSY 208	Substance Abuse Assessment & Treatment
CPSY 210	Counseling Theories
CPSY 215	The Law and Professional Ethics
CPSY 220	Human Development Across the Lifespan
CPSY 230	Human Diversity in Counseling
CPSY 235	Advanced Human Diversity Issues in Counseling
CPSY 250	Marriage and Family Counseling
CPSY 260	Treatment of Children and Adolescents
CPSY 265	Group Psychotherapy
CPSY 271	Trauma, Loss and Grief
CPSY 275	Psychological Development and Spiritual Growth
CPSY 280	Psychological Assessment
CPSY 285	Introduction to Supervised Practicum and Case Seminar
CPSY 290 (3,3,3)	Supervised Practicum and Case Seminar
CPSY 291	Community Mental Health A
CPSY 292	Community Mental Health B
CPSY 293	Community Mental Health C
CPSY 298	Integrating Seminar

In order to insure ethical, high quality training and competence as clinicians, students in the Counseling Psychology Master's and the Dual Master's in Counseling Psychology and Forensic Psychology programs are required to complete 24-hours (6 months of weekly sessions) of individual psychotherapy with a licensed clinician (e.g., MFT, LCSW, PhD, PsyD, or Board certified Psychiatrist) prior to beginning field placement (CPSY 290).

## FACULTY

**Helen J. Shoemaker, Ph.D., L.M.F.T., Director**  
Graduate Programs in Counseling Psychology  
Ph.D., Saybrook Graduate School and Research Center  
510.436.1543

## ADJUNCT FACULTY

**Kelley Gin, Psy.D.**  
**Kate Isaacson, Ph.D.**  
**Kenneth Kim, Psy. D.**  
**Carina Ljungwald, Ph.D.**  
**Gwenn Silva, M.A., L.M.F.T.**  
**Richard Sprott, Ph.D.**  
**Barbara F. Strouzas, M.A., L.M.F.T.**

## FORMAT

Designed for the working adult, most classes are offered late afternoons and evenings, Mondays and Wednesdays or Tuesdays and Thursdays. Some Saturday classes are required.

## CONTACT INFORMATION

Holy Names University  
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