

School of Applied Psychology, Counseling and Family Therapy

The School of Applied Psychology, Counseling and Family Therapy provides education and training in the theory and application of psychological principles to current and future license-eligible clinical professionals. The School also provides rich curricula of study in the field of psychology for those who are interested in the subject but do not intend to become licensed professionals.

Steeped in Antioch's long tradition of recognizing the diversity of individual backgrounds, the curriculum promotes values of ethical practice, social responsibility and cultural pluralism. Additionally, programs and classes promote self-exploration, empowerment and whole-person learning. Informed by this tradition and viewpoint, the School of Applied Psychology, Counseling and Family Therapy balances traditional and contemporary perspectives in the field to develop graduates who are informed, effective practitioners and change agents. Ultimately, the professional licensure programs develop practitioners who become part of an Antioch community of mental health professionals dedicated to helping their clients adapt to the challenges created by life in a rapidly changing and complicated world. The non-clinical program provides a venue for inter-disciplinary exploration with an eye toward social change.

Master of Arts in Psychology – Art Therapy (AT/CCFT or AT/MHC)

Students develop competencies in art therapy concurrent with earning a master's degree in either the Child, Couple and Family Therapy program or the Mental Health Counseling program. A lab fee is collected for each class to cover costs

associated with supplies and various other expenses including, but not limited to, presentations or exhibits of student work.

Master of Arts in Psychology – Child, Couple and Family Therapy (CCFT)

Students in the CCFT Program develop the basic conceptual and relational competencies needed for the professional practice of child, couple and family therapy. This learning program is designed to meet the educational requirements for Washington state licensure in Marriage and Family therapy as well as the accreditation standards for the Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE).

Master of Arts in Psychology – Drama Therapy (DT/CCFT or DT/ MHC)

Students develop competencies in drama therapy concurrent with earning a master's degree in either the Child, Couple and Family Therapy program or the Mental Health Counseling program.

Master of Arts in Psychology – Integrative Studies in Psychology (ISP)

Students in this program pursue one of three concentrations: (1) **Individualized** – a self-directed, individualized and interdisciplinary course of inquiry through the lens of psychology; (2) **Ecopsychology** – a structured study in the field of ecopsychology with tracks in either *Ecopsychology and Cultural Transformation* or in *Research*; (3) **Psychology and Spirituality** – a structured study of the intersections of

psychology and spirituality with tracks in *Depth Psychology*, *Transpersonal Psychology* or *Buddhist Psychology*. These courses do not lead to clinical licensing or certification. Graduates of this non-licensure Integrative Studies in Psychology program leave with a rich understanding of human behavior, which has been helpful in creating effective and often cutting-edge public service professionals, managers, supervisors, leaders, partners, spouses and parents.

Master of Arts in Psychology – Mental Health Counseling (MHC)

Students in the MHC program acquire comprehensive skills for the practice of counseling. The MHC program provides a structure and set of experiences to help students develop the intellectual and relational capacities needed to understand and work with others in the professional practice of counseling. These goals are accomplished through a combination of required coursework, electives, practical experience and a supervised internship. This learning program is designed to meet the educational requirements for state licensure in Mental Health Counseling as well as the national standards of the counseling profession.

Doctor of Psychology (Psy.D.)

The Psy.D. program uses a practitioner/scholar model to educate students as professionals in clinical psychology and as scholars in psychology to promote health, education and human welfare. The curriculum advances students in the broadest and most liberal manner, including the conduct of research in psychology. The program promotes the highest standards of ethics, conduct, education and achievement in a manner that balances traditional and contemporary perspectives so students become responsible change agents in this complex world.

Career Choices for Psychology Graduates

Many professional options are open to graduates of the Master of Arts in Psychology programs. Depending on the program, graduates can seek professional positions in organizations such as community agencies, hospitals, mental health clinics, private practices, community college teaching, consulting and research. Those who choose to continue their education find the Antioch degree provides a solid foundation for entering a doctoral program or obtaining post-master's credentials in an area of professional interest, such as substance-abuse counseling or other clinical specialties.

Graduates of the Psy.D. program find their scope of practice expanded to include assessment, diagnosis, expert witness testimony, and university teaching. Doctoral graduates work in private practice, for state or county agencies and at universities.

A Commitment to Diversity

Antioch Seattle's School of Applied Psychology, Counseling and Family Therapy programs reflect the University commitment to diversity in at least three distinct areas:

Curriculum: Skill-based classes and field experience address emerging issues and trends and promote values of ethical practice, social responsibility and cultural pluralism. The courses deliver the critical skills and knowledge necessary to prepare students to meet professional challenges and serve a diversity of people.

