

Ph.D PROGRAM IN COUNSELING PSYCHOLOGY

Program Description COUNSELING PSYCHOLOGY PROGRAM

Department of Educational Psychology

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The Counseling Psychology Program, leading to the Doctor of Philosophy, at the University of Connecticut, Storrs, is intended to prepare counseling psychologists who work as teachers, supervisors, researchers, consultants, and practitioners. The Ph.D. program in Counseling Psychology adheres to the scientist-practitioner model of graduate training. It emphasizes learning in the area of methods of psychological research, assessment, and counseling interventions. A review of the program requirements shows a substantive and balanced emphasis on counseling and psychological theories, research, assessment, and training in applied counseling skills. The curriculum incorporates requirements for training and education proposed by the American Psychological Association for Counseling Psychology.

Counseling Psychologists apply psychological knowledge and skills to problems of human development and adjustment in educational, industrial, mental health, and medical settings. Counseling Psychologists are trained to help normal or moderately maladjusted persons with problems and developmental needs over the adolescent and adult life cycles. As a general philosophy, counseling psychology's roles and functions are intended to facilitate the development of the individuals and families it serves as well as helping to restructure environments that limit positive growth, learning and health. Applicants are encouraged to investigate the profession of Counseling Psychology prior to making an application. It is important that applicants recognize the differences and commonalties with other mental health specialties. This investigation will clarify the roles and functions of counseling psychologists and various training perspectives.

The objectives of the Ph.D. Program in Counseling Psychology reflect preparation that both extends entry-level preparation (i.e., Master's degree preparation) and includes additional instruction and training to further enhance one's knowledge and skills. The goals of the program are to enhance:

- 1. Current knowledge and positions from lay and professional groups concerning the counseling, psychological, and human development needs of a multicultural society.**

2. The present and projected needs of a multicultural society for which specialized counseling, psychological, and human development skills are required.

3. Knowledge and information regarding current advances in Counseling Psychology, theory, research, and practice in a diverse society.

The program requires a minimum of 96 semester hours of coursework, including the internship. It is designed so that students can complete all Doctoral program requirements after approximately four years of full-time graduate study beyond the baccalaureate degree. However, no students are admitted to the program directly with only a baccalaureate degree. All Ph.D. applicants must possess a minimum of a masters degree to be considered for admission. Program requirements exclude credit for undergraduate study, study that is remedial, or study that is designed to remove deficiencies in meeting admission standards.

During the first year of the program, students are enrolled in foundation courses designed to provide expertise in the use of the scientific method and a knowledge base in psychology. Students are also involved in course work that addresses counseling interventions in individual and group settings. The second year of the program builds on the students' knowledge base in research methodology and the foundation in psychology. The third year focuses on professional issues and the practice of Counseling Psychology. During the second semester of the third year, students are expected to develop their research proposal for the Doctoral dissertation. In the fourth year, students are expected to complete their internship requirement. During the full-time internship phase, students are expected to complete their research. The course requirements, sequence of courses and time table are included in Appendix B.

Matriculation Requirements

Upon or before the completion of half the course work for the Ph.D. program, the student must submit a Plan of Study for the Doctor of Philosophy Degree to the Graduate Records Office. The successful completion of all work indicated on the Plan of Study is a fundamental prerequisite for the conferring of the degree. In addition to submitting, the Plan of Study and completing the 96 graduate credit hours of course work with a minimum 3.0 GPA, each student must successfully complete and pass a comprehensive examination, a dissertation and its oral defense, and the 1,500 hours of internship placement (in conjunction with the six (6) credit hour requirement of EPSY 468, Doctoral Internship in Counseling).

Ph.D. Examinations

The Doctoral exam consists of both written and oral portions. The written portion is most often the literature review for the student's dissertation. It is to be comprehensive in nature and is intended to lay the foundation for the student's dissertation proposal. It must be written in the American Psychological Association format, and it must be approved by all

the members of the student's faculty advisory committee. The oral portion occurs after the written portion has been completed. Ideally, the student makes a presentation at a state or national professional conference on a topic very much related to or even identical to the written portion. If no conference opportunities are available then the student may choose another public forum. As examples, some students have made presentations to their colleagues at work while others were able to arrange an opportunity to present for a professional development day at a school. The last option, if there are no others, is for the student to make an oral presentation to his/her advisory committee along with other faculty/staff/students who may be interested in the topic. Passing this examination will signify that the student has been able to successfully meet training criteria in Counseling Psychology. This examination must be passed within five years of admission to the Doctoral Program and allows the student to enter doctoral candidacy. Once at this stage of the program the student prepares a research proposal which serves as the basis for the dissertation.

