

# Master of Arts in Psychology

## Marriage and Family Therapy: 63 Units

The goal of UWest's Psychology Department is to reduce suffering and increase happiness in the world through the application of mental health practices. The 63-unit Master of Arts in Psychology – Marriage and Family Therapy prepares students to meet requirements for California licensure to provide psychotherapy as Marriage and Family Therapists (MFT). The program focuses on the intersection between Buddhist psychology and Western multicultural and recovery-oriented evidence-based practice in helping individuals, couples, families, and groups.

Beyond having mastered standard MFT competencies, UWest graduates are

- grounded in Recovery-Oriented Practice, putting clients at the heart of treatment, focusing upon co-creating a life worth living;
- well-practiced at making ethical decisions from the overlapping lenses of multiculturalism, Buddhist psychology, and biomedical/behavioral health law and ethics;
- clinically and personally skilled in contemplative practice;
- versed in effective practices that borrow heavily from Buddhist psychology, such as Mindfulness-Based Stress Reduction, Mindfulness-Based Cognitive Therapy, Acceptance and Commitment Therapy, Compassion Focused Therapy, and Dialectical Behavioral Therapy Skills Training;
- trained in the fundamentals of Emotionally Focused Therapy for couples; and
- experienced in the applications of Interpersonal Neurobiology from the inside out.

The university takes pride in offering small teacher-student ratio, diversity, and individual attention in the classroom as the faculty nurtures all aspects of the therapist's personhood, particularly intrapersonal awareness, interpersonal and multicultural knowledge, and the skills to turn this awareness and knowledge into helpful interactions with others. In 2015, UWest's MA in Psychology was ranked as the 9th most affordable graduate psychology program in the United States.

The program is aligned to the requirements of California Business and Professions Code Section 4980.37, as regulated by the California Board of Behavioral Sciences (BBS). Coursework prepares students for the California MFT license examinations, and to meet best practices outlined by the American Association for Marriage and Family Therapy and the California Association of Marriage and Family Therapists. More information about the MFT license can be found at <http://www.bbs.ca.gov>.

## Fostering Professionalism

This is a professional training program and students are expected to consistently demonstrate professional behavior. This includes but is not limited to:

- Being on time to class and with assignments
- Respectfully interacting with students and faculty
- Proactively engaging in learning process and assignments
- Being organized and prepared
- Managing paperwork and technology effectively
- Managing personal crises effectively
- Managing personal information (own and others') appropriately (e.g., confidentiality)

These standards pertain to all Psychology graduate courses. Students who fail to meet these standards may be unable to progress in the program.

# Program Learning Outcomes

## Wisdom & Skillful Means

Students are thoroughly prepared for academic and professional success.

<b>Knowledge</b>	Students demonstrate the knowledge needed to synthesize various psychotherapeutic approaches. Students describe and explain the ethics and laws pertaining to mental health services for MFTs. Students list and discuss the various psychotherapeutic theoretical approaches and corresponding diagnostic and intervention techniques.
<b>Praxis</b>	Students conduct thorough intake interviews including suicide assessments, summarize the themes of the interview, and identify goals and potential treatment plans for therapy. Students demonstrate competency in the assessment, detection, and intervention for spousal abuse as well as for abuse reporting for all categories.
<b>Ethics</b>	Students effectively apply MFT field ethics, and state and federal laws to case vignettes and in vivo counseling sessions.
<b>Critical Thinking</b>	Students apply critical and creative thinking, skeptical inquiry and, when possible, the scientific method to discern, evaluate, and criticize specific issues in psychology.
<b>Communication</b>	Students clearly articulate their study of psychology in writing and speech.

## Self-Awareness

Students are prepared to engage in an ongoing process of self-understanding that enables them to lead happy, purposeful lives characterized by healthy relationships to self and others.

<b>Character</b>	Students are fully present, mindfully aware of the moment, during client sessions.
<b>Expression</b>	Students express an increased level of self-awareness as it applies to their role as therapists, including an understanding of and ability to articulate their own cultural values and biases.
<b>Relationship</b>	Students demonstrate case conceptualizations that reflect a refined understanding of the impact that their own cultural identities and related values have on the therapeutic process (specifically the therapeutic alliance/relationship).