Faculty: Psychology faculty members bring broad professional experience and diverse backgrounds in education to Antioch Seattle. In addition to their teaching and advising responsibilities, they are active in their communities and/or in clinical practices.

Student Population: Psychology graduate students at Antioch vary in age, background and professional experience as well as ethnicity. Many have worked in psychology-related fields, such as substance abuse or crisis hotline work. Some are homemakers preparing to re-enter the workforce. Others are leaving professions such as banking, law or education to prepare for a different career. A few enter immediately after receiving their undergraduate degrees.

Clinical Master of Arts Programs

Program Design

The clinical programs offer both the academic and practical training needed to work in diverse settings. All programs are academically rigorous, intertwining theory and practice through classroom learning and an internship, with an emphasis on multicultural competencies.

Upon graduation, students meet educational requirements, which, along with appropriate supervised practical experience, allow them to become licensed as mental health counselors, marriage and family therapists or clinical psychologists in Washington and in most other states. Art therapy students meet educational requirements for additional registration as art therapists (ATR).

Required Prerequisite Courses

Normally applicants for admission to the M.A. programs are expected to have completed courses equivalent to those listed here.

PSYC490: Theories of Personality (3)

A study of major personality theorists within their cultural and historical contexts, providing students with a broad

understanding of the evolution of ideas concerning human nature. The focus is on the exploration of theories that apply specifically to the practice of counseling. Major topics include the interaction of the individual with the social milieu, the cultural biases within theory and the effect of personal history on theoretical claims.

PSYC492: Lifespan Development (3)

Traces the major phases of human development from a variety of perspectives. Lifespan is viewed as a continuum on which crises and changes, coping and adjustment occur within a social context. The emphasis is on addressing how developmental perspective informs students of important lifespan issues.

PSYC494: Abnormal Psychology (3)

Introduces students to theories and concepts of human behavior in the context of both personal and professional understanding of what is normal vs. abnormal behavior. This includes: defining abnormal behavior; understanding historical context; reviewing psychological models and forms of assessment; delineating major categories of abnormal behavior; reviewing treatment interventions; and discussing social, cultural, ethical and legal issues.

Commuter Option

Cluster scheduling enables students from the Pacific Northwest and Western Canada to attend classes on the Antioch Seattle campus Thursdays, Fridays, Saturdays and occasional Sundays for M.A. and Fridays/Saturdays for Psy.D. students. This schedule helps reduce commuting time and allows students to integrate their studies with other personal and professional commitments.

Internship Experience

All students participate in field-based practica. These experiences in professional settings enable students to validate and clarify the theory they acquire in the classroom while they develop their own roles as clinicians. The combination of coursework and supervised field experience fosters self-awareness and understanding of ethical and professional guidelines critical for practice. Examples of practica and internship sites include: college counseling centers, group homes, homeless shelters, youth and family services, community centers, public mental health clinics, jails, penitentiaries and in-patient psychiatric hospitals.

Program-specific Admission Requirements for M.A. Clinical Programs

- Completion of one of the following academic prerequisites:
 - Theories of personality, abnormal psychology and developmental psychology courses with a minimum grade of C taken within the last 10 years –OR–
 - A bachelor's degree in psychology completed within the last 10 years with a GPA of 3.0 or higher on a 4.0 scale.
- Completion of 100 hours of practical experience in a helping relationship role in an educational and/or human services setting. Experience may be volunteer or professional.
- Two letters of recommendation: one from a professional who has provided oversight of practical experience and one from a social science instructor who can assess the applicant's capabilities and readiness to enter graduate clinical training. If the applicant has not enrolled in a college course in five years, two letters may be submitted from professional supervisors.

Additional Admission Requirements for Art Therapy

In addition to the aforementioned requirements, applications to the art therapy concentration must have:

- Art coursework (27 quarters/18 semester hours) in both two- and three-dimensional media such as ceramics, metalsmithing, painting, drawing, printmaking and sculpture.
- A portfolio of 20 works that demonstrate multiple media competencies. The portfolio may be submitted as slides, prints, CD, DVD or by e-mail. Please note that portfolios become the property of Antioch University and are not returned.
- Psychology (18 quarter/12 semester hours) including Theories of Personality, Abnormal Psychology and Lifespan Development.

Additional Admission Requirements for Drama Therapy

- Psychology prerequisite coursework (18 quarter/12 semester hours) that includes completion of three prerequisite courses: theories of personality, abnormal psychology and developmental psychology with a minimum grade of C taken within the last 10 years.
- Drama Therapy prerequisite coursework (at least 6 semester or 9 quarter credits in courses such as Improvisation, Directing, Drama/Theater in education, Acting or Playwriting) or 270 hours of direct theater experiences including acting, directing and/or improvisational work performed in a college, community or professional setting.
- An outline indicating background in theater and/or theater-related classes taken.



