DOMINICAN UNIVERSITY of CALIFORNIA 1890

Counseling Psychology

MASTER OF SCIENCE

www.dominican.edu

Find Your Inspiration

Dominican University of California's Master of Science in Counseling Psychology program is at the forefront of training programs for marriage and family therapists. Our dynamic program emphasizes cooperation among students and encourages diversity of personal styles and theoretical beliefs among students and faculty.

Imagine Career Possibilities

We offer students outstanding academic preparation and hands-on experiences that will enable them to thrive in a field affording them many gratifying professional opportunities. The classroom and fieldwork-based program provides students with the most current and emerging trends in mental health delivery, theoretical approaches to clinical practice, innovative and alternative modes to counseling, consultation, and case management.

Graduates are highly respected members of their professional community, known for their clinical expertise and caring. They are distinguished marriage and family therapists, consultants, case managers, educators, and trainers in health-care, academic and business settings.

Envision the Process

The Department of Counseling Psychology offers two competency outcome-based programs:

- **Master of Science in Counseling Psychology**
  A 43-unit program that awards a master's degree
- **Master of Science in Counseling Psychology with a concentration in Marriage and Family Therapy**
  A 60-unit program designed to prepare students to meet requirements for MFT licensure in California.

The two Master's programs in Counseling Psychology encompass a broad-based, comprehensive curriculum. Students not only benefit from quality coursework, but must also complete at least 45 hours of personal psychotherapy offered by a licensed clinician, and participate in fieldwork opportunities, during which they bolster professional skills under the supervision of an on-site supervisor. (Please note a maximum of 15 hours of psychotherapy may have been completed within two years of entering the program).

Features of the program include:

- Highly trained and supportive clinical faculty.
- Small, individualized classes and seminars.
- Collaborative learning environment.
- Interactive instruction in a variety of orientations: traditional, innovative and alternative.
- Balanced, realistic perspective of the rapidly changing counseling field.
- Excellent training in diagnosis and treatment, adapted to a wide range of mental health disorders, including co-occurring disorders.
- Well-established fieldwork placement programs. Recent opportunities include Berkeley Creative Living Center, Catholic Charities (of San Francisco and Marin), Family Service Agency of Marin, San Francisco, and Santa Rose, Hospice by the Bay, Jewish Family and Children's Services, La Casa del las Madres, Marin Services for Women, San Francisco Suicide Prevention and Bay Area Community Services.

Achieve Success

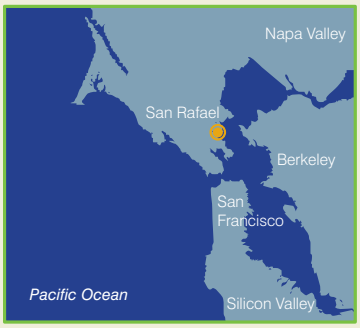
Graduates of Dominican's Counseling Psychology program:

- Develop excellent diagnostic and therapeutic skills that benefit the myriad clientele they serve: children, adolescents, adults, senior groups, couples and families from a wide variety of cultures and communities.
- Can readily call upon and employ a broad range of techniques based upon behavioral, cognitive behavioral, brief and strategic, client-centered, crisis intervention, and psychodynamic theoretical models.
- Are well schooled in consultation and case management techniques, emphasizing client-centered advocacy.
- Are sensitive to issues of diversity and have experience in working with clients from a wide range of cultures and socioeconomic backgrounds.
- Can effectively make assessments of domestic violence, child abuse, alcohol and substance abuse, and behavioral addiction and can offer appropriate treatments. These include the use of culturally appropriate family and community resources that emphasize recovery-oriented care.
- Score consistently above the statewide average on the Marriage and Family Therapist (MFT) written examination given by the Board of Behavioral Sciences.

Easy Access

Dominican University of California is conveniently located near the 101 freeway in central San Rafael and is easily reached by car or public transportation. Our beautiful campus is 12 miles north of San Francisco and just a short drive from Napa or the East Bay. Public transportation is readily accessible — the Larkspur Ferry Terminal is within three miles and the Golden Gate Bus Terminal is a mile from campus.

When driving on Highway 101, take the Central San Rafael exit, turn east on Mission Avenue, then left on Grand Avenue to Acacia Avenue (about one mile). Free parking is available at the University parking area at the corner of Grand and Acacia.



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Master of Science in Counseling Psychology

Curriculum and Instruction

Course Number	Course Name	Units
CP 5200	Introduction to Counseling: Client-Centered and Crisis Intervention Techniques	3
CP 5203	Advanced Counseling Techniques: Behavioral and Cognitive Behavioral	3
CP 5204	Advanced Counseling Techniques: Groups	3
CP 5205	Advanced Counseling Techniques: Assessment and Treatment of Children	3
CP 5207*	Advanced Counseling Techniques: Psychodynamic	3
CP 5208	Advanced Counseling Techniques: Brief and Strategic Therapies	3
CP 5214	Domestic Violence	1
CP 5215	Child Abuse: Assessment, Reporting and Treatment	1
CP 5216	Alcohol and Substance Abuse	2
CP 5217	Professional Ethics and Law	2
CP 5219	Human Diversity	2
CP 5221	Psychological Assessment	3
CP 5222	Research in Human Systems	2
CP 5231	Phases of Human Development	3
CP 5237	Psychopathology and Treatment Planning	3
CP 5995	GMPP Seminar (2 semesters)	6
Total Core Course Units		**43**

*Prerequisite: CP 5321: Phases of Human Development, or consent of instructor

**Prerequisite: CP 5217: Professional Ethics and Law

Explore the challenges and rewards of this degree program.
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Master of Science in Counseling Psychology with a Concentration in Marriage and Family Therapy