The scholarly research must be developed in concert with the advisory committee. The research must be relevant to the field of Counseling Psychology.

Practica Requirements

The practica sequence adheres to the American Psychological Association requirements for 400 hours of planned, supervised experience, of which 150 hours is in direct service, and 50 hours is in formal supervision. This must be undertaken prior to the internship. The practicum is designed to provide students with a planned, supervised, experience of directed observations and participation in a counseling setting. Further, the experience is designed to enhance an early identification with the field of counseling psychology. This field experience is coordinated with course work to allow students the opportunity to combine theoretical and practical knowledge in a closely supervised setting. During the practicum, students must be enrolled in EPSY 381 (Practicum in Counseling Psychology). Since, the practicum is both a responsibility of the Counseling Psychology faculty and the agency in which the practicum is located, supervision will be provided in both settings.

Internship Requirements

The internship in counseling psychology complies with the American Psychology Association standards. The internship occurs at the end of formal training and is the joint responsibility of the Counseling Psychology Program and the participating field placement setting. The daily supervision of the intern is conducted by approved field supervisors in concert with the Counseling Psychology Program.

The field based supervisors are licensed psychologists. The supervisor is not responsible for more than two interns at any given time. The University of Connecticut faculty supervisors are responsible for no more than 10 interns at any given time. The University-based supervisor maintains an on-going relationship with the field supervisor, and conducts at least one field-based contact per semester, with each intern. In addition, interns are

required to attend bi-weekly on-campus meetings throughout the period of their internship.

The internship is designed to enhance the development of professional competencies, and to be the culminating experience of the student's program. This experience must allow the student the opportunity to integrate course work, research theory, and practical experiences in a supervised applied setting. To be eligible, the student must have completed: (a) a Masters degree in Counseling Psychology; (b) completed all practica requirements; (c) completed the general examination in Counseling Psychology; and (d) have advisory committee approval. The internship is on a full-time basis for one full year. It must approximate 1500 clock hours of supervised experiences relevant to the practice of Counseling Psychology.

The internship includes the following experiences: (a) an average of two hours per week of scheduled formal, face to face individual supervision. One hour of this must be supplied by the student's field supervisor; (b) an average of two hours per week of scheduled learning activities, such as case conferences, seminars, in-service training, etc.; (c) at least 10 hours a week of the intern's time being spent in direct client contact; and (d) the intern may spend up to 10 hours a week on research activities.

Course Requirements for Doctoral Students in Counseling Psychology

In addition to the Doctoral level courses in Counseling Psychology, the following entry-level (i.e., Masters' degree) criteria and considerations are required of each applicant, if any of these areas are missing in the student's previous preparation:

The Doctoral program includes a minimum of one (1) academic year (i.e., two (2) consecutive semesters) of full-time, on-campus study (residency) - excluding registrations for Doctoral dissertation credit hours. The Ph.D. program is a minimum of four (4) academic years of graduate level preparation (excluding the entry-level preparation indicated above) defined as eight (8) semesters with a minimum of 96 semester hours of graduate credits required of all students in the program. For example, if the student's entry-level preparation (i.e., Masters' degree) consisted of 48 credit hours of graduate level preparation, an additional 48 semester credit hours of graduate level preparation would be required. If the student's entry-level preparation consisted of a 32 credit-hour Masters' degree, however, an additional 64 semester credit hours would be required to meet the criterion of 96 semester hours of graduate level course work.

To meet national and state standards for certification and/or licensure as a professional counselor, the curriculum is divided into: 1) Counseling Psychology core; (2) a general psychology core; and (3) a core program of study in statistics/research methodology.

