

COUNSELING PSYCHOLOGY PROGRAM REQUIREMENTS

I. BEHAVIORAL SCIENCE CORE - The following courses, or their graduate-level equivalent, are required:

History and Systems of Psychology:

EDPS 7080, History and Systems of Psychology (3)

Psychometric Theory:

EDPS 7300, Psychometric Theory (3)

Statistics:

EDPS 7010, Quantitative Methods I: Foundations of Inferential Statistics (3)
EDPS 7020, Quantitative Methods II: ANOVA and Multiple Regression (6)

Ethics and Professional Standards:

EDPS 7220, Ethics and Standards in Psychology (3)

Research Methods:

EDPS 7400, Advanced Research Design (3)
EDPS 7430, Research in Counseling Psychology (3)
EDPS 6860, Research Seminar (6)

Note: (Students planning projects using special research methods/techniques also are required to take the relevant specialty courses [or equivalents], e.g., EDPS 7420, Qualitative Research in Psychology; EDPS 7410, Single Subject Research Design; EDPS 7570, Multivariate Statistics or advanced special seminars on Structural Equation Modeling, Meta-Analysis, Hierarchical Linear Modeling, etc.)

Biological Bases of Behavior: (3 credit hours required)

EDPS 7160, Neuropsychological Bases of Behavior (3)

Social Bases of Behavior: (3 credit hours required)

EDPS 7550, Social Psychology of Human Diversity (3)

Cognitive-Affective Bases of Behavior: (3 credit hours required)

EDPS 7863, Cognitive and Affective Bases of Behavior (3)

Individual Differences: (6 credit hours required)

EDPS 7600, Diagnostic Adult Psychopathology (3)
EDPS 6050, Lifespan Development (3)

Pre-Dissertation Research:

EDPS 6860, Research Seminar (6 credit hours minimum)

Doctoral Dissertation Research:

EDPS 7970, Thesis Research: Ph.D. (14 credit hours minimum)

II PSYCHOLOGY PRACTITIONER CORE - The following courses are

required:

Assessment:

EDPS 7130, Cognitive Assessment

(3) EDPS 7180, Personality

Assessment (3)

EDPS 7330, Career Development Theory and Assessment (3)

Note: Although not required, EDPS 7190, Applied Neuropsychological Assessment (3), is recommended for students with special interests in psychological assessment. EDPS 7150, Individual Child/Adolescent Assessment (3) is recommended for students with interests in child psychology.

Intervention:

EDPS 6200, Counseling Theories & Procedures

(3) EDPS 6210, Counseling Skills (3)

EDPS 6710, Counseling Practicum (3)

EDPS 6360, Multicultural Counseling
(3)

EDPS 7200, Foundations of Counseling Psychology
(3)

EDPS 7710, Practicum in Counseling Psychology (3,
3)

EDPS 7480, Supervision Theory and Practice (3)

EDPS 7470, Consultation and Supervision in Applied Settings (3)

EDPS 7350, Group Counseling Theory and Application (3)

Practica:

EDPS 6710, Counseling Practicum (3)

EDPS 7710, Practicum in Counseling Psychology
(3,3)

EDPS 7770, Field Practicum (usually at least 2

years) EDPS 7720, Practicum in Supervision (1)

Note: At least 1,000 hours of supervised experience are required across the various practica.

Internship:

EDPS 7890, Internship Preparation Seminar (1)

EDPS 7920, Internship in Counseling Psychology (2 minimum, 1 fall & 1 spring

of internship year)

Note: All students are required to complete an APA-accredited 2,000 hour internship in professional psychology consisting of a year of full-time supervised work.

- III. **SPECIAL PROFICIENCY** - After consultation with the student's faculty advisor, each student completes a minimum of 6 graduate semester hours or its equivalent in a special proficiency of the student's choosing. Course work must represent an integrated whole and have a coherent focus. In certain circumstances, the student may include prior master's degree course work, specialty practica, or approved experiences as part of the special proficiency. Required courses do not count toward the special proficiency.

Examples of possible special proficiencies are identified below. Depending on the student's professional goals and interests, other specializations or combinations of the areas noted below may be approved.

