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M.A. in COUNSELING PSYCHOLOGY (48 CREDITS)

This program is designed for individuals who wish to practice counseling interventions and consultation skills with children and adults in community settings. The program allows students to become generalists in the field.

This program is appropriate for students entering graduate study with the intention to continue on to doctoral studies in psychology. To be eligible for licensure in mental health counseling in Massachusetts, graduates of this program must complete an additional 12 credits of graduate coursework in counseling.

This program can be completed in two academic years of full-time study. A minimum of 700 hours of field experience are required.

PROGRAM OF STUDY		CREDITS
Required Core Courses (15 courses)		
GPSYC 6007	Psychopathology*	3
GPSYC 6015	Group Dynamics for Counselors and Consultants	3
GPSYC 6026	Developmental Psychology Across the Lifespan*	3
GPSYC 6027	Clinical Skills and the Counseling Process*	3
GPSYC 6029	Vocational Development and Career Counseling	3
GPSYC 6030	Psychology of Culture and Identity: Power, Privilege, Oppression*	3
GPSYC 6101	Quantitative and Qualitative Research Methods	3
GPSYC 6200	Orientation to Professional Counseling & Psychology*	2
GPSYC 6201	Issues and Standards in Professional Psychology*	3
GPSYC 6202	Theories of Counseling and Psychotherapy*	3
	OR	
GPSYC 6300	Theories of Holistic Counseling and Psychotherapy I*	3
	AND	
GPSYC 6301	Theories of Holistic Counseling and Psychotherapy II* (satisfies 3 credits of elective)	3
GPSYC 6205	Assessments for Counseling and Psychology: Adults	3
	OR	
GPSYC 6255	Assessments for Counseling and Psychology: Children and Adolescents	3
GPYSC 6211	Professional Integrative Seminar	1
GPSYC 7100	Biological Bases of Behavior	3
Field Experience Courses (2 courses)		**6**
GPSYC 7710	Clinical Practice and Supervision I: Clinical Setting**	3
GPSYC 7711	Clinical Practice and Supervision II: Clinical Setting**	3
Electives		**6**
Total Credits		**48**

** Prerequisites for field training*
***Taken Concurrently with field training*

Accreditation:
Lesley University is accredited by the New England Association of Schools and Colleges, and authorized to offer degree programs in many states.

For more information, please visit our website lesley.edu/accreditation.htm

Please Note: Lesley University reserves the right to unilaterally add, withdraw, or revise any course offering in the above mentioned program of study including policies, provisions, requirements, and fees.

Lesley University is an Affirmative Action/Equal Opportunity institution and does not discriminate on the basis of age, race, religion, color, creed, national or ethnic origin, sex, sexual orientation, handicap or disability in its education programs, employment, or in admissions to, access to or treatment in its programs or activities

Sample Course Descriptions

GPSYC 6007

Psychopathology

3 credits

The categories of psychopathology, as defined in the DSM-IV-TR, are explored. Students are exposed to the process and language of psychodiagnosis. Uses, limitations, and the relationship of diagnosis to treatment are discussed.

GPSYC 6015

Group Dynamics for Counselors and Consultants

3 credits

A group experience that familiarizes participants with group dynamics and group counseling. Fosters professional development by emphasizing self- awareness in the counselor. Students also come to understand their interpersonal style as it aids and/or hinders effective group functioning, professional role identity, and leadership style.

GPSYC 6026

Developmental Psychology Across the Lifespan

3 credits

Designed to explore theory and research about cognitive, affective, moral, and social development from a cross-cultural perspective. Implications for understanding human behavior across the lifespan are addressed.

GPSYC 6027

Clinical Skills and the Counseling Process

3 credits

This course acquaints the novice counselor with the basic skills necessary for the work of counseling. Listening skills, reflection, confrontation, interpretation, diagnostic interviewing, and crisis intervention are discussed, demonstrated, and practiced. Students are expected to participate actively in exercises and role-play, and to engage in a process of self-understanding and self- assessment.

GPSYC 6029

Vocational Development and Career Counseling

3 credits

Vocational development is a lifelong process. Integral to this process is self- awareness, career awareness and assessment, career decision making and planning, and career implementation. This course prepares counselors to assist a variety of people in all stages of life development in their career planning and selection process. Career developmental theories and assessment tools are discussed.

GPSYC 6030

Psychology of Culture and Identity: Power, Privilege and Oppression

3 credits

Theories of cross-cultural counseling, psycho- logy of gender, and difference are explored. Students are asked to reflect on their own ethnic/racial backgrounds to understand issues of privilege, prejudice, and/or racism. The social construction of these factors and how the client's and counselor's perception of them influences their values and behaviors are discussed.

GPSYC 6201

Issues and Standards in Professional Psychology

3 credits

Ethical conceptualization, analysis, and practice are the foci of this course. The major principles of the ethical standards of the American Psycho- logical Association and American Counseling Association are addressed. The history of applied psychology (clinical, counseling, and school) and the developing Mental Health Counseling movement is presented. Certification, licensure, and regulatory practices are discussed.

GPSYC 6300

Theories of Holistic Counseling and Psychotherapy I

3 credits

The first semester of a yearlong course that grounds holistically oriented clinical practice in relevant psychotherapeutic research and theory. An analysis of all theories is done with attention paid to the relationship between spirit, mind, and body. The psychodynamic, cognitive/behavioral, humanistic/existential, and transpersonal theories are explored. Students will begin to define their own theoretical orientations.

GPSYC 6202

Theories of Counseling and Psychotherapy

3 credits

Critical examination of major contemporary theories of counseling and psychotherapy. The relationship of the theories to counseling practice and human development is examined. Students will begin to define their own theoretical orientations.

GPSYC 6255

Assessments for Counseling and Psychology: Children and Adolescents

3 credits

Designed to provide an overview of tests (cognitive, aptitude/interest, projective, and neuropsychological) currently used with children and adolescents. While some background in test construction and measurement concepts is presented, the primary emphasis is on test usage— when to test, test selection, administration, and scoring/interpretation. The utility of psychological testing, as well as limitations, will be discussed.

GPSYC 7100

Biological Bases of Behavior

3 credits

This course examines the biological bases of behavior. General principles of brain organization as it influences functioning are discussed. The mechanisms of sleep and alertness, memory, language, and emotional processes are reviewed. Brain development is explored as influenced by environment and injury. Implications for substance abuse, psychiatric disorders, medication use, developmental and behavioral disorders, and mind-body health psychology will be examined.

For a full listing of course descriptions, refer to the Graduate Academic Catalog and Handbook: http://www.lesley.edu/provost/