

The top half of the cover features a close-up photograph of several dried, pressed leaves. The leaves are a yellowish-tan color, showing their intricate vein structure and some dark spots. They are set against a textured, light-colored background that transitions from a pale yellow at the top to a soft orange at the bottom. The leaves are arranged in a cluster, with some overlapping. The stems of the leaves are visible at the bottom of the cluster.

PACIFICA
GRADUATE INSTITUTE

2015–2016 COURSE CATALOG

M.A. in Counseling Psychology

Pacifica Graduate Institute is an accredited, employee-owned graduate school dedicated to excellence in education. The Institute's programs in psychology, the humanities, and mythological studies are informed by the rich tradition of depth psychology.

Depth psychology calls attention to the importance of what lies beneath the surface of conscious awareness. That vital importance is clearly revealed in the arts and literature of every culture, as well as through the dreams and collective symptoms of individuals and societies.

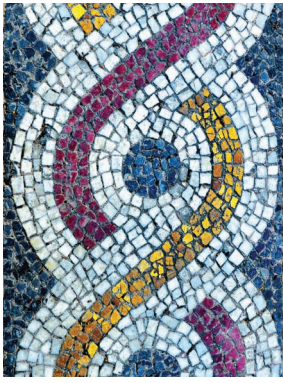
At Pacifica, leading scholars have developed a cutting-edge curriculum that meets the complex needs of a diverse student body. Educational formats include three- and four-day monthly learning sessions, and blended distance learning, low-residency degree programs.

The Institute's two campuses lie between the Pacific Ocean and Santa Ynez Mountains, a few miles south of Santa Barbara, California. Tranquil and beautiful, they form ideal settings for contemplation and study.

Pacifica was born during the cultural upheaval of the early 1970s—a time when existing paradigms were questioned and new ones came into being. That sense of innovation, coupled with an abiding respect for the power of ideas, has remained central to the Institute's culture and curriculum.

Pacifica is accredited by the Western Association of Schools and Colleges (WASC).
For gainful employment information, visit pacifica.edu/gainfulemployment

The information in this catalog is as accurate as possible at the time of publication; however, the Institute reserves the right to make changes during the life of this catalog.



M.A. in Counseling Psychology

WITH EMPHASIS IN MARRIAGE AND FAMILY THERAPY, PROFESSIONAL CLINICAL COUNSELING, AND DEPTH PSYCHOLOGY

This dynamic course of study integrates marriage and family therapy and professional clinical counseling with depth psychology, preparing students for a meaningful career through enriched coursework, collaborative and experiential learning, and an engaged relationship with the mysteries of the psyche.

For over three decades, Pacifica's **M.A. Program in Counseling Psychology** has offered distinctive and comprehensive training in the art, science, and practice of marriage and family therapy, and professional clinical counseling. As preparation for licensure in Marriage and Family Therapy and Professional Clinical Counseling, this rigorous academic program emphasizes both theoretical understanding and experiential training in clinical skills. Pacifica students have outstanding pass rates for the California LMFT exams.

Students in the Counseling Psychology Program pursue two and a half years of coursework in **Marriage and Family Therapy, Professional Clinical Counseling, Theory and Praxis, and Humanities and Depth Traditions.**

Research studies prepare students to explore and contribute to the continuing development of scholarship within the depth psychological tradition. This underlying emphasis invites a curiosity about the psyche and encourages respect for the diversity of life and human experience. Interdisciplinary courses in literature, mythology, religion, and culture deepen students' ability to link archetypal themes to sociopolitical and personal issues in the lives of individuals, families, and communities.

Students who choose to focus on specific areas of interest such as somatic studies, mythology, music therapy, or expressive art therapy will be mentored through their integration process by faculty members experienced in those respective fields.

STUDENTS IN THE M.A. IN COUNSELING PSYCHOLOGY PROGRAM LEARN TO:

Become proficient in theoretical orientations that offer perspective and provide meaning to systemic patterns and human behavior.

Demonstrate process and clinical skills.

Understand and apply evidence-based clinical assessment procedures.

Identify underlying psychological and systemic dynamics of human interaction.

Determine and implement effective interventions and evidence-based treatment plans and demonstrate knowledge of family systems theories and apply understanding to case conceptualization assessment, and treatment in clinical practice.

Enhance client functioning and well-being via multi-culturally sensitive networking.

Understand individual, systemic, community, political, and biologic aspects of diversity and demonstrate knowledge and respect for diversity.

Assess, diagnose, and treat the symptoms and characteristics of behavioral addictions, substance use, and dependence.

Students are knowledgeable and apply evidence based assessment procedures to client cases and demonstrate awareness of community mental health and diversity related considerations.

Apply current legal and ethical standards and guidelines to diverse populations and demonstrate knowledge and application of legal and ethical standards in scholarly work and supervised practicum as they pertain to marriage and family therapy and clinical counseling.

Students will identify and integrate systemic depth psychological perspectives of human interaction and demonstrate competence in the field of marriage family therapy and clinical counseling.

Demonstrate an evolving capacity to self-assess and articulate one's own strengths.

M.A. in Counseling Psychology

WITH EMPHASIS IN MARRIAGE AND FAMILY THERAPY, PROFESSIONAL CLINICAL COUNSELING, AND DEPTH PSYCHOLOGY

Program Mission

The M.A. Counseling Psychology Program with an Emphasis in Marriage Family Therapy, Professional Clinical Counseling, and Depth Psychology is dedicated to offering students unique and evidenced-based comprehensive training in the art of marriage, family, and individual psychotherapy and professional clinical counseling with an appreciation for the systemic and immeasurable dimensions of the psyche.

Depth psychology informed by systems theory invites a curiosity about the psyche and respect for the diversity and resiliency of human experience. Interdisciplinary courses in literature, mythology, religion, and culture deepen students' ability to link collective systems and archetypal themes to sociopolitical issues in the lives of individuals, families, and communities.