Assessment

Child/ Adolescent Psychology

Family/Marriage/Couples

Psychology Forensic Psychology

Gender Psychology

Adult Life-span Development

Health Psychology

Higher Education/College Student Personnel Work/College Teaching

Individual/Group Psychotherapy

Multicultural

Psychology Human

Diversity

Neuropsychology,

Applied

Organizational Psychology and Consultation

Program Development, Evaluation, and Administration

Psychometric Theory/Test Construction

Psychotherapy Research

Rehabilitation Psychology/Chemical Dependency Counseling

Research Methods/Statistics

Specific Intervention Models (e.g., Psychodynamic, Cognitive-Behavioral) Sport Psychology

Substance Abuse

Vocational Psychology/Career Counseling

- IV. **ELECTIVES** - In consultation with their advisors, students may add elective courses to their programs of study that support their personal and professional

objectives.

V. **PRACTICA**

EDPS 6710, Counseling Practicum (1 semester required)

EDPS 7710, Practicum in Counseling Psychology (2 semesters required)

EDPS 7770, Field Practicum (generally two additional years)

During the first year, students take EDPS 7200 (Foundations of Counseling Psychology), EDPS 6210 (Counseling Skills), EDPS 6710 (Counseling Practicum), and EDPS 7360 (Multicultural Counseling), all prerequisites for EDPS 7710 (Practicum in Counseling Psychology), an intensive core practicum located at the University Counseling Center. During the two semesters students are enrolled in EDPS 7710, prior coursework or concurrent enrollment is required in EDPS 7220 (Ethics and Standards), EDPS 7180 (Personality Assessment), EDPS 7330 (Career Development Theory and Assessment), and EDPS 7600 (Diagnostic Psychopathology). No student will be permitted to enroll in either 7710 or Field Practicum (EDPS 7770) unless the student can document previous coursework in Psychological Ethics or is concurrently enrolled in EDPS 7220 (Ethics).

In consultation with the program's field practicum coordinator, students arrange various field practicum experiences (EDPS 7770) during their third and fourth years (or sometimes earlier if they matriculated into the doctoral program having completed an external Master's degree that included supervised practicum training). Field practica take place in a variety of professional settings at the university and in the surrounding community, involve various client populations, and afford students opportunities to enhance and diversify their assessment and intervention skills. Enrollment in EDPS 7770 also includes mandatory attendance in the Professional Issues Field Practicum Seminar scheduled during fall and spring Semesters. General prerequisites include successful completion of two semesters of EDPS 7710 or equivalent experiences in a prior master's program.

NOTE: Any student engaged in the delivery of psychological services must be enrolled in either EDPS 6710, EDPS 7710 or EDPS 7770; this requirement includes summer term. Students should enroll for the number of units (e.g., 1-3) commensurate with the number of hours per week the student is engaged in the delivery of psychological services. A recommended guideline is 1 unit = less 10 hours per week, 2 units = 10-20 hours per week, 3 units = above 20 hours per week.

A minimum of 1,000 hours is required across all practicum course work (EDPS 6710, 7710, and 7770). Consistent with the expectations for internship eligibility adopted by the Council of Counseling Psychology Training Programs (CCPTP) the 1,000 required hours will be divided into at least 450 hours of direct service to clients, 150 hours of supervision divided approximately equally between individual one-to-one and small-group supervision formats, and 400 additional hours of indirect service and other practicum-related activities (e.g., writing case notes and client reports, conceptualizing cases and developing intervention strategies, preparing for supervision, consulting informally with colleagues, waiting for client appointments, and

reviewing relevant texts and articles). It should be emphasized that 1,000 hours is the minimum number of practicum hours required. Given recent supply and demand issues related to APA accredited pre- doctoral internship placements, students are strongly encouraged to accumulate more hours than is necessary to meet this requirement. Methods for tracking hours will be discussed in your first practicum course.

As part of the program's diversity and multicultural counseling requirement, at least 70 of the required 450 hours (approximately 15%) of direct service must be with clients from diverse and underrepresented groups. These hours spent working with underserved clientele are self-reported by students in their Practicum Activity Logs. Examples of diverse clientele include, but are not limited to, ethnic and cultural minorities, people with disabilities, people of sexual or gender diversity (i.e., LGBT) individuals, refugees, immigrants, individuals with AIDS or who are HIV positive, older adults, international students, people experiencing economic deprivation, disadvantaged children and youth, as well as other underrepresented groups with special needs such as religious minorities.

In addition, at least 70 of the required 450 hours (approximately 15%) of direct service must emphasize the systematic gathering of information for the purpose of client assessment and conceptualization. Diagnostic interviewing and use of psychological tests and inventories are examples of assessment activities. Hours spent providing assessment services are self-reported by students in their Practicum Activity Logs.

Finally, students must co-lead at least three counseling, psychotherapy, or psychoeducational groups as part of the 450 required hours of direct client service. Co-leadership of group interventions is self-reported by students in their Practicum Activity Logs. Prerequisites for group leadership are completion of EDPS 7350 Group Psychotherapy Theory and Application) and at least one semester of EDPS 7710 (Practicum in Counseling Psychology).