## Liberation

Students recognize the diversity and dignity of all human beings and understand their own role in the pursuit of social justice.

<b>Pluralism</b>	Students develop cultural responsiveness in terms of intake, diagnosis, treatment planning, and intervention selection.
<b>Liberation from Suffering</b>	Students discuss the various types of privilege and oppression that often arise for select cultural identities, such as select racial and ethnic groups, socioeconomic status, gender, sexual orientation, age, and physical and mental ability.

## Interdependence

Students possess a holistic understanding of global interdependence in order to cultivate compassionate thought, speech, and action in service to themselves, others, and the environment.

<b>Service</b>	Students recognize their ability to increase wellness and reduce suffering of self and others through service-oriented activities.
<b>Culture</b>	Students demonstrate an appreciation for diverse cultures as it applies to the therapeutic process and outcome and can identify potential limitations in mainstream Western psychological practices.
<b>Interconnectedness</b>	Students demonstrate an awareness of the impact their thought, speech, and behavior have on others, especially on their clients.

## Program Requirements

<b>Area</b>	<b>Required Units</b>
Introduction	3
Foundation	18
Core	18
Advanced Level	18
Fieldwork/Practica	6
Total	63

Introduction (3 units): All students complete the introductory course below.

<b>Courses</b>	<b>Prerequisite(s)</b>	<b>Units</b>
PSYCH 505 Buddhist & Multicultural Community Mental Health	None	3

Foundation (18 units): All students complete the six foundation courses below. A minimum grade of B is required for each foundation course. Students who do not earn a B or higher in a core course may repeat that course one time only to achieve a passing grade.

<b>Courses</b>	<b>Prerequisite(s)</b>	<b>Units</b>
PSYCH 501 Experimental Design & Statistical Analysis	None	3
PSYCH 505A Pre-Practicum	None	0
PSYCH 530 Psychopathology	None	3
PSYCH 531 Theories I	None	3
PSYCH 532 Law & Ethics	None	3
PSYCH 533 Multicultural Counseling	None	3
PSYCH 536 Marriage & Family Therapy I: Families	None	3

Core (18 units): All students complete the six core courses below. A minimum grade of B is required for each core course. Students who do not earn a B or higher in a core course may repeat that course one time only to achieve a passing grade.

<b>Courses</b>	<b>Prerequisite(s)</b>	<b>Units</b>
PSYCH 504 Counseling Children & Adolescents	None	3
PSYCH 538 Psychological Testing	None	3
PSYCH 540 Counseling Across the Lifespan	None	3
PSYCH 545 Psychopharmacology	None	3
PSYCH 551 Theories II: Buddhist-Inspired Evidence-Based Practice	PSYCH 531	3
PSYCH 556 Marriage & Family Therapy II: Couples	PSYCH 536	3

Advanced (18 units): All students complete the six advanced courses below. A minimum grade of B is required for each advanced course. Students who do not earn a B or higher may repeat the course one time only to achieve a passing grade.

<b>Courses</b>	<b>Prerequisite(s)</b>	<b>Units</b>
PSYCH 600 Group Psychotherapy	18 units	3
PSYCH 607 Advanced Seminar in Culture & Psychotherapy	18 units	3
PSYCH 623 Poverty, Dislocation & Stigma	18 units	3
PSYCH 633 Sex, Sexuality, & Gender	18 units	3
PSYCH 643 Trauma & Resiliency	18 units	3
PSYCH 651 Buddhist Psychology & Addiction <i>may substitute PSYCH 529 Drug &amp; Alcohol Theory &amp; Intervention for PSYCH 651</i>	18 units	3

Internship/Clinical Education (6 units): Students are required to gain 6 units of fieldwork (practicum) at an approved practicum site. Upon completion of 18 units of coursework students may seek the chair's approval to pursue a practicum. All fieldwork and practica placements must be approved by the department chair and training director before training begins.

Training sites must have a written contract with UWest indicating the commitment to abide by the supervisory conditions required for the pre-MFT licensure requirements, as guided by California's Board of Behavioral Sciences (BBS).

