

SECTION 8: MASTER OF COUNSELING PSYCHOLOGY DEGREE

The Master of Counseling Psychology degree program provides graduates with the knowledge and skills to become a successful Licensed Professional Counselor and/or a Licensed Alcohol and Drug Counselor. The program covers wide-ranging counseling topics, instilling counselors with a well-rounded, yet comprehensive, understanding of counseling roles and methods of practice in specified areas. Students establish understanding and integration of knowledge regarding foundations of human behavior and development. Graduate students study, practice, and establish functional use of measurement techniques utilized in counseling and the helping professions. Students also develop an appreciation and understanding of research learning to interpret and utilize empirical evidence promoting current and future professional growth and development. Students become adept at distinguishing and therapeutically addressing normal and abnormal human behavior and development. Participants in the program examine basic counseling theories standard to the profession and establish a theoretical framework to utilize with diverse client populations. Thus, graduates learn, experience, and practice various counseling strategies and techniques integrating evidence-based practices into an emerging repertoire of counseling skills. The general goals of the program are as follows:

1. To apply knowledge in the foundations of human behavior and development.
2. To formulate and develop a pluralistic understanding of societal and cultural influences as they relate to human behavior and development.
3. To investigate normal and abnormal human behavior by evaluating different theoretical modes.
4. To assemble a broad-based understanding of human behavior by evaluating different theoretical models.
5. To demonstrate a working knowledge of measurement techniques used in counseling and the helping professions.
6. To interpret and appraise research as it applies to counseling.
7. To apply and demonstrate integration of accumulated knowledge of counseling strategies.

The program results in a degree designed to develop specific professional counseling competencies. The core curriculum of at least forty-eight hours of graduate credit constitutes the minimum academic requirements leading to the Master of Counseling Psychology degree. Students whose goal is licensure as a Licensed Professional Counselor are required to complete sixty hours as required by the State Board of Behavioral Health. Students whose goal is licensure as a Licensed Alcohol and Drug Counselor are required to complete additional hours as required by the Oklahoma Board of Licensed Alcohol and Drug Counselors.

OBJECTIVES

The core curriculum of the Master of Counseling Psychology program helps to develop a foundation and knowledge of the counseling profession. Students have the option to pursue licensure with additional classes. NWOSU has established the MCP program to model 2016 CACREP Standards. Students in this program will be provided knowledge and application with the following objectives:

1. Develop a foundation of professional orientation and ethical practice by examining the history of the counseling profession, recognizing ethical obligations, identifying counselors' roles and responsibilities, developing advocacy for the profession, and understanding the role of the professions within the community (CACREP, 2016, Section 2.F.1).
2. Examining social and cultural diversity by evaluating pluralistic characteristics among diverse groups, comparing theories of multicultural counseling, reviewing contextual factors of diverse populations, and evaluating the role of counselor with social justice and advocacy (CACREP, 2016, Section 2.F.2).
3. Human growth and development will be evaluated by examining theories related to normal and abnormal development for individuals and families across the lifespan, regarding learning, personality development, and addiction behaviors (CACREP, 2016, Section 2.F.3).
4. Evaluate career and lifespan development by comparing theories and models of career development, utilizing assessment for career determination and advocating for diverse clients in the work force (CACREP, 2016, Section 2.F.4).
5. Examine counseling and helping relationships by displaying a knowledge of the several therapeutic approaches to the treatment of human pathology, comparing theoretical foundations, and demonstrating strategies and techniques utilized to assess human behavior when working with individuals of all ages (CACREP, 2016, Section 2.F.5).
6. Investigate group counseling and group work through evaluation of theoretical foundations, examine group dynamics, demonstrate what makes an effective group leader, and provide experiential group activity (CACREP, 2016, Section 2.F.6).
7. Demonstrate historical detail behind assessment and testing. Administer, interpret, and analyze various forms of tests (individual, group, vocational, personality). Use assessments for diagnostic and intervention planning (CACREP, 2016, Section 2.F.7).
8. Research and program evaluation by critiquing research methods, evaluating basic statistics, using needs assessments, and demonstrating analysis of data (CACREP, 2016, Section 2.F.8).

The LADC option of the MCP degree prepares the graduate for practice as a Licensed Alcohol and Drug Counselor. Central tenets of the program augment those already established in the LPC track. These added goals include:

1. To examine the neurophysiological underpinnings of addiction and the pharmacological impact of substance abuse.
2. To analyze theoretical approaches to substance use counseling regarding both individual and family therapy.
3. To implement and demonstrate proficiency in applied techniques for both individual and family addiction counseling.
4. To investigate and construct ethical and multicultural lenses through which to understand the process of addiction counseling.