Satisfactory completion of all practicum requirements, including the required 1,000 minimum hours, meets the supervised experience eligibility requirements of most predoctoral internship training sites and develops well-qualified and attractive internship candidates.

Note: Some behavioral healthcare training sites (e.g., VA hospitals) require 1200-1500 total practicum hours. For additional information concerning such exceptions, consult with the program training director, field practicum coordinator, or the latest APPIC Directory (see <https://www.appic.org/>).

All students are strongly encouraged to maintain personal copies of their Practicum Activity Logs (client de-identified) for all of their practicum experiences throughout the program. In addition, students should have their clinical supervisors review and sign their Logs at the end of each practicum experience. Students can then use their Logs when completing applications for predoctoral internships.

Students may arrange demonstration therapy experiences for themselves. Credentialed professionals working in the community, not regularly involved in departmental teaching or

research advisement, provide doctoral students with individual or group counseling/psychotherapy experiences. The program encourages use of sliding fee schedules, but students are responsible for making their own financial arrangements with their therapists. This is not a required part of the program but is available for interested students. For details, see your faculty adviser or the program's training director.

VI. AUTHORSHIP/ CO-AUTHORSHIP ON PUBLICATION/ PRESENTATION

Students are expected to contribute scholarship to the profession during their tenure in the graduate program. As such, students are required to author or co-author a scholarly article submitted for publication to a peer-reviewed journal and to present at a regional or national professional conference prior to graduation. It is expected that work submitted for publication or presentation will be conducted at the University of Utah. Students should consult their advisors for guidance on what documentation will constitute adherence to this requirement. Documentation of compliance with this requirement needs to be included in the student's file prior to graduation.

VII. PRE-DISSERTATION RESEARCH PROJECT

All students entering the Ph.D. program in Counseling Psychology are expected to complete a Pre-dissertation Research Project (PDRP), which is articulated through a contract between the student's program advisor and the student. The PDRP will be carried out within the formalized research teams within a two-year time period. These teams meet every semester during the regular academic year during the student's first two years of his or her program of study. Once completed, the PDRP is submitted to the CP Faculty for review and ratification as meeting the standard of a PDRP. This endorsement then allows the student to petition the CP Committee to sit for the doctoral comprehensive examination so that the student can then be admitted to doctoral candidacy. The steps in completing the PDRP are as follows:

1. All students, whether entering with a bachelor's or master's degree (including those who have completed a master's thesis), must complete a pre-dissertation research project (PDRP).
2. The student registers for 2 credit hours of Research Seminar (EDPS 6960) fall and spring semesters of the first academic year and 1 credit hour of EDPS 6960 of the fall and spring semesters of the 2nd academic year (a total of 6 credit hours of EDPS 6960 in this two- year interval); students register for the Research Seminar listed under their advisor's name.
3. All students must take a minimum of 6 Research Seminar (EDPS 6960) units during their first two years of the program. Participating in the research team directed by students' CCP faculty advisor satisfies the requirements for this course. Student attendance at the Research Seminar is required. Students failing to attend on a regular basis may receive a failing grade (i.e., below B- or No Credit) and may be required to

repeat this course prior to being authorized to sit for the doctoral qualifying examination.

4. During fall semester of the first year the student and faculty advisor develop a pre-dissertation research project plan. The nature and design of this project plan is guided by the faculty advisor's research expertise and skill. The content of the research project should be consistent with the faculty advisor's research interests. A formal contract is then established between the student and faculty advisor that includes a student commitment to complete a final Pre-dissertation Research Product to demonstrate fulfillment of the EDPS 6960 research seminar competency expectation. The contract and the "proposal" of the PDRP is required to be submitted to all CCP faculty **on or before** the **first** CCP faculty meeting in the month of April during spring term of the students' first year. The "proposal" is the document written by the student under the supervision of an advisor that formally describes the project to be undertaken. These documents must be approved by a majority vote of the CCP faculty in order for the student to proceed with the PDRP.
5. The completed or "final" PDRP project is required to be delivered to all CCP faculty **on or before** the **first** CCP faculty meeting in the month of April during spring term of the students' second year. Student PDRPs received by this deadline will be voted on (approval or non-approval) by all CCP faculty at the **second** CCP faculty meeting in the month of April during spring term of the students' second year. **Students who have not received approval for the PDRP by the second CCP faculty meeting in April of their second year will not be permitted to register for qualifying exams in fall term of their third year.** Students without an approved "final" PDRP project at the beginning of their third year must submit a "final" PDRP project by December 1 of that year and receive subsequent faculty approval in order to register for qualifying exams in spring term of their third year. These deadlines are consistent with providing faculty a two-week window for which to review and evaluate the quality of "final" PDRP products submitted.
6. If the student is unable to complete the research product within the two year time frame, the student's program of study will receive a **probationary** designation and the student must petition the CCP committee for up to, but more than, a one year extension. An extension **MUST** be approved by a CCP faculty vote and will be considered an "exceptional circumstance" as part of the student's progress in the program. Students receiving such extensions will automatically be designated for ongoing mid-year student evaluations. Once the pre-dissertation research project requirement is completed, the student can then formally appeal to the CCP faculty to request removal of the **probationary** designation from the student's program of study.