Students entering an approved practicum must enroll in PSYCH 700 and PSYCH 710 in consecutive terms. Students collecting supervised hours for graduation and for licensure must maintain continuous enrollment by enrolling in PSYCH 702 (during summer sessions) or PSYCH 712 (following completion of PSYCH 710).

<b>Courses</b>	<b>Prerequisite(s)</b>	<b>Units</b>
PSYCH 700 Practicum	18 units and chair's approval	3
PSYCH 702 Intersession Practicum	18 units and chair's approval	1
PSYCH 710 Advanced Practicum	PSYCH 700	3
PSYCH 712 Continuing Practicum	PSYCH 710	1-3

Comprehensive Exam or Thesis: All students are required to pass a comprehensive exam to graduate, usually taken at the start of their final semester. The comprehensive examination is offered once a year in January. The exam takes place over two weeks and begins during winter break, before spring semester opens. Eligible students are notified by their advisor of the specific exam dates each year, and should be prepared to take the exam when it is offered. Students must be enrolled in spring semester to test and to graduate.

Students enroll in PSYCH699B for 0 units if completing the exam concurrently with coursework and/or practica. If all coursework and practica is complete, students enroll in PSYCH699B for 1 unit to maintain active status.

If students are unable to take the exam when it is initially offered, or if they must repeat the exam, they must complete it when it is offered the following January. Students who do not pass the exam may repeat the exam one time only.

Upon recommendation of the department chair, students who plan to pursue a PhD upon completion of the MA may be permitted to complete a thesis rather than the comprehensive exam. The thesis is usually completed in one term but with the chair's approval students may apply for a one term extension. Students must enroll in PSYCH 699A from the start of the thesis through acceptance by the library, for a maximum of two consecutive terms. Credit for PSYCH 699A is not applicable to graduation.

<b>Courses</b>	<b>Prerequisite(s)</b>	<b>Units</b>
PSYCH 699B Comprehensive Exam	Completion of all coursework; Chair's approval	0-1
PSYCH 699A Thesis	Completion of all coursework; Chair's approval	3

Specialization Courses (Optional): While specialization courses are not degree applicable, students may choose to take these courses to increase expertise, expand their CV/resume, and acquire training unavailable elsewhere. Chair's approval is required. Units earned for these courses will not be applied to graduation requirements.

To ensure that enrollment in specialization courses does not interfere with sequenced completion of required coursework, most specialization courses are offered only during summer sessions. If taken during the fall or spring semester, the specialization course must be in addition to all courses required for that term.

In addition to the courses listed below, students may select specialization courses from courses offered in MA Religious Studies and MDiv Buddhist Chaplaincy. Availability of courses varies based on department schedules. A sample list of Buddhist Psychology specialization courses is provided.

#### Buddhist Psychology Specialization Courses

<b>Courses</b>	<b>Prerequisite(s)</b>	<b>Units</b>
CONT 510 Topics in Comparative Contemplative Practice Psychotherapy	None	3
CONT 550 Contemplation in Mahayana Traditions	None	3
MDIV 645 Spiritual Care & Counseling	None	3
MDIV 655 Spiritual Formation for Buddhist Chaplains	None	3
MDIV 670 Spiritual Leadership	None	3
PSYCH 617 Application of Mindfulness in Western Therapy	None	3
REL 521 Buddhist Meditation Practicum	None	3
REL 530 Topics in Buddhist Meditation	None	3

#### Multicultural Generalist Specialization Courses

<b>Courses</b>	<b>Prerequisite(s)</b>	<b>Units</b>
PSYCH 537 Motivational Interviewing	None	3
PSYCH 602 Advanced Couples Counseling	18 units of graduate coursework in psychology	3
PSYCH 604 Advanced Child & Adolescent Interventions in Therapy	PSYCH 531	3
PSYCH 614 Religion & Psychotherapy	None	3
PSYCH 650 Directed Reading	None	3

