MASTER OF SCIENCE IN COUNSELING PSYCHOLOGY
COURSE DESCRIPTIONS
DEPARTMENT OF PSYCHOLOGY AND COUNSELING
SOUTHERN NAZARENE UNIVERSITY
2014-15

CORE COURSES (SEMESTER 1)

PSY 5333 - Introduction to Counseling Techniques (3 hours)
An introduction to the basic helping skills and the role of professional counselors. Students are introduced to specific and nonspecific variables in the counselor, the client and the counseling environment that produce change in clients. An overview of the historical development of the counseling profession is explored as well as future directions for the profession of counseling. Foundations are explored for developing a worldview of counseling, inclusive of a Christian view of persons. Students will practice basic helping skills and learn to conduct initial interviews. Students will initiate use of library research to develop hypotheses for empirical research.

PSY 5313 - Lifespan Development (3 hours)
Theoretical and research approaches to the study of development of human abilities and behavior throughout the lifespan. The course will focus on such theorists as Piaget, Freud, Erikson, Kohlberg, Peck, Vaillant, Schaie, and Sternberg. Topics include developmental research methodology, variables influencing development, and basic developmental processes in physical, motor, perceptual, cognitive, linguistic, emotional, social, and personality development. Applications of developmental theory to counseling are emphasized.

PSY 5263 - Psychopathology (3 hours)
Examination of techniques used in defining and classifying deviant behavior syndromes, according to DSM-IV classification. Theoretical and empirical literature dealing with etiology and treatment of various disorders is examined. Areas of coverage are situation reactions, anxiety disorder, personality disorders, psychoses, organic disorders, and child adolescent onset disorders.

PSY 5283 - Professional Orientation (3 hours)
This course is designed to provide a survey of ethical, legal and professional issues facing counselors and others in human services. Emphasis is given to raising awareness of the complexities of ethical issues in professional practice.
CORE COURSES (SEMESTER 2)

PSY 6133 - Research Methods I (3 hours)
An overview of the various research methodologies used to study behavior. The focus is on application, especially to counseling research. This course is closely tied to development of the thesis. The prospectus is begun during this module.

PSY 6333 - Theories of Counseling (3 hours)
This course provides an overview of the major viewpoints underlying various approaches to counseling. It shows how these viewpoints developed as well as the ways of influence outlook and technique in counseling. You will have opportunity to see the various viewpoints in action as used by others, and to apply them in role-played counseling sessions. Critique of the theories will include emphasis on Christian perspectives.

PSY 5143 - Family and Psychological Assessment (3 hours)
Testing theory and statistical considerations in the construction of psychological measurements. Coverage is given to administration and interpretation of various assessment tools. The course also includes diagnostic interviewing techniques, report writing, direct observation techniques, and self report scaling.

PSY 6263 - Family Crisis Intervention (3 hours)
An applied psychotherapy lab course that engages the student in both the theoretical foundations for crisis intervention and in the actual and practical experience of implementing crisis intervention techniques. Students will be instructed in the stages of emergency and crisis situations and the theoretical frameworks for describing crisis events.
CORE COURSES (SEMESTER 3)

PSY 6243 - Marriage and Family Therapy (3 hours)
This course addresses the practice of marital and family therapy. It is designed to teach theory application, technique formation, technique delivery, and follow through in marital and family therapy. Techniques in marital and family therapy such as joining, relabeling, reframing, structure change, pattern enhancement, first and second order change, power word unpackaging, and faith language framing will be taught. Instruction in the assessment and utilization of the family’s language, rules and structure will be provided.

PSY 6303 - Counseling Children and Adolescents (3 hours)
An advanced counseling course focused on specific techniques used in diagnosis and treatment of children and adolescents. Normative and nonnormative aspects of development are examined to assist in understanding appropriate interventions. DSM IV diagnoses found in children and adolescents are evaluated. Legal and ethical issues related to intervention with minors are also explored.

PSY 6393 - Multicultural Treatment Planning (3 hours)
This course is a synthesis of the student’s clinical training. The student is taught how to coordinate diagnostic interviewing, psychological assessment techniques and diagnosis to assist in developing appropriate treatment plans for clients. Students will demonstrate appropriate use of DSM-IV diagnostic skills and illustrate an awareness of the growing body of literature on empirically based treatment planning. Multicultural aspects of counseling and treatment planning are investigated.

PSY 6293 - Philosophy of Interpersonal Relationships (3 hours)
Considers worldviews with regard to situations that are an inherent part of the human condition, such as suffering, change, trauma, and so forth. Focus is on an understanding of such conditions and the garnering of resources for coping with these situations. Special emphasis will be given to the ways in which the various philosophical positions give rise to ethical considerations.
CORE COURSES (SEMESTER 2-5)

Internship (6 hours)
The internship experience is based on the assumption that classroom study becomes more meaningful and relevant when it is integrated with planned hands-on field experience. In the internship, therefore, the Graduate Programs in Counseling student acquires direct experience working in a supervised counseling capacity. The internship experience emphasizes application of the principles and concepts learned through the Graduate Programs in Counseling coursework. Both the GPC Internship Coordinator and an agency supervisor supervises the internship. Both supervisors work with the Graduate Programs in Counseling student to insure that the internship provides a setting in which maximum learning may occur. Internships must be approved by the program. The internship occurs concurrently with course work and follows guidelines set forth in licensure preparation. Students are required to obtain at least 450 total hours of internship, 225 of which should be direct client contact hours.

