



PACIFICA  
GRADUATE INSTITUTE

**PSY.D. IN COUNSELING PSYCHOLOGY**  
**WITH EMPHASIS IN DEPTH PSYCHOLOGY**

# PSY.D. IN COUNSELING PSYCHOLOGY

## WITH EMPHASIS IN DEPTH PSYCHOLOGY



Pacifica's Psy.D. Program in Counseling Psychology offers a uniquely immersive, experiential and relationally designed doctoral degree in Counseling Psychology designed to prepare graduates for licensure as licensed psychologists. This exciting new program is deeply informed and organized around principles of psychodynamic psychology, and emphasizes psychotherapy practice informed by an appreciation for the importance of the unconscious life in the individual and in communities, as well as an emphasis on the deeply relational quality of human psychology, both as a philosophy of psychotherapeutic intervention and as an organizing principle for the academic program itself. Following a practitioner-scholar model (also called the "Vail model"), this program represents Pacifica's commitment to grounding the principles of depth psychology in clinical practice within community settings. Its graduates will be prepared to function as licensed psychologists in a variety of applied settings,

including private practice, community mental health, substance abuse and dual diagnosis settings, hospital and inpatient settings, the nonprofit and private sectors, and many other professional contexts.

Pacifica trains students toward an integration of broad and general knowledge in applied counseling psychology with research on the unconscious and relational factors that motivate individual and collective behavior. Depth psychology invites a **curiosity about the psyche and respect for the diversity and resiliency of the human experience.** Transdisciplinary courses exploring literature, mythology, religion, and culture deepen students' abilities to link collective systems and archetypal themes to sociopolitical issues in the lives of individuals, families, and communities. Although broadly psychodynamic in its orientation, the Psy.D. Program offers particular emphasis in **psychotherapeutic training informed by both psychoanalytic and analytic (Jungian) perspectives.**

This program develops psychologists who are skilled in a broad range of clinical work, including psychotherapy, assessment, supervision, and consultation, as well as integrative approaches to health, which are informed by depth psychological perspectives through a psychodynamic lens. As a Psy.D. Program, this degree offering is dedicated to educating future psychologists who prefer to focus on applied practice rather than research, although appreciation for and fluency with the language and methodology of research also informs the program, culminating in a doctoral dissertation which represents a unique individual contribution to the established research literature. The emphasis on applied

practice is grounded in the program's clinical training requirements, including progressively advanced supervised experiences in applied settings gained in practicum and pre-doctoral internship.



The process of psychotherapy mirrors the story of the emergence of the individual psyche within the relational field of intersubjective reality: the internal, ineffable, and primal realities of the emerging self become actualized in the presence of relationship. To be seen by others is to become real. As a healing art, psychotherapy must be an emotionally honest and relationally charged act of co-creation.

~ MATTHEW BENNETT, PSY.D.

~ JEMMA ELLIOT, M.A.

DEPARTMENT CO-CHAIRS

## ACADEMIC FORMAT

Counseling Psychology Psy.D. classes occur in three-day sessions (Friday morning through Sunday afternoon) approximately once each month during Fall, Winter, and Spring quarters, with a seven-day Summer session, over a period of three years. Pre-doctoral internship is expected to take place during the fourth year of training in the program, following the completion of coursework, qualifying and comprehensive exam, and significant progress toward dissertation.

## CURRICULUM OVERVIEW

### FIRST YEAR

#### Fall

Professional and Ethical Development Seminar I – PSY 755, 1 Unit  
Introduction to Depth Psychology – PSY 819, 2 Units  
Clinical Interview – PSY 940, 1 Unit  
Jungian Based Psychotherapy I – PSY 810, 2 Units  
History and Systems – PSY 700, 2 Units

#### Winter

Professional and Ethical Development Seminar II – PSY 756, 1 Unit  
Psychotherapy with Diverse Populations – PSY 845, 2 Units  
Gender and Human Sexuality – PSY 901, 1 Unit  
Advanced Psychopathology I – PSY 730, 2 Units  
Jungian Based Psychotherapy II – PSY 811, 2 Units

#### Spring

Professional and Ethical Development Seminar III – PSY 757, 1 Unit  
Alcohol, Chemical Dependency, and Addictive Behaviors  
– PSY 900, 2 Units  
Community Mental Health, Public Policy, and Depth Psychology  
– PSY 825, 2 Units  
Developmental Psychology I: Childhood through Adolescence  
– PSY 830, 2 Units

#### Summer

Research Design and Methodology I – PSY 950, 3 Units  
Legal, Ethical, and Professional Practice – PSY 832, 2 Units  
Social Foundations of Human Behavior I: Group Processes  
– PSY 800, 2 Units

### SECOND YEAR

#### Fall

Objective Personality Assessment – PSY 931, 3 Units  
Assessment Practicum Seminar I – PSY 759, 1 Unit  
Psychoanalytic Based Psychotherapy I – PSY 711, 2 Units  
Research Design and Methodology II – PSY 951, 2 Units

#### Winter

Research Design and Methodology III – PSY 952, 3 Units  
Assessment Practicum Seminar II – PSY 760, 1 Unit  
Advanced Psychopathology II – PSY 731, 2 Units  
Psychoanalytic Based Psychotherapy II – PSY 712, 2 Units

#### Spring

Cognitive and Intellectual Assessment – PSY 930, 3 Units  
Assessment Practicum Seminar III – PSY 761, 1 Unit  
Projective Personality Assessment – PSY 932, 2 Units  
Dissertation Development – PSY 955, 2 Units