# Sample Course Progression - Full Time Enrollment

## First Year

### Term 1 Fall Semester

PSYCH 505 Multicultural/Buddhist  
Community Mental Health

PSYCH 532 Law & Ethics

PSYCH 533 Multicultural Counseling  
PSYCH 531 Theories I

### Term 2 Spring Semester

PSYCH 530 Psychopathology

PSYCH 501 Experimental Design &  
Statistical Analysis

PSYCH 536 MFT I: Family

PSYCH 505A Pre-practicum

### Term 2.5 Summer Session (Optional)

PSYCH 702 Intersession Practicum  
(required if supervised clinical  
training spans or begins during  
summer session)

PSYCH 537 Motivational Interviewing  
(specialization course: not  
degree applicable)

## Second Year

### Term 3 Fall Semester

PSYCH 538 Psychological Testing

PSYCH 540 Counseling Across  
the Lifespan

PSYCH 551 Theories II: Buddhist-  
Inspired Evidence-Based Practice

PSYCH 700 Practicum

### Term 4 Spring Semester

PSYCH 504 Counseling Children &  
Adolescents

PSYCH 556 MFT II: Couples

PSYCH 600 Group Psychotherapy  
PSYCH 710 Advanced Practicum

### Term 4.5 Summer Session (Optional)

PSYCH 702 Intersession Practicum  
(required if supervised clinical  
training begins during or spans  
summer session)

PSYCH 651 Buddhist Psychology &  
Addiction (required course offered  
during summer session)

## Third Year

### Term 5 Fall Semester

PSYCH 545 Psychopharmacology

PSYCH 623 Poverty,  
Dislocation, & Stigma

PSYCH 643 Trauma & Resiliency

PSYCH 712 Continuing Practicum  
(required if collecting supervised  
clinical hours after completing  
PSYCH 710)

Optional Specialization Course  
CONT 510 Topics in Comparative  
Contemplative Practice

### Term 6 Spring Semester

PSYCH 607 Advanced Seminar in  
Culture & Psychotherapy

PSYCH 633 Sex, Sexuality, & Gender

PSYCH 651 Buddhist Psychology &  
Addiction (required if not completed  
during summer session)

PSYCH 699B Comprehensive Exam  
PSYCH 712 Continuing Practicum  
(required if collecting supervised  
clinical hours after completing  
PSYCH 710)

Optional Specialization Course  
REL 530 Topics in Buddhist Meditation

# Graduation Requirements

Students are expected to complete graduation requirements in a timely manner and to maintain good standing.

Students must complete course and program requirements as listed for a total of 63 units with a minimum cumulative GPA of 3.0 and pass a comprehensive exam or thesis. A minimum grade of B is required for all courses applied to graduation. Students who do not earn a passing grade as specified may repeat that course one time only to achieve a passing grade. All coursework must be at the graduate level; graduate courses previously applied to a bachelor's degree cannot be applied to graduation.

Students may apply no more than 6 units (two courses) of Directed Reading & Research and 6 units (two courses) of independent study towards graduation. Students are allowed no more than 12 units of unfinished coursework (i.e. incompletes and withdrawals) over the duration of the program.

Up to 6 units may be fulfilled through the transfer of credit from another institution.

Degrees are awarded at the close of the semester in which all degree requirements have been completed, the comprehensive exam has been passed or the thesis has been accepted by the library (if applicable), the Petition to Graduate form has been filed with the registrar's office, and the graduation fee has been paid.

## Master of Arts in Psychology

### Multicultural Counseling: 42 Units

The 42-unit Master of Arts in Psychology – Multicultural Counseling (MCC) is designed for individuals wanting to pursue a graduate degree in mental health but who are not interested in licensure. This degree is open to students with a baccalaureate degree in an unrelated field, those who earned a baccalaureate many years ago, those already working in the human services field who desire additional training, and for international students desiring an introduction to mental health care.

The 42-unit MCC does not meet the requirements to sit for a license in Marriage and Family Therapy (MFT) or Licensed Professional Clinical Counselor (LPCC) in any state. California State regulations state that students who complete and receive the 42-unit master's degree cannot, post-graduation, transfer or apply those credits toward the completion of an MFT license program.

MA Psychology – Multicultural Counseling Program Requirements

<b>Area</b>	<b>Required Units</b>
Foundation Courses	15
Core Courses	12
Advanced Level Courses	3
Elective Courses	9
Master's Capstone Project or Thesis	3
Total	42