RESEARCH CORE

PSY 6143 - Research Methods II (3 hours)
Research Methods II provides tools to analyze research data and draw appropriate conclusions from that data. This module is a study of computer-based techniques for the more common statistical procedures used in psychological research. It gives you experience in using Systat to describe and draw inferences about research data, as well as assisting you in completing the research for your thesis.

PSY 6993 - Thesis (3 hours)
Completion of an empirical, behavioral research study, as approved by the program. A prospectus must be presented and approved prior to execution of the study. The written document follows APA style guidelines and format. Two oral presentations are also required, and are scheduled as a part of the course work requirements.
ELECTIVE COURSES

ADULT CONCENTRATION

PSY 6353 - Counseling the Elderly (3 hours)
A major emphasis for this course will be the multitude of changes that elderly adults experience and how these changes can result in issues that are addressed in a counseling setting. Normal and non-normal physiological changes and memory changes will be identified and discussed. Depression, substance abuse, and the high incident of elderly suicide will be highlighted.

PSY 6223 – Drug and Alcohol Counseling Theories (3 hours)
The purpose of this course is to educate students in the field of chemical dependency and substance abuse. The course is designed to assist the student in developing prevention, intervention, and treatment techniques and skills. In depth issues surrounding addiction, etiology, diagnosis and treatment will be explored.

PSY 6233 - Brief Psychotherapy (3 hours)
Explores the growth and implementation of short-term treatment strategies with particular attention to cognitive behavioral intervention strategies. Cognitive behavioral therapy seeks to understand the foundation of behavior through cognitive schemas. Outcome studies indicating the efficacy of these models will be discussed.

PSY 6193 - Career Assessment and Counseling (3 hours)
An exploration of testing theory, career assessment theory, and the application of career assessment to career counseling. Major theories in career counseling are examined and the assessment tools utilized with various age groups are considered.

PSY 6213 - Group Psychotherapy Techniques (3 hours)
An applied psychotherapy lab course that engages the student in both the theoretical foundations for group psychotherapy and in the actual experience of facilitating a psychotherapy group. Students will review literature regarding appropriate referrals to this modality of treatment as well as learning techniques to enhance the efficacy of group therapies. Much of this course will involve an experiential learning model as students participate in group process. There will also be an exploration of the use of groups within the Christian community.
PSY 6313 - Introduction to Play Therapy (3 hours)
This course is an introduction to the field of play therapy and play therapy techniques. An overview of play therapy history and application will be discussed. Theoretical foundations will be explored in depth as well as application of each. Specific play therapy techniques such as art therapy, sandtray play, water play, mutual storytelling, puppetry, board games and role plays, will be presented in an experiential learning environment. Students will learn how to engage in specific play techniques. Discussion of applications with special populations will also be included.

PSY 5323 - Child Development (3 hours)
Child Development covers physical, cognitive, social, emotional, behavioral, and spiritual development from birth through early adulthood, using both theoretical and research approaches. Each aspect of growth, change, and stability in the developing child is examined in both cultural and universal aspects, considering normative and non-normative aspects as supported by research. Strong consideration is given to the ecological understanding of the child, that is, the embeddedness of the child within spheres of influence and reciprocal relationship.

PSY 5133 - Child and Adolescent Psychopathology and Assessment (3 hours)
This course provides an overview of psychopathology commonly seen in children and adolescents. Although not every disorder that may adversely influence child functioning will be discussed in detail, this course will provide students with resources to help them investigate other disorders in more depth. A developmental perspective will be taken during the exploration of these topics as well as an emphasis on critically evaluating the relevant current research. Related topics including risk factors, resilience, and current controversies in child diagnosis will be discussed.

PSY 6323 - Specialized Techniques in Play Therapy (3 hours)
This course will build on the basic principles of play therapy. Treatment plan development based on assessment from PSY 5323 and PSY 5113 will incorporate play therapy techniques in relationship to theoretical models being utilized. Specific play therapy techniques such as but not limited to art, sand tray, water play, mutual storytelling, puppetry, board games, and role plays will be presented in an experiential learning environment. Each technique will be discussed and practiced in relationship to each theoretical modality. Therapeutic modalities will be paired with specific issues and trauma. Therapeutic modalities will include CBT, Adlerian, Gestalt, Child-Centered, Ecosystemic, and Prescriptive. Students will initiate use of library research to develop hypotheses for empirical research.
PSY 6363 - Advanced Clinical Play Therapy (3 hours)
This course will incorporate advanced skills and principles. Theoretical foundations will be explored and practiced in depth. Family involvement will be incorporated and include both family systems and filial therapy. Documentation of therapeutic progress, evidence based practice skills, and empirically validated tools and measurements will be utilized. Report writing, documentation, court testimony and validation of play therapy will be included.