VIII. DOCTORAL QUALIFYING WRITTEN AND ORAL EXAMINATIONS

The Doctoral Qualifying Written Examination (sometimes called the "preliminary" exam or "prelims") is an essential pre-requisite for advancing a student's program of study to doctoral candidacy. Upon successful completion of the doctoral qualifying examination, The Graduate School admits the student to formal candidacy for the Ph.D. degree ("*advancement to candidacy*"). To be eligible to sit for this doctoral qualifying examination the student must

have: (1) completed the pre-dissertation research project and received approval of completion of this project by the CCP faculty; (2) organized a doctoral supervisory committee that has been approved by the Department of Educational Psychology and by the Graduate School; (3) filed a program of study for the Ph.D. degree that has been approved by the Department of Educational Psychology; (4) provided evidence that there is no probationary designation on the program of study (e.g., no incomplete courses, all required courses completed with grade B- or higher, all program requirements completed); and (5) been endorsed to take prelim exams by the student's advisor and supervisory committee. Please refer to the Prelims Exam Guide on the program webpage for additional information.

The doctoral qualifying examination is a written examination that is administered by the CCP faculty twice yearly in fall and spring semesters according to the schedule published by the CCP Prelim Coordinator. Students intending to take the examination must submit their completed *Doctoral Qualifying Examination Registration Form* to the CCP Prelim Coordinator by the date specified in the **current (at the time the student wishes to take prelims) Doctoral Qualifying Examination Policies and Procedures** (“Prelim Exam Guide”).

In the written section of the examination, faculty evaluate students' written answers to questions that represent the following six knowledge domains:

1. Measurement and Assessment
2. Vocational Psychology and Career Development
3. Research and Interventions in Counseling Psychology
4. Methods of Quantitative Research Design and Analysis
5. Ethical, Legal, and Professional Issues in Psychology
6. Multicultural Counseling and Human Diversity

The Doctoral Oral Examination consists of an oral examination of the student by the CCP faculty. The oral examination (“Orals”) is a professional counseling skill domain that is evaluated through a written work sample and oral examination. The CCP Faculty administers Oral exams twice yearly in fall and spring semesters on the dates published by the CCP Prelim Coordinator. Oral exams occur approximately one month after the written qualifying examinations have been administered in fall and spring semesters. Students are first eligible to sit for the oral exam in spring term of their 3rd year in the program **if** they have already sat for the qualifying written examination in fall term of their 3rd year in the program. Students must sit for the written examination **prior** to sitting for the oral examination. The CCP Prelim Coordinator must receive the written work sample from the student two weeks prior to the date of the oral exam. During the exam, the CCP faculty examine the professional/counseling skills of the student as represented in an oral presentation of the work sample material which includes a video- or audiotape presentation of the student's counseling skills. More information about the oral exams can be found in the most current version of the *Doctoral Qualifying Examination Policies and Procedures* (“Prelim Exam Guide”); see <http://ed-psych.utah.edu/counseling-psych/prelim-exam.php>). Students are encouraged to consult with their faculty advisors and the CCP Prelim Coordinator well in advance of their desire to sit for the oral examination in order to ensure that all paperwork requirements for registration and

deadlines are met.

NOTE: Successful completion of the *Doctoral Qualifying Written Examination* is **required** prior to advancement to candidacy whereas successful completion of the *Doctoral Oral Examination* is **required** prior to applying for a predoctoral internship; additional requirements for application to the predoctoral internship are specified in Section VIII.