Graduates will be prepared to enter supervision for LADC licensure per Oklahoma State regulations as defined under the Licensed Alcohol and Drug Counselors Act (2014).

Notes:

ADMISSION TO THE PROGRAM

Admission Requirements. In addition to the general requirements for admission to graduate study, students applying for admission to the MCP program are required to have had eighteen credits in psychology. Students must also have taken and passed with a "C" or better an undergraduate statistics course and an undergraduate research course. Students who have not taken or received a C or better in these two courses may be accepted on a conditional basis, but they must complete an undergraduate statistics and/or research course at NWOSU or another accredited institution and receive a grade of C or better for formal admittance. These credits will not be counted as part of their graduate degree.

The student must apply for acceptance into the degree program through the following process:

1. Meet all general requirements established by the Office of Graduate Studies.
2. Submit three letters of recommendation from faculty members or other professionals related to the field of study.
3. Submit a written statement of career aspirations and self-evaluation of strengths and weaknesses related to the field of study.
4. Submit a sample of scholarly written work (e.g., a research paper, term paper, professional report, or publication).
5. Complete an interview with the graduate faculty of the psychology department (contact Dr. Taylor Randolph, Dept. Chair). Candidates will be evaluated on such skills as communication (verbal and nonverbal), ability to integrate information, clarity of purpose, and orientation toward helping others. Interviews will be held in April for individuals planning to enter the program in the fall semester and in November for students planning to enter in the spring semester. All materials (see items 2-4 above) must be submitted by the third week of March for April interviews and by the third week of October for November interviews. No interviews are scheduled during the summer session. Students who have not completed the interview and have been accepted into graduate studies may take up to nine hours before being admitted to the program.

Note: Some potential students may also be asked to take the Graduate Record Exam (GRE) as an additional assessment as part of MCP admission requirements. This will be determined by the Psychology department.

Note: Non-Degree Seeking Students who need to enroll in extra coursework in order to become eligible for counseling licensure are required to undergo an interview with a minimum of three full-time psychology faculty members before enrollment in such coursework is allowed. Interviews are usually held in November for spring enrollment and in April for summer or fall enrollment.

The Graduate Advisory Committee. An advisory committee is selected by each student in the MCP program. The committee is responsible for assisting the student in planning a program of study, compiling the comprehensive exam questions, and conducting the oral defense. The advisory committee shall consist of three members of the graduate faculty, selected from the psychology department. The committee chair must hold a terminal degree. The members' consent to serve and the approval of the Associate Dean of Graduate Studies is required. *The selection and approval of the committee shall be made during the student's first semester of coursework.*

MASTER OF COUNSELING PSYCHOLOGY ACADEMIC REQUIREMENTS

Coursework for the Masters of Counseling Psychology requires 48 hours.

Coursework for the Masters of Counseling Psychology - LPC track requires 60 hours

Coursework for the Masters of Counseling Psychology - LADC track requires 54 hours.

All Students must complete the required course and required core courses.

The final hours of each program are listed below.

REQUIRED COURSE (during semester of 10th hour)

UNIV 5010 Graduate Study Seminar

REQUIRED CORE COURSES (27 hours)

Human Growth and Development

PSYC 5183 Human Growth and Development

Abnormal Behavior

PSYC 5213 Advanced Abnormal Psychology

Appraisal or Assessment Techniques

PSYC 5173 Statistics of Assessment

Counseling Theories and Methods

PSYC 5863 Individual Counseling

PSYC 5803 Counseling Strategies and Techniques (Pre: PSYC 5863)

Professional Orientation and Ethics

PSYC 5013 Counseling Ethics

Research

PSYC 5033 Introduction to Research

Social and Cultural Foundations

PSYC 5823 Multicultural Counseling

Group Dynamics

PSYC 5813 Group Counseling (Pre: PSYC 5873 or concurrent)

To complete a 48-hour Master of Counseling Psychology, choose Option 1, Option 2, or Option 3 for the final 21 hours.