As preparation for professional licensure, a rigorous academic program emphasizes theoretical understanding and experiential training in clinical skills. Research studies prepare students to explore and contribute to the tradition of scholarship within the depth psychological tradition to further Pacifica Graduate Institute's dedication to thoughtful and soulful practice.

Program Outcomes

To admit and graduate students of diverse populations prepared for the practice of marriage family therapy and clinical counseling.

To prepare and graduate students skilled in the art, science, practice, and profession of marriage family therapy and clinical counseling.

To prepare students for the practice of marriage family therapy and clinical counseling through theoretical understanding, experiential training, and a one and half year supervised practicum/traineeship experience.

To prepare students to be informed researchers and creators of scholarly work as it relates to the practice of marriage family therapy and clinical counseling.

Faculty Outcomes

Faculty will demonstrate that they are a) responsive to students, b) prepared and knowledgeable, and c) stimulate reflection and creativity with the course materials, as well as show awareness, knowledge, and sensitivity to multi-cultural, community, and systemic issues related to the topic.

Faculty will demonstrate awareness, knowledge, and engagement with the practice of Marriage Family Therapy and Clinical Counseling.

Faculty will engage in activities that reflect at least two out of the six core values (Logos, Eros, Consciousness, Integrity, Service, Stewardship) of Pacifica Graduate Institute.

Student Learning Outcomes

Students will become proficient in theoretical orientations that offer perspective and meaning to systemic patterns of human behavior.

Students will demonstrate knowledge and application of legal and ethical standards in scholarly work and supervised practicum as they pertain to marriage and family therapy and clinical counseling.

Students will demonstrate knowledge of and respect for diversity.

Students will learn and apply research skills in their scholarly work pertaining to marriage family therapy, clinical counseling, and depth psychological perspectives.

Students demonstrate knowledge of family systems theories and apply understanding to case conceptualization, assessment, and treatment in clinical practice.

Students are knowledgeable and apply evidence based assessment procedures to client cases and demonstrate awareness of community mental health and diversity related considerations.

Students will identify and integrate systemic depth psychological perspectives of human interaction and demonstrate competence in the field of marriage family therapy and clinical counseling.

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CURRICULUM OVERVIEW

Counseling Psychology classes take place in three-day sessions approximately once each month during the fall, winter, and spring quarters. There is one seven-day summer session each year.

First Year

Fall Counseling and Psychotherapeutic Theories and Techniques – CP 501, 2.5 Units
Introduction to the Theories of the Depth Tradition – CP 534, 2 Units
Counseling Skills: Process of Psychotherapy I – CP 515, 3 Units
Professional Skills Development I.A. – CP 565, .25 Unit

Winter Human Growth and Development – CP 520, 2 Units
Geropsychology & Long Term Care – CP 526, 1 Unit
Ethics and the Law: Child Abuse Assessment and Treatment – CP 525, 1 Unit
Depth Psychology Theory & Practice I: Analytical Psychology – CP 541, 2 Units
Counseling Skills: Process of Psychotherapy II – CP 516, 3 Units
Professional Skills Development I.B. – CP 566, .25 Unit

Spring Psychopathology – CP 502, 4.5 Units
Family Systems & Domestic Violence – CP 605, 1.5 Units
Depth Psychology Theory & Practice II: Imaginal and Archetypal Psychology – CP 542, 1.5 Units
Counseling Skills: Process of Psychotherapy III – CP 517, 3 Units
Professional Skills Development I.C. – CP 567, .25 Unit

Summer Multicultural Counseling Theories and Techniques – CP 530, 2.5 Units
Professional Orientation: Ethics & the Law – CP 523, 3.5 Units
Research in Psychology – CP 620, .75 Unit
Group Counseling Theories and Techniques I – CP 527, 1.5 Units
Professional Skills Development I.D. – CP 568, .25 Unit
Clinical Practicum – CP 609, 0 Units

Second Year

Fall Clinical Practice I – CP 610, 3 Units
Child Psychotherapy – CP 532, 1.5 Units
Seminar in Directed Research I.A. – CP 650A, .3 Unit
Counseling in Substance Use Disorders, Co-occurring Disorders and Behavioral Addictions I – CP 660A, 3 Units
Community Mental Health Counseling I – CP 607A, 3 Units
Professional Skills Development II.A. – CP 665, 2 Unit

Winter Clinical Practice II – CP 611, 3 Units
Depth Psychology Theory and Practice III: Archetypal Symbols and Dynamics in Psychotherapy A. – CP 543, 1 Unit
Seminar in Directed Research I.B. – CP 650B, .45 Unit
Psychological Assessment I – CP 630A, 2.5 Units
Marriage, Family, and Relationship Counseling I – CP 601, 3 Units
Professional Skills Development II.B. – CP 666, .25 Unit

Spring Clinical Practice III – CP 612, 3 Units
Counseling in Substance Use Disorders, Co-occurring Disorders and Behavioral Addictions II – CP 660B, 1.5 Units
Seminar in Directed Research I.C. – CP 650C, .3 Unit
Community Mental Health Counseling II – CP 607B, 1.5 Units
Marriage, Family, and Relationship Counseling II – CP 602, 3 Units
Professional Skills Development II.C. – CP 667, .25 Unit

Summer Seminar in Directed Research II.A. – CP 651A, .75 Unit
Psychological Assessment II – CP 630B, 2 Units
Advanced Theories and Techniques: Human Sexuality – CP 522, 1 Unit
Depth Psychology Theory & Practice IV: Dreamwork in Clinical Practice – CP 544, 1 Unit
Group Counseling Theories and Techniques II – CP 528, 2 Units
Clinical Practice IV – CP 613, 1 Unit
Professional Skills Development II.D. – CP 668, .25 Unit