Specific curriculum requirements are provided under the CURRICULUM section of this document, however, a general outline of the program of study includes:

- 1. Counseling Psychology: 12-15 credit hours required**
- 2. General Psychology core: 12-15 credit hours required**
- 3. Research Methodology: 15 credit hours required**
- 4. Practicum requirement: 3 credit hours required, more may be required based on the student's background**
- 5. Internship in Counseling: 6 Semester Hrs. Required, 3 credits per semester for 2 semesters with 1,500 hours total internship placement (Approximately 750 hours per semester for two semesters).**
- 6. Dissertation: Dissertation preparation is a continuous registration and 0 credit hours.**

The above outline is based on the assumption that the Ph.D. applicant has met the 48 hour Master's degree requirements that include the entry-level preparation in counseling. Additional course work may be required in the event such entry-level preparation standards have not been met.

Curricular experiences and demonstrated knowledge and skill competence in each of the following common-core areas are required of all students in the Counseling Psychology Program. The common-core areas and required courses in each area are listed below. Specific course descriptions for each of the listed courses may be found in the Graduate School Bulletin. Each of the listed courses equals (3) hours of credit.

COMMON CORE COURSES

1. COUNSELING PSYCHOLOGY: 12-15 Credit hours required.

EPSY 395 Ethics in Counseling, School, and Educational Psychology

EPSY 401 Advanced Group Processes

EPSY 403 Group Facilitation

EPSY 412 Advanced Theories of Career Development

EPSY 426 Counseling Interventions: Assessment, Design & Implications

EPSY 381 Practicum in Counseling Psychology

EPSY 468 Supervision in Counseling Psychology (All course work and doctoral comprehensive examination must be passed before this course can be taken).

EPSY 4XZ College Teaching (All course work and doctoral comprehensive examination must be passed before taking this course).

2. PSYCHOLOGICAL FOUNDATIONS CORE: 12-15 Credit hours required.

History and Systems of Psychology

PSY 391 History of Psychology

Biological Bases of Behavior: At least one course from this area.

PSY 325 Foundations of Neuropsychology

PSY 352 Biopsychology of Motivation and Emotion

PSY 369 Sensation and Perception

Cognitive Bases of Behavior: At least one course from this area.

EPSY 335 Learning and its Implications for Education

PSY 367 Memory and Cognition

Individual Differences: At least one course from this area.

EPSY 334 - Individual Differences

Social and Cultural bases of Behavior

PSYC 337 Advanced Social Psychology

PSYC 345 Applied Social Psychology

PSYC 382 Social-Organizational Psychology

Psychological Assessment

EPSY 415 Appraisal Procedures in Counseling

PSY 303 Adult Psychopathology

3. RESEARCH METHODOLOGY, STATISTICS, COMPUTERS, AND RESEARCH SEMINAR: 15 Credit Hours Required in this area, in addition to EPSY 341, Educational Research, entry-level prerequisite.

EPSY 309 Quantitative Methods in Research I (Required)

EPSY 313 Quantitative Methods in Research II (Required)

EPSY 341 Educational Research - This is a M.A. level course required to meet entry-level preparation requirements

EPSY 343 Introduction to Computers in Education

EPSY 346 Multivariate Analysis in Educational Research

EPSY 410 Doctoral Seminar - Variable Credit, Arranged (Required)

EPSY 441 Methods and Techniques of Educational Research

or

EDLR 441 Qualitative Methods in Educational Research (Either EPSY 441 or EDLR 441 are required)

GRAD 495 Dissertation Preparation - 0 Credit

4. INTERNSHIP: 6 Credit Hours Required in this area, three (3) credits per semester for two (2) semesters, in addition to 1,500 Hours of professional placement service.

EPSY 468 Doctoral Internship Counseling

Note: EPSY 468, Doctoral Internship in Counseling, is to be taken for two (2) consecutive semesters (Fall and Spring Semesters) for 3 credits each semester. This can only be undertaken after all course work has been completed, the doctoral comprehensive examination has been passed and the student has a dissertation research proposal approved by the Doctoral committee. In addition to an on-campus internship-seminar requirement, each student is expected to complete 1,500 hours of professional placement service at an internship site agreed upon by the internship professor, student, and supporting internship school and/or agency. Individual, weekly supervision by the internship supervisor and/or internship professor (a minimum of one-hour per week) is also expected of interns during their enrollment in EPSY 468.

Recommended sequence for course work is established by the major advisor and the student.

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