

## **COUNSELING PSYCHOLOGY PROGRAM REQUIREMENTS FOR 2012 COHORT**

- 1. 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 (5)

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 6960, Special Topics: Research Seminar (6)

**Note:** (Students planning projects using special research methods/techniques also are required to take the relevant specialty course, 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 hrs required)

EDPS 7160, Neuropsychological Bases of Behavior (3)

Social Bases of Behavior: (3 hrs required)

EDPS 7550, Social Psychology of Human Diversity (3)

Cognitive-Affective Bases of Behavior: (3-6 hrs required)

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

Individual Differences: (6 hrs required)

EDPS 7600, Diagnostic Adult Psychopathology (3)

EDPS 6050, Lifespan Development (3)

Pre-Dissertation Research:

EDPS 6960, 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 7170, Application and Theory of Projective Techniques (3), and EDPS 7190, Applied Neuropsychological Assessment (3), are 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, Practicum in Counseling (3)  
EDPS 6360, Multicultural Counseling (3),  
EDPS 7200, Foundations of Counseling Psychology (3)  
EDPS 7480, Supervision Theory and Practice (3)  
EDPS 7460, Psychological Consultation (3)  
EDPS 7350, Group Counseling Theory and Application (3)

**Note:** The following intervention courses, although not required, represent important professional skills that are highly valued in many work settings.

EDPS 7860, Seminars in Counseling Psychology (Topics vary; may be repeated for credit. Seminars may help to fill the special proficiency requirement.)

Human Diversity Electives: In addition to the required courses listed above in Multicultural Counseling (EDPS 6360) and Social Psychology of Human Diversity (EDPS 7550), students are encouraged to complete additional course work in human diversity which may be selected from the following or other courses on campus:

Practica:

EDPS 7710, Practicum in Counseling Psychology (3-3)  
EDPS 7711, Practicum Supervision (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 Prep Seminar

EDPS 7920, Internship in Counseling Psychology (2 minimum, 1 Fall & 1 Spring of internship year)

**Note:** All students are required to complete a 2,000 hour internship in professional psychology consisting of either a year of full-time or two years of half-time supervised work.

III. **SPECIAL PROFICIENCY** - After consultation with the student's faculty advisor, and with the approval of her or his supervisory committee, 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.

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

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 supervisory committees, students may add elective courses to their programs of study that support their personal and professional objectives.

V. **PRACTICA**

EDPS 7710, Practicum in Counseling Psychology (2 semesters required)  
EDPS 7711, Practicum Supervision (2 semesters required)  
EDPS 7770, Field Practicum (generally two additional years)

During the first year, students enrolling with a Bachelor's degree (as well as those with a Master's degree who have not taken equivalent courses) take EDPS 7200 (Foundations of Counseling Psychology), EDPS 6210 (Counseling Skills), EDPS 6710 (Counseling Practicum), and EDPS 7330 (Career Development Theory and Assessment), 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 7710/7711, prior coursework or concurrent enrollment is required in EDPS 7220 (Ethics and Standards), EDPS 7180 (Personality Assessment), EDPS 7360 (Multicultural Counseling), and EDPS 7600 (Diagnostic Psychopathology). No student will be permitted to enroll in either 7710 or Field Practicum (EDPS 7770) unless he or she 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 7710/7711 or equivalent experiences in a prior Master's program.

NOTE: Any student engaged in the delivery of any psychological services must be enrolled in either EDPS 7710 or EDPS 7770. This includes the summer semester.

A minimum of 1,000 hours is required across all practicum course work (EDPS 6710, 7710, and 7770). The faculty's expectation is that the 1,000 required hours will be divided into at least 400 hours of direct service to clients, 200 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 approved pre- doctoral internship placements, students are strongly encouraged to accumulate more hours than is necessary to meet this requirement.

Finally, students must co-lead at least 3 counseling, psychotherapy, or psychoeducational groups as part of the 400 required hours of direct client service. Coleadership 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).

As part of the program's diversity and multicultural counseling requirement, at least 60 of the required 400 hours 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, gay/lesbian/bisexual/transgendered 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 60 of the required 400 hours (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.

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. A more detailed description of Field Practicum Policies and Procedures is located in Appendix B of the Counseling Psychology Program Handbook.

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, and/or the latest APPIC Directory available in the department main office or on the web at <http://www.appic.org/>. See Appendix B in this Handbook for additional details about practicum policies and procedures.

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.

## **VII. 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 advisor for guidance on what documentation will constitute adherence to this requirement. Documentation of compliance with this requirement must be available in the student's file.