Third Year

Fall Cultural Psychology – CP 511, 2 Units
Career Development I – CP 608A, .75 Units
Depth Psychology Theory & Practice V: Archetypal Symbols and Dynamics in Psychotherapy B – CP 545, 1 Unit
Seminar in Directed Research II.B. – CP 651B, 1 Unit
Psychopharmacology I – CP 670A, 2 Units
Clinical Practice V – CP 614, 1 Unit

Winter Career Development II – CP 608B, 3.75 Units
Depth Psychology Theory & Practice VI: Somatic Psychotherapy – CP 546, 1 Unit
Seminar in Directed Research II.C. – CP 651C, 1 Unit
Psychopharmacology II – CP 670B, 2.5 Units
Group Counseling Theories & Techniques III – CP 529, 1 Unit
Clinical Practice VI – CP 615, 1 Unit

Selected courses are conducted online or have online components. This curriculum may vary based upon on evolving academic needs.

M.A. in Counseling Psychology

COURSE DESCRIPTIONS

Counseling and Psychotherapeutic Theories and Techniques

CP 501, 2.5 units

This course introduces students to the theory and practice of psychotherapy, marriage and family therapy, and professional clinical counseling and how theories and techniques serve clinically therapeutic interventions with couples, families, adults, children, and groups. To provide a thorough cultural and historical perspective, this course includes: counseling processes as they exist in a multicultural society; an orientation to wellness and prevention; counseling theories to assist in selection of appropriate counseling interventions; models of counseling consistent with current professional research and practice; training in multidisciplinary responses to crises, emergencies, and disasters. The course traces the development of psychotherapy from precursors in ancient and indigenous culture to the contemporary Western world. Both the profession and vocation of being a psychotherapist are considered, and the fundamental assumptions of the main theories that define contemporary psychotherapy. This course examines: Person-Centered therapy, Gestalt, Cognitive Behavior, Feminist, Post-Modern and Depth Psychological approaches.

Professional Skills Development I.A., I.B., I.C., I.D.

CP 565, CP 566, CP 567, CP 568, .25 unit each

The online courses CP 565, CP 566, CP 567 and CP 568 are designed to assist students in developing knowledge of California state educational and licensure requirements for applicant eligibility as a Licensed Marriage and Family Therapist and/or Licensed

Professional Clinical Counselor. Each course builds upon the previous one, and must be taken in sequential order as prerequisites to enter Professional Skills Development II.A, II.B, II.C, II.D and CP 610. Throughout the series of Professional Skills Development courses students will learn to recognize the value of continuing education in advanced clinical training, while developing knowledge that will assist them to professionally prepare and manage their trainee experience at an approved practicum site.

Human Growth and Development

CP 520, 2 units

Human growth and development are addressed in order to understand diverse approaches to developmental stages and issues across the lifespan, with particular emphasis paid to developmental crises, psychopathology and the situational and environmental factors that affect both normal and abnormal behavior and development. The socio-cultural context of development and of theories about development will be emphasized, as well as the impact of socioeconomic status and other contextual issues affecting social position. Biological, social, cognitive, and psychological aspects of aging and development will be addressed within the context of depth psychotherapy.

Geropsychology and Long Term Care

CP 526, 1 unit

This online course examines psychological, social, biological, and cognitive aspects of the aging process including theories of aging, developmental tasks of older life, normative changes in memory versus disease processes, ageism, sexuality and intimacy in later life, life review, end of life

and grief, diversity in aging, and myths and misconceptions about the elderly. Assessment, diagnostic formulation, and treatment planning guidelines are explored in working with the elderly and their significant others regarding housing, health care options, long term care needs, and end of life issues.

Ethics and the Law: Child Abuse Assessment and Treatment

CP 525, 1 unit

This course provides a comprehensive overview of the ethics and laws regarding child abuse assessment, reporting, and intervention pertaining to clinical practice. The course integrates an understanding of various cultures and the social and psychological implications of socioeconomic status, principles of mental health recovery oriented care, and methods of service delivery in recovery oriented practice environments.

Psychopathology

CP 502, 4.5 units

The history and varieties of psychopathology in the Diagnostic and Statistical Manual of Mental Disorders are studied in this course. Mental illness, severe mental disorders, and co-occurring disorders, are examined with an understanding of the social and psychological implications of socioeconomics, age, gender, and other cultural matters that affect social position and social stress. Systemic dysfunction in marriages, couples, and families are evaluated to develop awareness of psychopathology in a relational context. In the spirit of Freud's drives and conflicts, and Jung's "the gods are in the diseases," suffering and the soul are explored in the tradition of depth psychology.

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COURSE DESCRIPTIONS

Family Systems and Domestic Violence

CP 605, 1.5 units

This course introduces family systems and psychodynamic concepts and theories, with an emphasis on spousal or partner abuse assessment, detection, prevention, and intervention strategies. Coursework includes development of safety plans, identification of community resources, awareness of cultural factors, and same gender abuse dynamics. Ethical considerations are explored and the activation of community and familial support are considered as they impact effective prevention and treatment.

Multicultural Counseling Theories and Techniques

CP 530, 2.5 units

This course is designed to expand and deepen an awareness of intercultural competency and sensitivity. Intercultural development and interaction includes experiences of race, ethnicity, class, spirituality, sexual orientation, gender and disability and their incorporation into the psychotherapeutic process.

Emphasis is placed on integrating an understanding of various cultural values and the psychological orientations of various cultural groups, an awareness of social and psychological implications of socioeconomic and other contextual issues affecting social position.

The student will also gain an understanding of multicultural counseling theories and techniques, including the counselor's ethical responsibility in developing cultural self-awareness, identity development, and the promotion of cultural social justice, and individual and community strategies for working with diverse populations. A special emphasis will be placed on developing

a greater personal awareness of the rich healing traditions of various cultures through the lens of Depth Psychology. The student will be able to identify cultural metaphors, symbols, and archetypes that may be outside the parameters of Western counseling and psychotherapy.