IX. PREDOCTORAL INTERNSHIP IN COUNSELING PSYCHOLOGY

An APA-Accredited predoctoral internship in counseling psychology is required, consisting of one calendar year of full-time (2,000 clock hours) supervised professional work. Internship placements occur in a variety of agency and institutional settings as approved by the Counseling Psychology Committee. All Counseling Psychology students are **required** to complete internships in training agencies accredited by the Commission on Accreditation of the American Psychological Association.

Some counseling psychology students accept internship placements with agencies in the surrounding community; whereas others accept assignments at various sites around the country. Settings in the local area with organized internship training programs in professional psychology include:

University of Utah Counseling Center
Veterans Administration Regional Medical Center, Salt Lake City
Primary Children's Medical Center, Psychiatric Services, Salt Lake City
University of Utah Neuropsychiatric Institute, Salt Lake City
Brigham Young University Counseling and Career Center, Provo, UT
Utah State University Counseling Center, Logan, UT
Utah State Hospital, Provo, UT
Wasatch Mental Health, Provo UT

Prior to applying for the predoctoral internship students **must** have successfully completed:

- (1) The Pre-dissertation Research Project (PDRP)
- (2) All counseling practicum requirements
- (3) Academic requirements listed in Area I (Behavioral Science Core) and Area II (Psychology Practitioner Core) in this handbook
- (4) The Doctoral Qualifying Examination
- (5) The Doctoral Oral Examination
- (6) The Dissertation Proposal and Colloquium
- (7) All required courses must have been passed with a grade of B- (or higher) or Credit.

Applying for Internship: Students are required to enroll in *Counseling Psychology Internship Preparation Seminar* (EDPS 7890) in the fall term they apply for internships. Also refer to the Internship Readiness form on the program webpage for more information.

During Internship: Students are required to enroll in *Internship in Counseling Psychology* (EDPS 7920), during fall and spring semesters (at least 1 credit hour per semester) of their internship placement year. Per the Graduate School policy, students must enroll for at least 3 credit hours each semester (fall and spring) they are matriculated at the University, **including** the year they are on internship. This can be accomplished by enrolling each semester (fall and spring) in 1 hour of EDPS 7920 (Internship) and 2 hours of EDPS 7970 (Thesis Research: Ph.D.). The APA Committee on Accreditation indicates that all program requirements, including the internship, must be completed **prior** to awarding of the doctoral degree. Any student who has not defended their dissertation prior to completion of internship must continue to register for 3 credit hours per semester (fall and spring) until the dissertation has been completed.

X. DOCTORAL DISSERTATION RESEARCH

Students are responsible for requesting approval for their 5-person doctoral supervisory committee that should consist of the following:

- 3** members must be full-time tenure-track faculty from inside the Department
- 1** member must be full-time tenure-track faculty from outside the Department
- 1** member can be a “choice” committee member – for example, this may be someone with particular relevance to the project and has the appropriate academic credentials but does not meet one of the descriptions above.

One of the committee members needs to be designated as the Chair; this is typically the students’ faculty advisor. The Director of Graduate Studies will appoint one of the other committee members. See <http://ed-psych.utah.edu/sac/info-forms.php> for the appropriate forms to complete.

Students must enroll in *Thesis Research: PhD* (EDPS 7970) for a minimum of 14 credit hours that appear on the student’s official transcript (Graduate School Requirement).

An open colloquium meeting (“*Proposal*”) is to be conducted by the student's supervisory committee at the beginning of the project and a final oral defense (“*Defense*”) at the completion. For illustrative purposes, general steps of the dissertation process are described below; however, all students are strongly advised to work closely with their advisors to determine the actual steps and time-line needed to complete the dissertation.

- 1) Supervisory committee is formed.
- 2) Student completes a dissertation proposal document with assistance of committee Chair.
- 3) Dissertation proposal document is sent to entire supervisory committee a minimum of 2 weeks (10 working days) prior to the scheduled *proposal* meeting.
- 4) Proposal meeting is conducted with entire supervisory committee. Successful completion

of this meeting indicates that student is ready to begin dissertation research (e.g., submit IRB, prepare materials).

- 5) Committee Chair supervises student during completing of the dissertation research.
- 6) Student completes dissertation research and writes-up the entire study in the form of a dissertation document.
- 7) Dissertation document is sent to entire supervisory committee a minimum of 2 weeks (10 working days) prior to the scheduled *defense* meeting. Note: the Graduate School requires students to enroll in at least 3 semester hours of doctoral coursework credit during the semester (fall, spring, or summer) the defense meeting is held. Successful completion of this meeting indicates that student is ready to submit final drafts of the dissertation to the Chair and/or committee members for final review; student will also need to work with personnel in the Graduate School to ensure proper formatting of the dissertation document.