

Counseling Psychology (CPSY)

The major in counseling psychology provides a foundation for the application of psychological principles to personal, social, and organizational problems. Theory and research related to normal human development, etiology of mental health problems, and ethical standards of the psychology profession are discussed. Emphasis is on interaction with clients in professional settings, such as human services and social services agencies or the corporate workplace. Major principles and methods which address social and counseling issues are applied to diverse populations. This major alone does not prepare students to function as counselors, therapists or psychologists. Rather, students develop the necessary skills to assume entry-level positions in a variety of settings such as government, private human service agencies, mental health organizations, business, and industry.

Major requirements for a B.A. or B.G.S. degree in Counseling Psychology

Required semester hours

36 sh

Prerequisite and supporting courses

GS 1050

Required core courses

CPSY 2010, 3020, 3040, 3800, 4060, 4070, 4120, 4130, 4400

Minor requirements in Counseling Psychology

Students are required to meet the Introduction to Psychology requirements prior to enrolling in the minor. The minor includes the following courses for a total of 20 sh. The minor reflects counseling psychology principles as they are applied to adults within social service or organizational settings.

Required semester hours

20 sh

Required core courses

5 courses taken from the following: CPSY 2010, 3020, 3030, 3800, 4050, 4060, 4070, 4120, 4130.

GESAL Designates a course that fulfills all or part of a General Education (G.E.) requirement for the B.A. or B.G.S. degree; see the General Education section of the School of Adult Learning for more information.

2010 **Research Methods and Design (4 sh)**

Designed to expose the student to how the scientific enterprise is applied to research on human development. A three-pronged focus includes research design, data collection, and the use of statistics in the analysis and interpretation of data.

3020 **Human Development I (4 sh)**

Introduces the student to the area of infant, child, and adolescent development and encourages the student to reflect on how developmental research and theory apply to his or her own life experiences.

3040 **Psychobiology (4 sh)**

Introduces the student to the field of psychobiology. Specific content will include basic concepts, major theoretical viewpoints, and research findings relating to a variety of topics, such as the structure and function of neurons, the anatomy of the nervous system, lateralization and language, sleep, the regulation of internal

body states, emotional behaviors and stress, and recovery from brain damage.

3800 **Principles of Counseling Diverse Populations (4 sh)**

Application of principles and methods which address social issues and problems related to diverse populations. Topics addressed may include law and justice, health and health care, education, and inter-group relations. Engages the student in the applications of principles and methods of counseling and social services. The student develops abilities in the areas prevention and social level interventions. Systemic and ecological theories of human behavior as they pertain to the individual and community will be discussed. The student will develop skills in interviewing, assessment, and evaluation with diverse populations.

4060 **Personality (4 sh)**

Study of traditional and contemporary personality theory, with emphasis on theory, research methods, and assessment. Consideration of the development of personality and of whether it can or does change across the lifespan, and a critical appraisal of key personality theories from developmental and other perspectives.

4070 **Learning (4 sh)**

Introduces the student to various theoretical viewpoints that explain how we learn. The basic principles of classical and operant conditioning, observational learning, cognitive, humanistic, and radical-conscientization theories will be discussed. How these theories can be applied in the everyday settings of home, school, and work will be an important focus.

4120 **Biopsychosocial Disorders of Human Development (4 sh)**

Uses a case-finding approach in a study of biopsychosocial disorders across the lifespan, their assessment and treatment. Traditional categories of psychological disturbance will be discussed as well as issues associated with the duality of illness and wellness, legal and ethical implications of mental dysfunction.

4130 **Helping Skills for Social Services (4 sh) GESAL**

Focuses on the development of listening, influencing, and relationship skills that underpin effective intervention in the helping professions. Attention is also placed on the impact of cultural and social factors on the helping process.

4400 **Practicum in Counseling Psychology (4 sh)**

The practicum includes observation and hands-on experience within an appropriate agency. The student will develop and/or work on a larger institutional-wide project. It involves reflection and application of theory and research learned in the classroom to practical situations in the work setting. The student will apply counseling theory and methods utilizing traditional and multi-cultural perspectives to inform their practice. The practicum is designed to increase the student's knowledge related to the available resources in communities, churches, hospitals and social service agencies. The practicum is one full semester in length.