Students will also have the opportunity to examine the counselor's responsibility to uncover and address biases, assumptions, and stereotypes. Students will gain an understanding of the processes of intentional and unintentional oppression, prejudice, discrimination, and the role of privilege. Students will be encouraged to explore and challenge their own experiences and responses in regard to diversity.

Professional Orientation: Ethics and the Law

CP 523, 3.5 units

This course provides an in-depth consideration of legal and ethical issues related to the development of an ethical conscience in order to recognize, examine, respond, and apply ethical considerations to professional practice. The course includes contemporary professional ethics and statutory, regulatory, and decisional laws that delineate the scope of practice of marriage and family therapy and professional clinical counseling. Professional behavior and ethics are applied to the differences in legal and ethical standards for different types of work settings. The course focuses on the current legal patterns and trends in the mental health professions, including psychotherapist-patient privilege, confidentiality, patients dangerous to self or others, and the treatment of minors with and without parental consent. This course concentrates attention on the recognition and exploration

of the relationship between a practitioner's sense of self and human values, functions, and relationships with other human service providers, strategies for collaboration, and advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients. Case vignettes expand students' conceptualization of the ethical and legal concerns in a variety of potential situations, including but not limited to mandated reporting laws and professional standards of conduct.

Group Counseling Theories and Techniques I

CP 527, 1.5 units

This course focuses on theories, principles, and methods of a variety of psychotherapeutic orientations related to group counseling. This includes principles of group dynamics, group process components, and therapeutic factors of group work. Special emphasis will be placed on individual and interpersonal dynamics of therapy groups fostering resilience and the improvement, restoration, and maintenance of healthy relationships. Class participation in an extensive group experience is designed to further the understanding of group interaction and strengthen facilitator skills.

Advanced Theories and Techniques: Human Sexuality

CP 522, 1 unit

This course focuses on the development of a therapeutic approach that recognizes the diversity of human sexual expression, the assessment and treatment of psychosexual dysfunction with emphasis on resiliency and recovery-oriented care, and the study of physiological, psychological, and socio-cultural variables associated with sexual behavior and gender identity.

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COURSE DESCRIPTIONS

Community Mental Health Counseling I & II

CP 607A, 3.0 Units and CP 607B, 1.5 units

These courses will explore how the depth psychological traditions enhance community mental health service delivery. They address the theories and skills required in contemporary community mental

health settings, including recovery oriented treatment for people with severe mental illness, disaster and trauma response, services for survivors of abuse, case management, client advocacy and empowerment, home-based and school-based services, bilingual client services, a collaborative approach to treatment, and knowledge of community resources. These courses provide a practical overview of public and private systems of care and opportunities to meet with people with severe mental illness and their families.

Professional Skills Development II.A., II.B., II.C., II.D.

CP 665, .25 units; CP 666, .25 units; CP 667, .25 units; CP 668, .25 units

The online Professional Skills Development II.A, II.B, II.C, and II.D courses are designed to complement the Clinical Practice I, II, and III course lectures, experiential exercises, and assignments in which students continue to refine and apply the course curriculum and their assessment, diagnostic, and treatment skills to the approved and supervised practicum site experience within their community. The supervised practicum integrates a multi-theoretical approach to psychotherapy through clinical application and provides students with an introduction to the scope and practice of Licensed Professional Clinical Counseling and Licensed Marriage and Family Therapy.

Marriage, Family and Relationship Counseling I, II

CP 601, CP 602, 3 units each

Students complete coursework in theories, principles, and methods of assessment, diagnosis, and treatment of marriage, domestic partnership, and family while developing a working knowledge of systems theory. These courses examine how these theories and principles can be applied therapeutically with individuals, couples, same sex couples, families, children, adolescents, and groups to improve, restore, or maintain healthy relationships. Course content includes life span issues, genealogy, ethnicity, and cultural factors that affect individuals, couples, and families. The psychological, psychotherapeutic, and health implications that arise within couples, families, adolescence, adulthood, marriage, divorce, blended families, intercultural families, and step parenting are also investigated. Students learn to integrate depth psychology as it applies to marriage and family therapy and professional clinical counseling. Prerequisites: CP 515, 516, 517, 523

Psychological Assessment I & II

CP 630A, 2.5 units/ CP 630B, 2.0 units

These courses cover psychological assessment, appraisal, and testing of children, adults, couples, and families, including basic concepts of standardized and non-standardized tests, norm-referenced and criterion referenced assessment, statistical concepts, test theory and construction, and the appropriate and ethical use of assessment for those from diverse backgrounds and within diverse settings including community mental health. Coursework includes how to select, administer, score, and interpret

tests, instruments, and other tools designed to measure attributes, abilities, aptitude, achievement, interests, personal characteristics, disabilities, and mental, emotional functioning and behavior. Students are familiarized with neuro-psychological tests, intelligence and personality tests, and psychological reports. Qualitative analysis and mythic inquiry are explored within a depth psychological perspective.

Counseling in Substance Use Disorders, Co-occurring Disorders and Behavioral Addictions I & II

CP 660A, 3.0 units & CP 660B, 1.5 units

Theories, skills, and techniques of bio-psycho-social therapy for substance abuse are studied in these courses. Students learn models for assessment, diagnosis, and treatment of drug and alcohol abuse, addiction, and co-occurring disorders. Coursework includes the study of at-risk populations, community resources, the role of support persons and support systems, follow-up programs for the affected person and family, methods for prevention and relapse prevention, and the legal and medical issues related to substance abuse. Students learn how to work with both sides of the therapeutic relationship and through motivational interviewing techniques to increase conditions which support change in substance abusers. The relationship of alcohol to spirits and the drug experience, articulated in symbols and mythological motifs, allows for the study of substance use and abuse in psychological depth.

