

DIVISION OF PSYCHOLOGY AND APPLIED THERAPIES

COUNSELING

BACHELOR OF SCIENCE 120 credits: 30 credits plus 19 credits of internship related coursework

HOLISTIC PSYCHOLOGY

BACHELOR OF ARTS 120 credits: 30 credits plus 19 credits of internship related coursework

PSYCHOLOGY

BACHELOR OF ARTS 120 credits: 30 credits plus 13 credits of internship related coursework

INTERNSHIPS

100% of Lesley students benefit from many hours of field experience and research opportunities. Working with Lesley's Internship Office, students choose from more than 280 approved sites in Cambridge and Boston, as well as in Massachusetts, New England, and across the U.S. and abroad.

Approved sites for student internship and field experiences include:

- The Jimmy Fund Clinic
- Franciscan Hospital for Children
- Massachusetts Society for the Prevention of Cruelty to Children (MSPCC)
- New England Home for Little Wanderers
- Spaulding Rehabilitation Center
- McLean Hospital
- AIDS Action Committee
- All Care Hospice

"A first-rate undergraduate education consists of many ingredients, none is more important than the readiness of graduates to compete as global citizens in an interdependent world. The Lesley College Difference is real-world problem-solving linked to extraordinary teaching and mentorship."

—Mary Coleman, Dean of Lesley College

THE LESLEY PROMISE

- The opportunity to pursue an academically rigorous education provided by a respected faculty which includes practitioners and researchers.
- The opportunity to explore your intellectual curiosity through a wide range of undergraduate and graduate level courses
- The opportunity to learn in the work environment, exploring potential careers, accruing skills, and refining your choices for life beyond Lesley
- The opportunity to have your voice be heard, with small classes, engaging instructors, and a supportive learning environment
- The opportunity to learn and work abroad, to gain a perspective essential for a global economy
- The opportunity to take yourself as far as you want to go

WHAT TO EXPECT AT LESLEY

One of the first to recognize the importance of an undergraduate applied therapy major, Lesley College introduced degrees in counseling and psychology in the mid 1980's. The growing interest in these programs has brought new faculty to the school, expanding the division's intellectual leadership in the areas of mind, body, spirit, as well as mental health, human behavior, and treatment modalities.

Along with the Biology and Child Studies majors, Lesley's Counseling and Psychology majors create pathways to the study of neuroscience and child brain development, critical areas that help students benefit from opportunities to intern in the Boston and Cambridge areas' many hospitals and treatment centers. In these settings and in applied coursework, one of the goals of these majors is to offer the opportunity to develop communication, empathy, cultural competence, and emotional intelligence skills which transcend specific fields and enhance students' participation in the global community.

Experiential learning drives the academic platform; professors push their students to explore ideas, to question assumptions, to expand their thinking and perspective as they engage in hands-on application of classroom instruction in multiple internship settings. While internships are common at many colleges, Lesley is unique in asking students to reflect on their field-based learning in the classroom, connecting theory and practice in ways that are essential to building understanding and professional capabilities.

WHAT MAKES LESLEY'S PROGRAM UNIQUE

Few colleges offer holistic psychology or counseling psychology programs to undergraduates. Lesley builds on this distinction by offering students the critical balance of academic strength, interactive classroom dynamics, and active, professional development in internships, all of which manifest in preparation for the workplace as beginning practitioners or for graduate study.

Students benefit from a dynamic faculty, many of whom are active practitioners, enhancing theoretical instruction with their own real-world experiences. With an average class size of 16–20, students have more opportunity to engage in discussions, mentorships, and research projects with faculty, strengthening their educational development in ways not possible at schools where large lectures and graduate and teaching assistants drive the learning process.

Lesley's curriculum is ever-evolving, with courses that address emerging issues, cultural trends and societal problems, preparing students to be global citizens, capable of meeting the challenges they'll face in their professional careers.

