

Master of Arts in Counseling Psychology

The master's degree in Counseling Psychology is a 48 credit hour program that is designed to meet the educational requirements established by the Illinois Administrative code in order to be licensed as a Professional Counselor in Illinois. There are 16 three-credit classes, culminating in a 600-hour internship. All courses follow an accelerated format with classes meeting once a week for 8-week sessions, with the exception of the two semester-long internship courses. The program is designed to be completed during a 2-year sequence. This master's degree in Counseling Psychology builds upon the broader North Park identity of embracing cultural diversity and the active integration of an inclusively defined Christian perspective. Students will learn the skills and knowledge bases that are required to function as a professional counselor.

The program follows a generalist model of counselor training, in which students are broadly trained to function as competent, autonomous counselors in a broad range of settings. Within this generalist model, students have the opportunity to define specific areas of specialization, based on course selection and internship site selection. Some of these potential areas of specialization include: culturally responsive counseling; pastoral counseling; and addictions prevention and treatment. In order to complete the program, students complete a capstone project related to a clinical issue within the context of the Internship II course. Alternatively, students who are considering pursuing a doctorate have the option of completing a research thesis within the context of an additional, elective course (Individual Research Project).

Learning Outcomes

Learning outcomes for graduates from this Master's degree in Counseling Psychology include:

1. Students will master the counseling skills necessary to function as a Licensed Professional Counselor.
2. Students will demonstrate an understanding of the intricate ways in which culture influence mental health functioning.
3. Students will demonstrate an ability to modify counseling skills in a culturally-responsive manner.
4. Students will display the ability to use the research literature to solve clinical issues.
5. Students will demonstrate the ability to use psychological instruments to assess client functioning.
6. Students will demonstrate the skills necessary to function as a group therapy facilitator.
7. Students will be able to articulate the assessment and treatment process for addictions.
8. Students will be able to use the DSM V to accurately diagnose clients.
9. Students will demonstrate the ability to conceptualize and implement therapeutic interventions appropriate to clients' presenting issues.
10. Students will be able to articulate the impact that larger systems may have on client functioning, as well as implement interventions using a systems approach.
11. Students will be able to articulate the major counseling theories, as well as explain which theories personally guide their clinical thinking.

12. Students will demonstrate the ability to conceptualize the career development process for clients, using major career development theories.
13. Students will demonstrate the ability to use an ethical decision making process, using the ACA ethics code as a major tool in this process.
14. Students will demonstrate an ability to conceptualize clients' faith, spirituality and religious experience in an affirming manner through the use of faith development theorists.
15. Students will function in an ethical and professional manner while providing counseling to clients in their internships.

Degree Requirements for M.A. in Counseling Psychology

Required semester hours

48

Core Courses

CPSY 5010	Counseling Theory
CPSY 5020	Counseling Techniques
CPSY 5110	Psychopathology & Maladaptive Behavior
CPSY 5120	Group Dynamics, Processing and Counseling
CPSY 5210	Social and Cultural Foundations of Counseling Psychology
CPSY 5220	Professional, Legal and Ethical Responsibilities relating to Professional Counseling
CPSY 5310	Research and Evaluation
CPSY 5320	Human Growth and Development
CPSY 5410	Integrating Spiritual and Religious Issues in Counseling
CPSY 5420	Appraisal of Individuals
CPSY 5510	Advanced Culturally Competent Counseling Techniques
CPSY 5520	Substance Abuse and Addiction
CPSY 5610	Lifestyle and Career Development
CPSY 5620	Family Dynamics
CPSY 5970	Internship I
CPSY 5971	Internship II

5010 Counseling Theory (3 sh)

This course examines the major philosophical bases for counseling theory, ethical and professional issues, and various theories that contribute to the practice of professional counseling, including: object relations, humanistic/existential, cognitive/behavioral, and systemic approaches.

5020 Counseling Techniques (3 sh)

This course is an introduction to the principles, procedures, and techniques of the intentional interviewing that occurs in professional counselor-client interactions. Through experiential exercises (mock counseling sessions), beginning counselors will learn specific interviewing skills, the goals and stages of interviewing, as well as strategies for therapeutic change. Beginning counselors will explore

the importance of nonverbal behaviors, values, working alliance, the role of emotions and cognitions, as well as cultural factors in counselor-client communication. Throughout the course, beginning counselors will have the opportunity to reflect upon their own beliefs, skills, and values, as well as assess their competence in the specific interviewing skills.

5110 Psychopathology and Maladaptive Behavior (3 sh)

This course covers general principles of etiology, diagnosis, treatment, prevention, controversies, and cultural factors of mental and emotional disorders. Emphasis is placed on mental status assessment and diagnostic categories as organized in the DSM-V.

5120 Group Dynamics, Processing and Counseling (3 sh)

In this course, students explore the dynamics related to group counseling process. Topics include: various counseling theories applied in group work; phases of group development; therapeutic factors in group work; group work with ethnic/racial minority individuals; and skills related to group therapy documentation and casenotes. Students will have the opportunity to develop group facilitation skills in a mock group experience.