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Child Psychotherapy

CP 532, 1.5 units

This course covers the history and treatment of childhood disorders including learning, behavioral, and emotional problems. Emphasis is placed on imaginative processes and expressive techniques useful in psychotherapy with children, such as drawings, sand tray, board games, puppets, and clay as well as analytical and phenomenological evaluations of the expressed content. Affective neuroscience with its recent attention to emotion, attachment, and child development, along with traditional play therapy and gestalt approaches to working with children, are integrated throughout the course. Students continue to increase their understanding of contextual issues such as the impact of culture, socioeconomics, and family systems in the treatment of children.

Group Counseling Theories and Techniques II

CP 528, 2 units

This course focuses on theories, principles, and methods of psychotherapeutic modalities related to group counseling. Special emphasis will be placed on theories of developmental stages related to group work, group leadership styles and approaches, pertinent research and literature, and evaluation of effectiveness. In class participation in an extensive group experience is designed to further the understanding of group interaction and strengthen facilitator skills. Prerequisite: CP 527

Cultural Psychology

CP 511, 2 units

Psychological experience, development, and pathology occur in a cultural context. This class examines cultural phenomena such as race, gender, age, sexual orientation, group

affiliation, environment, socioeconomics, politics, violence, media, and education to illuminate how they affect the individual and the community. The intermingling of cultural and depth psychologies brings culture into the consulting room of counseling psychology and psyche to the world whereby individual souls are found to be interrelated and interdependent. Special emphasis is given to liberation psychology and strategies for recovery from dependence, building individual and community resilience to crisis, multidisciplinary approaches to research and intervention that limit social barriers to mental health services and other resources, advocacy for diverse populations, fostering social justice, and develop greater awareness of mental health consequences which result from bias and oppression.

Career Development I & II

CP 608A, .75 Units/ CP 608B, 3.75 units

These courses examine career development theories and techniques, such as decision making models and interrelationships among, and between, work, family, and other life roles, including the role of multicultural issues. Students evaluate assessment tools for determining skills, values, interests, personality traits, psychological types, and archetypal categories. Emphasis is given to the importance of the relationship between work and vocation through the study of the organizational psyche and individual calling, destiny, and self-understanding.

Psychopharmacology I & II

CP 607A, 2 Units/ CP 607B, 2.5 Units

The basic principles of psychopharmacology are presented including the biology, and

neurochemistry of behavior. The use of common psychoactive medications, their drug classification, benefits, and side effects are studied. Students learn models for collaborative treatment, methods and clinical considerations for making referrals for medication evaluations, and procedures for continued client assessment of medicinal impact. The historical, philosophical, ethical, socio-cultural, political, and psychological issues are explored from the alchemical metaphor.

Group Counseling Theories and Techniques III

CP 529, 1 unit

This course focuses on theories, principles, and methods of psychotherapeutic modalities related to group counseling. Special emphasis will be placed on developing effective group leadership styles and approaches, and evaluation of effectiveness. In class participation in an extensive group experience is designed to further the student's understanding of group interaction and strengthen facilitator skills. Prerequisite: CP 528

THEORY AND PRAXIS COURSES

Counseling Skills: Process of Psychotherapy I, II, III

CP 515, CP 516, CP 517, 3 units each

The Counseling Skills courses occur in sequence and are designed to assist students in developing the personal and professional qualities and skills that are related to becoming effective mental health practitioners. Each course also introduces students to theoretical concepts, including those from the depth tradition, and clinical

M.A. in Counseling Psychology

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application related to special treatment issues and populations. Each course builds upon the previous one with successful completion of the earlier courses required for entrance into the subsequent courses. Students must pass an assessment of clinical readiness at the end of the final course in this sequence in order to progress to the clinical practicum. Prerequisite: CP 611

Research in Psychology

CP 620, .75 unit

This course introduces students to the distinctive theory and practice of research in marriage and family therapy, professional clinical counseling, and depth psychology including designing and conducting qualitative research, quantitative research designs, and mixed methods at the conceptual level. The organic relationship between methodological approach, research questions, and research findings will be studied and students will be introduced to a conceptual overview of statistical analysis. An emphasis will be placed on the identification of research problems related to personal healing, collective healing, and human services with a depth psychological perspective. During this course students begin to organize their research for the Master's Thesis. This course culminates in the submission of a library database and thesis interests/research question paper. This is the first course in the seven course research sequence.

Clinical Practice I

CP 610, 3 units

The course material and discussion in Clinical Practice I course introduces the therapeutic work of Marriage and Family Therapists, Licensed Professional Clinical Counselors,

and depth oriented counselors. Focus is placed on the therapeutic container and the development of a therapeutic alliance. Strategies for working with and advocating for diverse populations in community mental health settings are explored. Students develop skills in the application of professional clinical counseling and psychotherapeutic techniques and interventions for the purposes of improving the mental health of individuals, as well as couples and groups wherein interpersonal relationships are examined. Students develop proficiency in crises intervention and management, assessments for the purpose of establishing counseling goals and objectives, theory based case formulation, and treatment planning. Principles of the diagnostic process, including differential diagnosis, the use of the Diagnostic and Statistical Manual of Mental Disorders (APA, 2013) (5th ed.), and family systems diagnostic procedures are covered through case discussion and case presentation. Students learn to integrate the art of depth psychotherapy by maintaining an awareness of the unconscious and its continuous healing and disruptive presence. Prerequisites: CP 517, CP 568