#### Summer

Cognitive Foundations of Human Behavior – PSY 837, 2 Units  
Developmental Psychology II: Adulthood through Old Age  
– PSY 831, 2 Units  
Theories of Psychometric Measurement – PSY 933, 3 Units

### THIRD YEAR

#### Fall

Advanced Research Methods in Clinical Psychology I  
– PSY 956, 3 Units  
Psychotherapy Practicum Seminar I – PSY 763, 1 Unit  
Psychoanalytic Based Psychotherapy III – PSY 713, 2 Units  
Evidence Based Best Practices – PSY 913, 2 Units  
Dissertation Completion I – PSY 958A, 2 Units

#### Winter

Violence and Trauma – PSY 834, 3 Units  
Psychotherapy Practicum Seminar II – PSY 764, 1 Unit  
Psychoanalytic Based Psychotherapy IV – PSY 714, 2 Units  
Principles of Clinical Supervision, Consultation, and Community  
Assessment – PSY 752, 2 Units  
Dissertation Completion II – PSY 958B, 2 Units

#### Spring

Social Foundations of Human Behavior II – PSY 801, 3 Units  
Psychotherapy Practicum Seminar III – PSY 765, 1 Unit  
Advanced Research Methods in Clinical Psychology II  
– PSY 957, 2 Units  
Post-Jungian Based Psychotherapy – PSY 815, 2 Units  
Dissertation Completion III – PSY 958C, 2 Units

#### Summer

Principles of Psychopharmacology – PSY 873, 2 Units  
Biological Foundations of Human Behavior  
– PSY 735, 3 Units  
Affective Foundations of Human Behavior  
– PSY 838, 2 Units  
Dissertation Completion IV – PSY 958D, 2 Units

### FOURTH YEAR

Pre-Doctoral Internship  
Dissertation Completion V – PSY 959A, 3 Units  
Dissertation Completion VI – PSY 959B, 3 Units

The required fourth year focuses on internship training and dissertation writing. The program meets the licensure requirements for the State of California.

The curriculum may not meet all the requirements that other states have for licensure in clinical psychology. Students are encouraged to regularly check the requirements in the state(s) where they may be practicing.

The curriculum may vary depending upon changing academic needs.

This degree program is accredited by the Western Association of Schools and Colleges Senior College and University Commission (WSCUC). This degree program is not accredited by the American Psychological Association. Visit [pacific.edu/gainfulemployment](http://pacific.edu/gainfulemployment) for gainful employment information.

# PSY.D. IN COUNSELING PSYCHOLOGY

## WITH EMPHASIS IN DEPTH PSYCHOLOGY

This program prepares students for licensure in clinical psychology.\*

**The Psy.D. in Counseling Psychology Program’s intensive learning sessions and its class cohort configuration lend themselves to an experience of scholarly and personal development. Throughout the program, students are engaged in experiential learning and collaborative processes during quarterly sessions. Collaborative learning reflects Pacifica’s team approach to the assessment and treatment of individuals, couples, families, and groups.**

The Psy.D. program is rooted in the culture and academic methodology of Pacifica’s long-standing and thriving M.A. Counseling Psychology Program. As an academic degree, it bridges the rich history of teaching depth psychology with the contemporary world of applied counseling psychology. This practical integration emphasizes depth psychological perspectives within current areas of psychological studies such as: relational and intersubjective approaches to psychotherapy; attachment and trauma; evidence-based practices; integrative assessment; interpersonal neurobiology and biopsychosocial approaches to integrative health care; community-based practice approaches; and mental health public policy.



\* The program meets the licensure requirements for the State of California. The curriculum may not meet all the requirements that other states have for licensure in clinical psychology. Students are encouraged to regularly check the requirements in the state(s) where they may be practicing.

## THE PSY.D. IN COUNSELING PSYCHOLOGY IS DESIGNED TO DEVELOP GRADUATES WHO ARE ABLE TO:

- Develop literacy in the literature and tradition of classical and emerging depth psychology scholarship that is also guided by psychodynamic theory and the humanities.
- Critically explore Jungian scholarship and practice including classical analytical traditions as well as contemporary archetypal and imaginal approaches to psychology and psychotherapy.
- Apply principles of classical and contemporary psychoanalytic theory to the relational process of psychotherapy, including contributions of object relations, self psychology, and intersubjectivity theory.
- Be proficient in theoretical orientations that offer perspective and provide meaning to systemic patterns and human behavior.
- Identify underlying psychological and systemic dynamics of human interaction.
- 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.
- Assess, diagnose, and treat the symptoms and characteristics of behavioral addictions, substance use, and dependence.
- 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 professional clinical counseling.
- Identify and integrate systemic depth psychological perspectives of human interaction and demonstrate competence in the field of professional clinical counseling.
- Demonstrate an evolving capacity to self-assess and articulate one's own strengths and organizing principles.
- Understand individual, systemic, community, political, and biologic aspects of diversity and demonstrate knowledge and respect for diversity.
- Advanced practicum seminars conducted as case colloquia that engage psychoanalytic, Jungian/ archetypal/ imaginal, and other evidence based approaches to clinical practice.
- Demonstrate an evolving capacity to self-assess and articulate one's own strengths.



Anything you do from the soulful self will help lighten the burdens of the world. Anything. You have no idea what the smallest word, the tiniest generosity, can cause to be set in motion. Mend the part of the world that is within your reach.  
~ CLARISSA PINKOLA ESTÉS

The Psy.D. Program in Counseling Psychology is comprised of three years of coursework, with practicum training occurring concurrently with years two and three, and pre-doctoral internship comprising a fourth year. The dissertation process is projected to span the third year of coursework and the internship year.