## **VII. PRE-DISSERTATION RESEARCH PROJECT**

All students entering the Ph.D. program in Counseling Psychology are expected to complete a –Pre-Dissertation Research Project<sup>¶</sup> which is articulated (see Appendix I) through a contract between the student's program advisor and the student. The pre-dissertation project will be carried out within the formalized research teams within a two year time period. These teams meet in fulfillment of the research seminar course (ED PS 6960) in which the student must enroll each semester during the regular academic year during the student's first two years of his or her program of study. Once completed, the pre-dissertation research project is submitted for review and ratification by the CP Committee as meeting the standard of a pre-dissertation –Research Project.<sup>¶</sup> 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 pre-dissertation research project are as follows:

1. When the student begins his or her first year of doctoral program, the student may or may not have a master's thesis that was completed at the University of Utah or at another institution; that is, those students entering with a previous master's degree **MUST** also complete a pre-dissertation research project and follow the same procedures for completing the research project as a student admitted with a bachelor's degree.
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 2<sup>nd</sup> academic year (a total of 6 credit hours of EDPS 6960 in this two-year interval).
3. Research Seminar (EDPS 6960) requirements are satisfied through the research team that is directed by a CCP faculty advisor. Student attendance at the Research Seminar is required. Students failing to attend on a regular basis may receive a NC (no credit) grade and be required to repeat this course prior to being authorized to sit for the doctoral qualifying examination.
4. At the beginning of the fall semester the student and the 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 the 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. This contract must be approved by a majority vote of the CCP faculty no later than the mid-year faculty evaluation meeting (third Monday of November) but may be approved at any regularly

scheduled CCP faculty meeting.

5. The pre-dissertation research product will be completed before the student's final evaluation in the student's 2<sup>nd</sup> year of her or his program of study. A mid-year evaluation will be conducted for all second year students to assess progress towards meeting the pre-dissertation research project.
6. Students who don't have an approved final PDRP project can register for qualifying exams and check the Conditional Registration box on the application. Deadlines for semester prior to the desired exam cycle). In order to be permitted to actually sit for the exam, however, the student must have submitted her or his final PDRP to the Training Director by August 1 (for fall exam cycle) or December 1 (for spring exam cycle) **and** must have the PDRP approved by the faculty at least 5 days prior to the first Qualifying Exam period. These deadlines are consistent with existing requirements that final PDRPs must be submitted at least two weeks prior to a normally scheduled faculty meeting. Under this new policy, faculty will have sufficient time to review and make final determination of a final PDRP at one of the first two regularly scheduled faculty meetings of the semester.
7. A completed pre-dissertation research contract along with the final pre-dissertation research product must be submitted on or before the end of the student's second year in the program. Evaluations of completed pre-dissertation research products and contracts will be reviewed at any regularly scheduled CCP faculty meeting. A student's research product must be submitted at least two weeks prior to the regularly scheduled faculty meeting to accommodate distribution to faculty for evaluation.
8. 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 formal vote by the CCP faculty and will be considered an –exceptional circumstance|| as part of the student's program progress. 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 CP Committee to request removal of the –probationary designation|| from the student's program of study.

## **VIII. DOCTORAL QUALIFYING EXAMINATION**

The Doctoral Qualifying 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 student is formally admitted by the Graduate School to formal candidacy for the Ph.D. degree. To be eligible to sit for this doctoral qualifying examination the student must have: (1) completed the pre-dissertation research project and have received approval of completion of this project by the Counseling Psychology Committee; (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 studies for the Ph.D. degree that has been approved by the Department of Educational Psychology; (4) Provide evidence there is no –probationary designation on the program of study. This means, for example, that there are no outstanding incompletes or issues on official course transcripts or in the student’s permanent academic file; and (5) Have been endorsed to take prelim exams by the student’s supervisory committee.

The doctoral qualifying examination is divided into two sections: Section I is a written qualifying examination that is administered by the CP Committee twice yearly in fall and spring semesters according to the printed schedule published by the CP Program. Students intending to take the doctoral qualifying examination must submit their completed doctoral qualifying examination registration form to the department office by the date specified in the **current** *University of Utah Department of Educational Psychology Counseling Psychology Program Doctoral Qualifying Examination Guide* (See Appendix in this document) issued at the time the student plans to take the examination.

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 second section of the doctoral qualifying examination consists of an oral examination. The oral section is a professional/counseling skills domain that is evaluated through a work sample that is submitted to the Counseling Psychology Program Training Director or the Prelim Coordinator for initial screening and clearance one week after the written portion of the exam is completed. Approximately one month after completing the written exams, the official oral examination is held, where members of the Counseling Psychology Committee 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.

