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 more than 30 years, Pacifica’s M.A. Program in Counseling Psychology has offered distinctive, 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 program emphasizes both theoretical understanding and experiential training in clinical skills. Pacifica students have outstanding pass rates on 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, Humanities, and Depth Traditions. Research studies prepare students to explore and contribute to the continuing development of scholarship within the marriage and family therapy, clinical counseling, and depth psychological tradition. This underlying emphasis invites a curiosity about the psyche and encourages respect for the diversity of life and human experience. Supervised practicum traineeship provides students the opportunity to apply clinical counseling techniques in a clinical setting. Students continue to learn multi-theoretical perspectives and supervisory styles while working with individuals, couples, families, and groups. 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 applied clinical skills. Research studies prepare students to explore and contribute to the tradition of scholarship within the depth psychological tradition.

At the same time this program prepares students for a meaningful professional career, it serves for many as a formal step towards the fulfillment of a lifelong vocation engaged in learning and relationship with the mystery of the depths.

~ Willow Young
Program Chair
### ACADEMIC FORMAT

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

### CURRICULUM OVERVIEW

#### 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 and Long Term Care – CP 526, 1 Unit
- Ethics and the Law: Child Abuse Assessment and Treatment – CP 525, 1 Unit
- Depth Psychology Theory and 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 and Domestic Violence – CP 605, 1.5 Units
- Depth Psychology Theory and 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

**SECOND YEAR**

**Fall**
- Clinical Practice I – CP 610, 3 Units
- Child Psychotherapy – CP 532, 1.5 Units
- 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
- Seminar in Directed Research I.A. – CP 650A, 3 Unit
- Professional Skills Development I.D. – CP 666, .25 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
- Psychological Assessment I – CP 630A, 2.5 Units
- Marriage, Family, and Relationship Counseling I – CP 601, 3 Units
- Seminar in Directed Research I.B. – CP 650B, .45 Unit
- Professional Skills Development I.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
- Marriage, Family, and Relationship Counseling II – CP 602, 3 Units
- Community Mental Health Counseling II – CP 607B, 1.5 Units
- Seminar in Directed Research I.C. – CP 650C, .3 Unit
- Professional Skills Development I.C. – CP 667, .25 Unit

**Summer**
- Seminar in Directed Research II.A. – CP 651A, .75 Unit
- Advanced Theories and Techniques: Human Sexuality – CP 522, 1 Unit
- Psychological Assessment II – CP 630B, 2 Units
- Depth Psychology Theory and 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
- Psychopharmacology I – CP 670A, 2 Units
- Seminar in Directed Research II.B. – CP 651B, 1 Unit
- Depth Psychology Theory and Practice V: Archetypal Symbols and Dynamics in Psychotherapy B – CP 545, 1 Unit
- Clinical Practice V – CP 614, 1 Unit

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

Some courses are conducted online or have online components. This curriculum may vary depending on evolving academic needs.

Each student is responsible for determining and remaining informed of licensure requirements in his or her own state.

This degree program is accredited by the Western Association of Schools and Colleges (WASC). For gainful employment information, visit pacifica.edu/gainfulemployment
M.A. in Counseling Psychology

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

THIS PROGRAM PREPARES STUDENTS FOR LICENSURE IN MARRIAGE AND FAMILY THERAPY AND PROFESSIONAL CLINICAL COUNSELING

Throughout the program, students are engaged in experiential learning and collaborative processes during residential sessions, in online and hybrid courses, and at their second- and third-year practicum sites. Inherent to the systemic paradigm, collaborative learning reflects the team approach to the assessment and treatment of individuals, couples, families, and groups.

*There is only one great adventure. And that is inward toward the self.*

~Henry Miller

ACHIEVEMENTS OF PACIFICA COUNSELING PSYCHOLOGY STUDENTS AND GRADUATES INCLUDE:

- Pass rates on California state licensing exams that consistently exceed statewide averages
- Publication of thesis and articles in a wide range of professional and depth-oriented journals
- Receipt of MFT Consortium Grants
- Successful employment by mental health agencies upon completion of degrees
- Continuing education in doctoral programs
- High levels of job satisfaction, enriched growth and learning in the field
One of the things I enjoyed most about the program is that it is a very nurturing environment. You really dive in and get to know yourself, your weaknesses, and your vulnerabilities...and that is a vital area to navigate.

CARL CHAVEZ, M.A.
Counseling Psychology Graduate

It is by going down to the abyss that we recover the treasures of life. Where you stumble, there lies your treasure.
~Joseph Campbell

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

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

Demonstrate process and clinical skills.

Identify underlying psychological and systemic dynamics of human interaction.

Determine and implement effective interventions and evidence-based treatment plans while demonstrating knowledge of family systems theories.

Apply understanding to case conceptualization assessment and treatment in clinical practice.

Enhance client functioning and well-being via multiculturally sensitive referrals and collaborative treatment team consultations.

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.

Be knowledgeable, understand 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 while working with diverse populations and demonstrate their knowledge and application in scholarly work and supervised practicum as they pertain to marriage and family therapy and professional clinical counseling.

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

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

M.A. IN COUNSELING PSYCHOLOGY

Community is really the heart and soul of what Pacifica is about. There are many places where you can learn about psychology, but Pacifica offers that really ensouled, embodied experience in a sense of community that you are not going to find anywhere else.

JEMMA ELLIOT, M.A.,
LMFT, LPCC
Counseling Psychology Graduate