1. Practicum/Internship

PSYC 5893 Supervised Experience in Counseling (Pre: PSYC 5863, 5803)

PSYC 5500 Practicum (first semester; (Pre: PSYC 5873, 5803, 5893)

PSYC 5500 Practicum (second semester; (Pre: PSYC 5873, 5803, 5893)

PSYC 5833 Career Education

PSYC 5133 Assessment: Achievement, Personality, and Cognitive Assessment (Pre: 5173) Electives (6 hours)

2. Thesis Option

Thesis (6 hours)

PSYC 5833 Career Education

PSYC 5133 Assessment: Achievement, Personality, and Cognitive Assessment (Pre: 5173)

Electives (9 hours)

3. Additional Electives Option

PSYC 5833 Career Education

PSYC 5133 Assessment: Achievement, Personality, and Cognitive Assessment (Pre: 5173)

Electives (15 hours)

MASTER OF COUNSELING PSYCHOLOGY ACADEMIC REQUIREMENTS (CONT.)

LICENSING REQUIREMENTS

To make application for the Licensed Professional Counseling or Licensed Alcohol and Drug Counseling credential, MCP graduates will need additional graduate coursework to meet educational requirements for licensing (33 hours for the LPC and 27 hours for the LADC). To be fully licensed, the individual must successfully complete a state examination and obtain supervised counseling experience (3000 hours for LPC in accordance with State Board of Behavioral Health and 2000 hours in accordance with Oklahoma State Board of Licensed Alcohol and Drug Counselors).

The following additional coursework is required for the LPC for a total of 60 hours:

Life-Style and Career Development

PSYC 5833 Career Education

Appraisal or Assessment Techniques

PSYC 5133 Assessment: Achievement, Personality, and Cognitive Assessment (Pre: 5173)

Practicum/Internship

PSYC 5893 Supervised Experience in Counseling (Pre: PSYC 5863, 5803)

PSYC 5500 Practicum (first semester; (Pre: PSYC 5873, 5803, 5893)

PSYC 5500 Practicum (second semester; (Pre: PSYC 5873, 5803, 5893)

Electives (18 hours)

The following additional coursework is required for the LADC for a total of 54 hours:

PSYC 5500 Practicum (first semester; (Pre: PSYC 5873, 5803, 5893)

PSYC 5500 Practicum (second semester; (Pre: PSYC 5873, 5803, 5893)

Must take the following Electives (18 hours)

Marriage and Family Counseling

PSYC 5203 Family Systems

Addictions Counseling

PSYC 5023 Advanced Substance Abuse Counseling

PSYC 5283 Addiction Studies -- Advanced

PSYC 5353 Addiction and the Family -- Theory

PSYC 5363 Addictions and the Family Counseling

Psychopharmacology

PSYC 5293 Advanced Psychopharmacology

Practicum/Internship

PSYC 5893 Supervised Experience in Counseling (Pre: PSYC 5863, 5803)

Elective Options

Personality Theories

PSYC 5623 Advanced Personality

Crisis Intervention Strategies

PSYC 5253 Intervention Strategies for Counselors

Counseling with Children & Adolescents

PSYC 5613 Advanced Child Guidance

PSYC 5513 Advanced Adolescent Guidance

Marriage and Family Counseling

PSYC 5203 Family Systems

Psychopharmacology

PSYC 5293 Advanced Psychopharmacology

Addictions Counseling

PSYC 5023 Advanced Substance Abuse Counseling

PSYC 5283 Addiction Studies -- Advanced

PSYC 5353 Addiction and the Family -- Theory

PSYC 5363 Addictions and the Family Counseling

Human Sexuality

PSYC 5043 Advanced Human Sexuality

Appraisal/Assessment Techniques

PSYC 5313 Advanced DSM-V

Trauma

PSYC 5373 Advanced Overcoming Child Trauma

Social Psychology

PSYC 5053 Advanced Social Psychology

Trauma-Informed Certificate

Students who complete the classes listed below will receive a trauma-informed certificate as part of their graduate work. The certificate's purpose is for students to gain an enhanced awareness and comprehension of trauma, along with identifying behaviors resulting from coping with traumatic events. They will learn techniques to reduce the chance of causing further trauma, build resilience by emphasizing personal strengths, and cultivate skills resistant to trauma. Additionally, they will discover how to prevent compassion fatigue by encouraging self-care practices both for themselves and others. Through an evidence-based approach to trauma-informed care, students will develop a philosophy that helps them understand and address the impacts of trauma on individuals, groups, and society at large.

Core Courses (9 hours)

PSYC 5373 Advanced Overcoming Child Trauma

PSYC 5513 Advanced Adolescent Guidance

PSYC 5613 Advanced Child Guidance

Electives (Choose 6 hours)

PSYC 5213 Advance Abnormal Psychology

PSYC 5313 Advanced DSM

PSYC 5253 Intervention Strategies

PSYC 5353 Addictions & Family Theory

PSYC 5623 Advanced Personality

PSYC 5823 Multicultural Counseling