The most current version of the document titled *University of Utah Department of Educational Psychology Counseling Psychology Program Doctoral Qualifying Examination Guide*, along with the examination registration form, is available in the department office or from the program training director and is also found on the web at <http://www.ed.utah.edu/edps/SAC/Info/info.htm>. Appendix C of this document contains a copy of material current at the time of this handbook’s distribution. At the time the student is ready to take prelims, she or he should obtain an **up-to-date** copy of the Counseling Psychology Doctoral Qualifying Examination Policies and Procedures. Written questions from previous examinations are available for student review from the training director or the department



office.

## **VIII. INTERNSHIP IN COUNSELING PSYCHOLOGY**

An internship in counseling psychology is required that consists of one calendar year of full-time or two years of half-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. The specific standards the committee has adopted for defining acceptable predoctoral internships are listed in Appendix A of this document.

The faculty recommend strongly that students accept internship placements in training agencies accredited by the American Psychological Association. Any exceptions to this policy must be approved in advance by the Counseling Psychology Committee.

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 (APA-accredited)
- Veterans Administration Regional Medical Center, Salt Lake City (APA-accredited)
- Valley Mental Health, Salt Lake City (APA-accredited)
- Primary Children's Medical Center, Psychiatric Services (APA-accredited)
- The Children's Center, Salt Lake City (APPIC-listed)
- University of Utah Neuropsychiatric Institute, Salt Lake City (APA-accredited)
- Brigham Young University Counseling and Career Center (APA-accredited)
- Utah State University Counseling Center (APA-accredited)
- Utah State Hospital (APA-accredited) Utah Valley University (APPIC listed)
- Wasatch Mental Health, Provo Utah (APA-accredited)

To be eligible to apply for internship, students must have completed (1) all requirements for the Master's degree including the pre-dissertation research project; (2) all counseling practicum requirements (may be enrolled in but not completed field practicum); (3) academic requirements listed in Area I (Behavioral Science Core) and Area II (Psychology Practitioner Core) of this outline; and (4) the doctoral qualifying examination. In addition, the program requires that, prior to sending out applications for internship (as early as October the year prior to going on internship), students have their dissertation proposal approved by their doctoral committees. Students must take EDPS 7890, Counseling Psychology Internship Preparation Seminar the fall they apply for internships.

Students must enroll in EDPS 7920, Internship in Counseling Psychology, during fall and spring semesters (1 credit hour per semester) of their internship placement year. In keeping with Graduate School policy, students must enroll in a total of at least 3 credit hours each semester (fall and spring) they are matriculated, including the year they are in residence at their internship assignment. This is usually accomplished by enrolling each semester in 1 hour of

EDPS 7920 (Internship) and 2 hours of EDPS 7970 (Thesis Research: Ph.D.). In addition, the APA Committee on Accreditation rules state that all program requirements, including the internship, must be completed prior to awarding the doctoral degree. Thus there are two possibilities for registration during the summer you are on internship: (1) If you plan to defend your dissertation the Fall after you have completed your internship or later (and will thus be registered for 3 semester hours of credit), you do not need to register for classes during the summer you finish your internship; (2) If you defend your dissertation and have all other requirements completed during the Spring semester you are on internship, you must register for 1 credit of EDPS 7920, Internship.

## **X. DOCTORAL DISSERTATION RESEARCH**

Students are responsible for requesting approval for their doctoral supervisory committee consisting of a chair and four additional faculty, one of whom is appointed by the Director of Graduate Studies (see Appendix F for Supervisory Committee Guidelines). The chair must be a faculty member in the Department of Educational Psychology. At least one member of the committee must represent the Counseling Psychology Committee, and one other member must hold faculty rank in a department other than Educational Psychology.

Dissertation research credits are accumulated under EDPS 7970 (Thesis Research: Ph.D.), and the Graduate School requires that at least 14 dissertation credit hours are represented on the student's transcript. Requirements include an open colloquium meeting on the dissertation proposal conducted by the student's supervisory committee and a final oral defense of the completed dissertation. The student first completes a dissertation proposal, which is formulated in cooperation with the supervisory committee chairperson and later approved by the student's entire committee at the colloquium meeting. Two weeks before the colloquium, the student must give a copy of the proposal to each committee member and one copy to the Academic Program Specialist. A variety of dissertation topics and research methodologies are possible. The student is expected to complete research of scholarly merit and of significance to the field. It is common for the student's dissertation research project to follow from the work that the student has engaged in as part of his or her pre-dissertation research project. The Graduate School requires enrollment in at least 3 semester hours of doctoral coursework credit during the semester the final oral examination is held.