Clinical Practice II

CP 611, 3 units

Clinical Practice II course continues the therapeutic work of Marriage and Family Therapists, Licensed Professional Clinical Counselors, and depth oriented psychotherapists. Focus is placed on case formulation that utilizes an assessment approach to co-creating a treatment plan with the client. Student will gather information through a bio-psychosocial assessment to define or describe the clinical problem as it is evidenced in the particular client. Students

will associate the client's symptom pattern with diagnostic criteria in the DSM-5 (APA, 2013). Based on the defined clinical problem students will create treatment goals and interventions, the selection of appropriate clinical strategies, and methods for evaluating the client's treatment progress. Instruction on theory-based case formulation is provided, training on multicultural competencies and diversity, and the system of care principles within the evidenced-based Recovery and Resiliency Models for mental health. The course addresses a clinical approach to the treatment of trauma to better understand how trauma is imprinted on the body, brain, and spirit. Simultaneously, professional skill development focuses on the clinical capacity to understand, appreciate, and facilitate a traumatized client's resiliency and ability to heal. Prerequisite: CP 610

Clinical Practice III

CP 612, 3 units

Clinical Practice III course continues the sequential focus on the practice of psychotherapy emphasizing the practical integration of depth psychology with the recovery model and other evidence-based treatment models that are utilized in community mental health settings. Particular attention is given in assisting students to refine assessment and diagnostic skills, to master the elements that go into building treatment plans and intervention strategies that are commensurate with the practice of marriage and family therapy and clinical counseling standards.

Students will present clinical cases from their respective practicum sites from a variety of theoretical orientations and receive specific feedback to improve skills in assessment

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and diagnosis, clinical interventions, and tracking progress of treatment. Attention is given to the psychodynamic process; group therapy principles and interventions; the internal supervision model; ethical, legal, and professional issues in practice; therapeutic efficacy; the process of termination; and the vocations of marriage and family therapy, professional clinical counseling, and depth psychotherapy. Prerequisite: CP 611

Clinical Practice IV

CP 613, 1 unit

In this online course, students continue to refine assessment, diagnostic, and treatment skills. The importance of administrative and clinical management of client files, case notes, and other documentation is emphasized, as well as mastering a working knowledge of law, ethics, and HIPPA that regulates client confidentiality and privilege. Students will also learn self-care practices for therapists.

Clinical Practice V

CP 614, 1 unit

In this online course, students continue their professional development in the vocations of Marriage and Family therapist, Professional Clinical Counselor, and community mental health service delivery systems. Students will develop a working knowledge of community mental health, client advocacy, and diverse populations. To assist the student in career preparation for community mental health work, and/or the management of professional practice, the distinction and understanding between clinical supervision and clinical consultation will be further refined.

Clinical Practice VI

CP 615, 1 unit

In this online course, students learn to identify measure and effectively track legislation and other components as they support a successful private practice. The ethical standards and liability of private practice will be presented in manageable components and students will learn how to start and run an office. Students will learn to respond to managed care, minimize risk, set fees, generate referrals, and advertise their practice. Additional vocational opportunities such as marketing practices through clinical presentations, workshops, print, web, and organizational resources will also be reviewed. Prerequisites: CP 612, CP 614

Seminar in Directed Research I.A

CP 650A, .3 UNIT

Students explore specific research designs and qualitative approaches that involve library literacy and an imaginative approach to a research problem and research question grounded in marriage and family therapy and professional clinical counseling. Students engage in research related to the recovery model and incorporate a depth perspective in the integration of the material. The course culminates in the submission of a second draft of the thesis interests/research question paper which is archived in the student's Research Portfolio.

Seminar in Directed Research I.B

CP 650B, .45 unit

Students enroll in this course in the winter quarter of the second year. The transferential aspects of depth psychological research and the importance of research in advancing the professions of marriage and family

therapy, professional clinical counseling, and depth psychology are presented and explored. Reflection regarding the research question and healing is pursued. Students will explore specific research designs and qualitative methodological approaches that involve library literacy, an imaginative approach to a research question, and clinical applicability. This course culminates in the submission of the first draft of the methods section of the thesis and the first draft of the thesis outline which are submitted to the student's Research Portfolio. This course is the third in the seven course research sequence of courses. Prerequisite: CP 650A

Seminar in Directed Research I.C

CP 650C, .3 unit

Students will identify designs used in published research, and hone critical thinking skills in depth psychological research and methodology grounded in the fields of marriage and family therapy and professional clinical counseling. This course focuses on the vocational aspects of depth psychological research and its impact on the clinical practice of marriage and family therapy and professional clinical counseling. The course culminates in the submission of the thesis outline in the student's Research Portfolio. Prerequisite: CP 650

Seminar in Directed Research II.A.

CP 651A, .75 unit

The transferential aspects of depth psychological research and the importance of research in advancing the professions of marriage and family therapy, professional clinical counseling, and depth psychology are presented and explored. Methods of analysis

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COURSE DESCRIPTIONS

needed for formative and summative program evaluation will be assessed inclusive of the depth perspective. The research and writing of the thesis is supervised by a portfolio thesis advisor who guides the students through critiques of drafts of the literature review, area of interest, guiding purpose, and rationale sections of the thesis assigned this quarter. Drafts written by the student and critiques by the portfolio thesis advisor are archived in the student's Research Portfolio. This course is the fifth in the seven course research sequence of courses. Prerequisites: CP 620, 650A, 650B, 650C

Seminar in Directed Research II.B.

CP 651B, 1 unit

Students deepen their understanding of the vocational and transformational aspects of depth psychological research as a container for soul work and to foster individual, community, and cultural well-being grounded in marriage and family therapy and professional clinical counseling. All components of the thesis capstone project are assessed and refined including the Abstract, Literature Review, Findings and Clinical Applications section, and Summary and Conclusions section. Research and writing is supported by the instructor and supervised by a Portfolio Thesis Advisor. All elements of the thesis are submitted to the Research Portfolio. This course is the sixth in the seven course research sequence of courses. Prerequisite: CP 651A Pass/No Pass

Seminar in Directed Research II.C.