COUNSELING PSYCHOLOGY: Students undertake a rigorous and thorough study of human emotion, cognition, and behavior. The program's focus on in-depth understanding of human psychology translates into substantial and well-rounded training for each student. In addition to required courses in development, research, and social policy, students may choose electives in topics such as holistic psychology, child psychology, and group counseling in preparation for career success in a variety of settings. The program prepares students at the undergraduate level for work in counseling settings or for further graduate education leading to a career as a counselor. Honors level students who demonstrate a high level of maturity and academic potential are eligible to apply for the Dual Degree Programs: BA/MA in Counseling Psychology and BS/MA in Clinical Mental Health Counseling.

HOLISTIC PSYCHOLOGY: The fastest growing major at Lesley, holistic psychology, is grounded in the concept that mind, body and spirit are integrally connected. Academic development is grounded in psychology, methodology, states of consciousness, perception, cognition, and identity. Students gain more extensive multicultural understanding and skill sets that enable them to address varieties of human suffering and potential, which qualifies them for entry-level positions in a number of human services settings. The program also prepares students for entry into Master's programs in psychology or counseling. Students who major in Holistic Psychology choose a track in Art Therapy, Counseling, or Expressive Arts Therapy. It is also very common for these students to minor in Global Studies.

PSYCHOLOGY: The psychology program has a strong research and clinical component that distinguishes it from the more therapeutically oriented counseling, art therapy, and expressive arts therapy programs. The student of psychology covers many topics including individual development, cognition and memory, personality, abnormal behavior, and group, social, and cultural processes. Students benefit from an understanding of the methodology of research and laboratory work, classes offer a wide range of critical thinking and ideological exploration, as well as hands-on experience in work environments. Graduates will be prepared for a broad range of careers that require an understanding of human behavior or may choose to go on to graduate study.

DUAL DEGREE PROGRAM — An honors program for Counseling Majors

Exceptional students in the Counseling major interested in accelerating the learning required to earn a Bachelor's and Master's degree may apply to begin the Dual Degree programs in their junior year. In this honors program, students must achieve a level of introspection, maturity and cultural awareness necessary to engage in clinical work by their third year of undergraduate study.

- Bachelor of Science/Master of Arts in Counseling Psychology
- Bachelor of Science/Master of Arts in Clinical Mental Health Counseling

COUNSELING PSYCHOLOGY

REQUIRED CORE

Course Number	Course Title	Course Credits
CPSYC 1401	Lifespan Development	3
CPSYC 2403	Theories of Personality	3
CPSYC 2421	Introduction to Counseling	3
CPSYC 3405	Abnormal Psychology	3
CSOCS 3444	Research Methods in the Social Sciences	3
CPLCY 3552	Social Policy	3
CPSYC 4881	Contemporary Issues in Counseling and Human Services	3

For more information and to see additional course offerings, visit www.lesley.edu/lc/counseling.

HOLISTIC PSYCHOLOGY

REQUIRED CORE

Course Number	Course Title	Course Credits
CPSYC 1451	A Holistic Approach to Healing	3
CPSYC 1201	Cross-Cultural Psychology	3
CPSYC 2433	Cognitive Psychology	3
CPSYC 3405	Abnormal Psychology	3
CPSYC 3451	Holistic Psychology	3
CSOCS 3444	Research Methods in the Social Sciences	3
CSOCS 3452	Yoga: Theory, Culture and Practice	3
CPSYC 4451	Senior Seminar: Holistic Psychology	3

For more information and to see additional course offerings, visit www.lesley.edu/lc/holisticpsychology.

PSYCHOLOGY

REQUIRED CORE

Course Number	Course Title	Course Credits
CPSYC 1201	Cross-Cultural Psychology	3
CPSYC 1401	Lifespan Development	3
CPSYC 2403	Theories of Personality	3
CPSYC 3405	Abnormal Psychology	3
CPSYC 3441	Elements of Stats in Psychology	3
CSOCS 3444	Research Methods in the Social Sciences	3
CPSYC 4xxx	Capstone (TBD)	3

For more information and to see additional course offerings, visit www.lesley.edu/lc/psychology.