5210 Social and Cultural Foundations of Counseling Psychology (3 sh)

This course examines the myriad ways in which culture and identity impact mental health and the clinical counseling process. In this course, diversity will be defined not only in the traditional manner of addressing the four major racial/ethnic groups, but will also explore dynamics related to gender, disability, religious belief, immigration status and sexual orientation. There will be a special emphasis on how these identity issues are manifested in the professional clinical counseling relationship. An important aspect of this course will be for the student to explore sensitive issues of oppression and privilege, and how the student has been impacted personally by these larger systemic patterns.

5220 Professional, Legal and Ethical Responsibilities Related to Professional Counseling (3 sh)

This course covers topics including: professionalism in counseling, federal and State laws relevant to counselors, the ethical decision making process, and ethics with an emphasis on the Code of Ethics of the American Counseling Association.

5310 Research and Evaluation (3 sh)

This course covers statistical principles, research designs, methods, techniques and tools used in performing and interpreting research in counseling. Topics include: developing the ability to evaluate relative strengths and weaknesses inherent to any research paradigm; quasi-experimental research design; qualitative research methodologies, meta-analysis, threats to internal validity; threats to statistical conclusion; and the process of replication to verify scientific findings.

5320 Human Growth and Development (3 sh)

This course will provide an overview of the various stages of the human growth cycle and include information about multiple theories of development; such as physical, personality, social, cognitive, moral and faith development. An emphasis will be made on how these developmental processes interact with presenting issues in the clinical context.

5410 Integrating Spiritual & Religious Issues in Counseling (3 sh)

This course will explore the vital role that faith plays in an individual's life. Topics that are addressed include: faith development theories; exploring the historical pathologization of healthy faith by the psychology profession, assessing the spiritual worldview of the client, the implicit and explicit integration of spirituality into the

counseling process, ethical issues of addressing spirituality in counseling, collaboration with clergy during the counseling process, and the potential role of religious beliefs in psychopathology.

5420 Appraisal of Individuals (3 sh)

This course covers assessment of the various attributes of a person through standardized tests. The course also includes an overview of statistical procedures relevant to test standardization and interpretation. Topics included in this course are: item development, validity, reliability, standardization of tests, and using professional benchmarks to evaluate the psychometric soundness of an instrument. Students will critique a commonly used psychological instrument as well as develop and validate their own scale.

5510 Advanced Culturally Competent Counseling Techniques (3 sh)

This course provides in-depth opportunities for students to deepen and expand their multicultural competencies and counseling skills for working with diverse belief systems and populations. Exploration of diverse spiritual, religious, ethnic, and systemic belief systems will allow students to develop cross-cultural competencies and understanding of the impact of the cultural context on the therapeutic process. Topics included will be pedagogy of the oppressed, the development of culturally responsive role induction skills, the assessment of racial/cultural identity, and an overview of psychological instruments used to measure multicultural issues in counseling.

5520 Substance Abuse and Addiction (3 sh)

This course covers chemical, psychological, social and spiritual aspects of drug use, abuse and dependency, and effects on the family. Counseling skills are acquired in the areas of assessment, diagnosis, and treatment intervention.

5610 Lifestyle and Career Development (3 sh)

This course covers the lifelong processes and the influences that lead to work values, occupational choices, career path/patterns, decision-making style, and integration of self- and career-identity with patterns of work adjustment. The course is designed around the concepts of career development and includes an overview of the major career development theories.

5620 Family Dynamics (3 sh)

This course covers family systems theory and its applications, prevention approaches for working with families, and specific problems that impede family function. Students will learn how to construct a multigenerational genogram. The major systems theories will be covered as well, including: Satir, Whittaker, Bowen and Minuchin.

5900 Individual Research Project (1 sh)

This course will provide individual supervision for students who wish to complete a thesis as part of their graduate degree.

5910 Current Topics in Counseling Psychology (1-3 sh)

This course will offer an in depth exploration of specific topics in the field of Counseling Psychology. The course can be taken as an elective for current students or by graduates to fulfill CEU requirements related to maintenance of licensure.

5970 Internship I (3 sh)

This course provides practical experience in counseling for the purpose of developing both individual and group counseling skills. This course should include a minimum of 100 clock hours on-site, with a minimum of 40 hours of direct client contact. These experiences allow students to perform some of the counseling activities that an employed Licensed Clinical Professional Counselor would

be expected to perform. Prerequisite: CPSY 5010, 5020, 5110, 5120, 5210, 5220

5971 Internship II (3 sh)

This course provides direct client experiences in assessment, individual counseling and group counseling, as well as opportunities to become familiar with a variety of professional activities other than direct service (e.g., referral sources, case histories and progress notes, data management, etc.). The internship provides an opportunity for a student to perform a variety of activities that a Licensed Clinical Professional Counselor would be expected to perform. A minimum of 600 clock hours with a minimum of 1 hour per week of onsite supervision is required during the internship. Prerequisite: CPSY 5970.

5975 Supervision (1 or 2 sh)

This course will provide clinical supervision to students who are engaging in clinical counseling, but have already taken Internship I and II. This supervision course is designed to offer continued supervision for students who have not completed the 600 required hours, or students who wish to amass more than the minimum 600 hours. There is also the possibility that this course can be offered to individuals who have completed their Master's degree and need ongoing supervision to obtain licensure. Prerequisite: CPSY 5971.