CP 651C, 1 unit

Supervision of research and writing of the thesis. Successful completion of the course requires completion and submission of the thesis archived in the student's Research

Portfolio and approved by the Research Portfolio Thesis Advisor and Research Associate. The thesis is grounded in the fields of marriage and family therapy and professional clinical counseling. Pass/No Pass
Prerequisite: CP 651B

HUMANITIES AND DEPTH TRADITIONS COURSES

Introduction to the Theories of the Depth Tradition

CP 534, 2 units

The field of depth psychology is based on multiple historical, cultural, and theoretical perspectives. This course examines these perspectives and formulates an introductory understanding of the theories of depth psychology. Topics include the multidisciplinary role of myth and metaphor, the nature of the unconscious, multicultural approaches to wellness and prevention, contemporary theory and technique, and empirical evidence for the efficacy of depth psychotherapy.

Depth Psychology Theory and Practice I: Analytical Psychology

CP 541, 2 units

This course introduces the foundational concepts and theories of analytical psychology including the ego, persona, shadow, anima and animus, typology complexes, transference, and counter-transference. The personal and archetypal dimensions of the unconscious, the individuation process, the nature and function of psychopathology, and the role of dreams and active imagination are explored. The emphasis is on the application of these concepts to psychotherapeutic practice. Populations and specific treatment issues amenable to analytic approaches are

examined. The contributions of C.G. Jung, and post-Jungian theorists, to the field of analytical psychology are appraised.

Depth Psychology Theory and Practice II: Imaginal and Archetypal Psychology

CP 542, 1.5 units

Imaginal and archetypal psychology are examined for the ways in which they revision depth psychological approaches to therapy and culture. Consideration is given to the development of a poetic/metaphorical sensibility in confronting the complexity of psychological life. Emphasis is placed on moving from theory to practice specifically regarding the use of images to deepen clinical work.

Depth Psychology Theory and Practice III: Archetypal Symbols and Dynamics in Psychotherapy A

CP 543, 1 unit

To be fully present to the polyphonic nature of experience and imagination, psychology must pay close attention to the perennial issues that guide the understanding of being human. This course develops knowledge of the archetypal dimensions of psychotherapeutic practice through interdisciplinary studies in the humanities. From the depth psychological perspective, the course explores ways in which mythology and literature reveal the complex metaphoric and symbolic nature of the human psyche and its search for meaning within the context of psychologically challenging experiences.

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COURSE DESCRIPTIONS

Depth Psychology Theory and Practice IV: Dreamwork in Clinical Practice

CP 544, 1 unit

Dreams have been foundational to modern depth psychotherapy since Sigmund Freud's publication in 1900 of *The Interpretation of Dreams*. This course provides students with knowledge of how, when, and with which populations to work clinically with dreams. Personal and archetypal dimensions of dream imagery, reductive and prospective approaches, techniques of association, amplification, creative expression, and the role of dreams in the individuation process are explored.

Depth Psychology Theory and Practice V: Archetypal Symbols and Dynamics in Psychotherapy B

CP 545, 1 unit

Building on Depth Psychology Theory and Practice III, we continue to develop a depth psychological application of the humanities to the archetypal dimensions of psychotherapy, including therapeutic relationships, psychopathology, therapeutic interventions, and healing. An interdisciplinary approach to specific treatment issues such as depression, psychosis, narcissism, anxiety and specific populations are explored.

Depth Psychology Theory and Practice VI: Somatic Psychotherapy

CP 546, 1 unit

Students will be introduced in this course to theories and therapeutic and depth psychological modalities that emphasize awareness of sensory, affective, cognitive, and imaginal impressions as manifestations of psyche in the sensed-felt-known field of the body. These impressions and images are manifestations of the *prima material* and ground somatic psychotherapy in depth psychology within the professions of marriage and family therapy and clinical counseling. The functional unity between mind and body as evidenced in recently published research in neuroscience will also be reviewed.

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REQUIREMENTS AND EXAMINATIONS

DEGREE REQUIREMENTS FOR GRADUATION

1. Each student must complete a total of 93 quarter units in order to fulfill the unit requirement for graduation.
2. A minimum grade of “C” is required in each completed course. A cumulative grade point average of 3.0 must be maintained.
3. Students must attend at least two-thirds of each course.
4. Students must complete a Master’s Thesis accepted by the faculty.
5. Students must complete 300 hours supervised practicum, including a minimum of 280 direct service hours.
6. Students must participate in 50 hours of personal psychotherapy. A minimum of 15 hours must be completed during the first year.
7. Students must pass the Comprehensive Oral Examination and the Written Clinical Vignette Examination.

PRACTICUM REQUIREMENT

During the second year of study, students are required to be actively engaged in a supervised practicum experience, approved by the program, in order to be eligible to sit for Pacifica’s Comprehensive Examinations. Students may complete the supervised practicum as a trainee at a community counseling center, social service agency, hospital, or other approved facility. The Institute’s clinical staff provides practicum guidelines and consultation for students as they select supervised practicum sites in their home settings. The choice of a culturally diverse site is encouraged.

FIRST YEAR ASSESSMENT

During the spring quarter of a student’s first year, the faculty will assess each student’s progress in process skills and readiness to begin a clinical practicum. The result of this assessment may include:

1. Endorsement of the student’s progress as satisfactory.
2. Endorsement with reservations and recommendations.
3. Recommendation that the student discontinues the program.

COMPREHENSIVE EXAMINATIONS AND MASTER’S THESIS

Two comprehensive examinations and a master’s thesis are to be completed in partial fulfillment of degree requirements. Students work closely with the instructors of Clinical Practice and Directed

Research courses during the second year of the program in preparation for the comprehensive examinations and master’s thesis processes. For a full description of all requirements, consult the current edition of the Pacifica Student Handbook.

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The curriculum content areas required by the Board of Behavioral Sciences in the State of California are covered by the following Counseling Psychology Program courses. Each student is responsible for determining and remaining informed of licensure requirements in his or her own state.