Curriculum and Instruction

Course Number	Course Name	Units
CP 5200	Introduction to Counseling: Client-Centered and Crisis Intervention Techniques	3
CP 5203	Advanced Counseling Techniques: Behavioral and Cognitive Behavioral	3
CP 5204	Advanced Counseling Techniques: Groups	3
CP 5205	Advanced Counseling Techniques: Assessment and Treatment of Children	3
CP 5207*	Advanced Counseling Techniques: Psychodynamic	3
CP 5208	Advanced Counseling Techniques: Brief and Strategic Therapies	3
CP 5209	Advanced Counseling Techniques: Client Advocacy and Collaborative Care	3
CP 5214	Domestic Violence	1
CP 5215	Child Abuse: Assessment, Reporting and Treatment	1
CP 5216	Alcohol and Substance Abuse	2
CP 5217	Professional Ethics and Law	2
CP 5218	Geriatrics and Long-Term Care	1
CP 5219	Human Diversity	2
CP 5221	Psychological Assessment	3
CP 5224	Psychopharmacology	2
CP 5231	Phases of Human Development	3
CP 5237	Psychopathology and Treatment Planning	3
CP 5245	Clinical Aspects of Human Sexuality	1
CP 5246	Advanced Counseling Techniques: Family Therapy	3
CP 5247	Advanced Counseling Techniques: Couple Therapy	3
CP 5994**	Fieldwork in Counseling (4 semesters)	12
Total Core Course Units		**60**

*Prerequisite: CP 5321: Phases of Human Development, or consent of instructor

**Prerequisite: CP 5217: Professional Ethics and Law

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Program Outcomes and Strengths

Over the years, the Dominican University of California graduates from the Master's program in Counseling Psychology have consistently scored higher than the state average on the Marriage and Family Therapist (MFT) written examination given by the Board of Behavioral Sciences.

Our recent survey of counseling psychology alumni found that:

- Alumni (over 90 percent) expressed either a high or very high degree of satisfaction in their current job setting.
- Alumni (over 90 percent) are currently either licensed MFTs or registered MFT interns.
- Alumni (over 90 percent) are currently in the field of counseling. A majority of these are in private practice (65 percent) and work in Marin County.

Alumni report these program strengths:

- Teaching excellence
- Support from faculty and staff
- High academic and professional standards
- Development of clinical skill in diagnosis and treatment
- Emphasis on professional ethics
- Instruction in a variety of orientations: traditional, innovative and alternative
- High demand for Dominican students by a large number of fieldwork sites
- Quality of fieldwork experience and internships
- Small, individualized classes and seminars
- Supportive and empowering environment
- Valuable relationships with peers
- Cooperative, non-competitive learning environment
- Information leading to a balanced, realistic perspective of the counseling field

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Professional Training Based on Demonstrated Outcome

The Department of Counseling Psychology offers two competency/outcome-based programs of academic and professional training. One leads to the degree of Master of Science in Counseling Psychology. The other, the Master of Science in Counseling Psychology with a specialization in marriage and family therapy, is designed to meet the requirements of the Business and Professions Code, Section 4980.37 and Senate Bill 33 for licensure as a Marriage and Family Therapist.

Dominican's Master's program in Counseling Psychology delivers a broad-based, comprehensive curriculum through a combination of coursework, supervised fieldwork, and participation in personal psychotherapy.

As a result of coursework and supervised fieldwork placements, students develop competence in:

- Psychodiagnosis and evidence based treatment planning for children, adolescents, adults, seniors, couples and families
- Counseling skills to be used with children, adolescents, adults, seniors groups, families and couples, using techniques from the following theories: behavioral, cognitive behavioral, brief and strategic, client centered, crisis intervention, psychodynamic, and systems theory
- Consultation
- Research in human systems and treatment outcome
- Human diversity considerations
- Professional ethics and law
- Domestic violence assessment and treatment
- Alcohol and substance abuse assessment and treatment
- Child abuse assessment and reporting
- Geriatrics and long-term care
- Psychopharmacology
- Human Sexuality
- Couples and family systems therapy
- Group psychotherapy
- Client Advocacy
- Collaborative Care
- Human Development

Psychotherapy as a Learning Experience

The Department of Counseling Psychology requires that all students have a minimum of 45 hours of personal, individual, couple or family psychotherapy. This requirement is based on a belief in the value of students personally experiencing a process they are being trained to provide for others. The requirement may be met by a student working with one or more licensed psychotherapists who have provided the student with a total of 45 hours of individual, couple or family psychotherapy. (Up to 15 of these hours may have been done within two years before entering the program.)

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Fieldwork: An Integral Part of Your Training

Fieldwork provides the opportunity for students to both utilize the skills which they have learned and to build their clinical or counseling experience with the supervision provided by an on-site supervisor and consultation provided in the fieldwork and general master's seminar classes. Counseling Psychology students from Dominican University of California are known within the community for the depth and breadth of their academic and professional training.

Fieldwork placements include:

- Apple Family Works
- Bay Area Community Resources
- Berkeley Creative Living Center
- Catholic Charities (San Francisco and Marin)
- Dominican University Counseling Services
- Family Service Agency of Marin, San Francisco, Santa Rosa
- Henry Ohlhoff Outpatient Programs
- Hospice of Marin and Petaluma
- Marin Treatment Center
- San Rafael Police Youth Services
- Pacific Center for Human Growth
- San Francisco Suicide Prevention
- YWCA of Sonoma County
- Novato Youth Center
- Mill Valley School
- Marin County Mental Health

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