PREPARATION FOR CALIFORNIA MARRIAGE AND FAMILY THERAPY LICENSURE

The Counseling Psychology Program meets the requirements of the California Board of Behavioral Sciences, Senate Bill 33, Section 4980.36 of the Business and Professional Code.

Applied Psychotherapeutic Techniques of Marriage, Family and Child Counseling

CP 609, 610, 611, 612, 613, 614, 615, Clinical Practice and Clinical Practice I, II, III, IV, V, VI

Cross Cultural Mores and Values

CP 530 Multicultural Counseling Theories and Techniques
CP 511 Cultural Psychology

Human Communication

CP 515, 516, 517 Counseling Skills: Process of Psychotherapy I, II, III

Human Growth and Development

CP 520 Human Growth and Development

Human Sexuality

CP 522 Advanced Theories and Techniques: Human Sexuality

Aging and Long Term Care

CP 526 Geropsychology and Long Term Care

Family Violence

CP 605, Family Systems and Domestic Violence

Psychological Testing

CP 630A Psychological Assessment I
CP 630B Psychological Assessment II

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REQUIREMENTS AND EXAMINATIONS

Psychopathology

CP 502 Psychopathology

Research Methodology

CP 620 Research in Psychology

CP 650 A, B, C, Seminar in Directed Research I, A, B, C

CP 651 A, B, C, Seminar in Directed Research II, A, B, C

Theories of Marriage, Family and Child Counseling

CP 601, 602 Marriage, Family, and Relationship Counseling I, II

CP 527, 528, 529 Group Counseling Theories and Techniques I, II, III

CP 501 Counseling and Psychotherapeutic Theories and Techniques

CP 532 Child Psychotherapy

Alcohol and Drug Abuse

CP 660A Counseling in Substance Use Disorders, Co-occurring Disorders and Behavioral Addictions I

CP 660B Counseling in Substance Use Disorders, Co-occurring Disorders and Behavioral Addictions II

Psychopharmacology

CP 670A Psychopharmacology I

CP 670B Psychopharmacology II

Professional Ethics and Law

CP 523 Professional Orientation: Ethics and the Law

Child Abuse Assessment and Reporting

CP 525 Ethics and the Law: Child Abuse Assessment and Treatment

Community Mental Health

CP 607 Community Mental Health Counseling I

CP 607B Community Mental Health Counseling II

Preparation for California Professional

Clinical Counselor Licensure

The Counseling Psychology Program meets the requirements of the California Board of Behavioral Sciences, Senate Bill 788, Section 4999.33 of the Business and Professional Code.

Core Courses

CP 501 Counseling and Psychotherapeutic Theories and Techniques

CP 534 Introduction to the Theories of the Depth Tradition

CP 520 Human Growth and Development

CP 532 Child Psychotherapy

CP 526 Geropsychology and Long Term Care

CP 608A Career Development I

CP 608B Career Development II

CP 527 Group Counseling Theories and Techniques I

CP 528 Group Counseling Theories and Techniques II

CP 529 Group Counseling Theories and Techniques III

CP 630A Psychological Assessment I

CP 630B Psychological Assessment II

CP 530 Multicultural Counseling Theories and Techniques

CP 511 Cultural Psychology

CP 502 Psychopathology

CP 620 Research in Psychology

CP 650 A Seminar in Directed Research I.A

CP 650 B Seminar in Directed Research I.B

CP 650 C Seminar in Directed Research I.C

CP 651 A Seminar in Directed Research II.A

CP 651 B Seminar in Directed Research II.B

CP 651 C Seminar in Directed Research II.C

CP 523 Professional Orientation, Ethics, and Law in Counseling

CP 525 Ethics and the Law: Child Abuse, Assessment, and Reporting

CP 670A Psychopharmacology I

CP 670B Psychopharmacology II

CP 660A Counseling in Substance Use Disorders, Co-occurring

Disorders and Behavioral Addictions I CP 660B Counseling in Substance Use Disorders, Co-occurring Disorders and Behavioral Addictions II

CP 607A Community Mental Health Counseling I

CP 607B Community Mental Health Counseling II

CP 522 Advanced Theories and Techniques: Human Sexuality

CP 605 Family Systems and Domestic Violence

CP 565 Professional Skills Development I.A

CP 566 Professional Skills Development I.B

CP 567 Professional Skills Development I.C

CP 568 Professional Skills Development I.D

CP 665 Professional Skills Development IIA

CP 666 Professional Skills Development II B

CP 667 Professional Skills Development II C

CP 668 Professional Skills Development II D

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REQUIREMENTS AND EXAMINATIONS

Advanced Coursework

CP 515 Counseling Skills: Process of Psychotherapy I
CP 516 Counseling Skills: Process of Psychotherapy II
CP 517 Counseling Skills: Process of Psychotherapy III
CP 601 Marriage, Family, and Relationship Counseling I
CP 602 Marriage, Family, and Relationship Counseling II

Depth Psychology Theory and Practice

CP 541 Depth Psychology Theory and Practice I: Analytical Psychology
CP 542 Depth Psychology Theory and Practice II: Imaginal and Archetypal Psychology
CP 543 Depth Psychology Theory and Practice III: Archetypal Symbols and Dynamics in Psychotherapy A
CP 544 Depth Psychology Theory and Practice IV: Dreamwork in Clinical Practice
CP 545 Depth Psychology Theory and Practice V: Archetypal Symbols and Dynamics in Psychotherapy B
CP 546 Depth Psychology Theory and Practice VI: Somatic Psychotherapy

Supervised Practicum

CP 609 Clinical Practice
CP 610 Clinical Practice I
CP 611 Clinical Practice II
CP 612 Clinical Practice III
CP 613 Clinical Practice IV
CP 614 Clinical Practice V
CP 615 Clinical Practice VI