Admission Essay

Applicants must submit a one- to two-page response to each of four admission questions specified in the program application.

Transfer Credits

A student may request transfer of up to 12 quarter credits of prior graduate-level coursework, graded B or better.

Provisional Admission to Clinical Programs

This option may allow an applicant to be granted pre-master's status when only one or two of the three prerequisite course requirements listed previously are fulfilled. If admitted provisionally, a student has two quarters to complete the psychology prerequisites at Antioch. An applicant provisionally accepted in art therapy has four quarters to complete the art prerequisites. Upon completion, the student is fully admitted into one of the M.A. clinical programs.

M.A. in Psychology – Child, Couple and Family Therapy

Degree Requirements

75 total credits to graduate

Required Coursework Completed Before Internship (32 credits)

PSYC500: Competency Assessment I (taken first quarter) (1 credit)

PSYC501: Competency Assessment II (taken one quarter before starting internship) (1 credit)

PSYC503: Family of Origin Systems (taken first quarter)

PSYC504: Multicultural Perspectives (taken second quarter)

PSYC505: Systems Perspectives in Family Therapy (taken first or second quarter)

PSYC506: Communication and Counseling Skills

PSYC512: Counseling Individuals in the Family System

PSYC515: Psychopathology

PSYC516: Psychodiagnostics and Treatment Planning

PSYC518: Ethics and Professional Issues

PSYC520: Theories and Practice of Family Therapy I

PSYC521: Theories and Practice of Family Therapy II

PSYC598: Internship Preparation (not for credit; taken two quarters before starting internship)

Other Required Credits (12 credits)

PSYC502: Competency Assessment III (taken last quarter of internship) (1 credit)

PSYC519: Ethics in Family Practice

PSYC522: Human Development in the Family Lifecycle

PSYC524: Human Sexuality

PSYC550: Research Methods: Introduction to Research

PSYC551: Research in Family Practice

Elective Courses (12 credits)

- One elective in Family Practice Series
- One elective in Multicultural Counseling Series: Counseling a culturally specific population
- One elective in Abuse Relationships or Addictions Electives
- Three other elective credits

Required Internship Courses (19 credits)

PSYC600B: Internship: Child, Couple and Family Therapy

PSYC601B/602B: Case Consultation OR Case Supervision

M.A. in Psychology – Mental Health Counseling

Degree Requirements

81 total credits to graduate

Required Courses Completed Before Internship (45 credits)

PSYC503: Family of Origin Systems (taken first quarter)

PSYC504: Multicultural Perspectives (taken second quarter)

PSYC505: Systems Perspectives in Family Therapy

PSYC506: Communication and Counseling Skills

PSYC507: Group Counseling

PSYC508: The Counseling Profession and Identity

PSYC510: Theories and Practice of Counseling: Psychodynamic and Cognitive Behavior

PSYC511: Theories and Practice of Counseling: Humanistic, Transpersonal and Eastern

PSYC515: Psychopathology

PSYC516: Psychodiagnostics and Treatment Planning

PSYC518: Ethics and Professional Issues

PSYC523: Human Development in Context: Gender – A Lifespan Perspective

PSYC527: Career Development and Counseling

PSYC550: Research Methods: Introduction to Research

PSYC552 Assessments: Tests and Measurements

PSYC598: Internship Preparation (not for credit; taken two quarters before starting internship)

PSYC630-638: Advanced Theories: Varying topics

Elective Courses (21 credits)

- One elective class in counseling a culturally specific population or one of the Historical/Socio-Cultural Perspectives in Psychology classes
- One of the following electives:
 - PSYC528: Abusive Relationships
 - PSYC529: Addictions and Substance Abuse
 - PSYC530: Loss and Grief
 - PSYC531: Assessing & Treating Domestic Violence
- Other elective credits

Required Internship Credits (15 credits)

- PSYC600A: Internship: Mental Health Counseling
- PSYC601A: Case Consultation: Mental Health Counseling

M.A. in Psychology – Art Therapy with CCFT or MHC

Either of Antioch Seattle's two master's degree in psychology programs – Child, Couple and Family Therapy or Mental Health Counseling – can be combined with courses leading to professional credentials in art therapy as recognized by the American Art Therapy Association (AATA).

Degree Requirements for M.A. in Psychology – Art Therapy with CCFT

90 total credits to graduate

Required Psychology Courses Completed Before Internship (31 credits)

- PSYC505: Systems Perspectives in Family Therapy (taken first or second quarter)
- PSYC506: Communication and

Counseling Skills

PSYC512: Counseling Individuals in the Family System

PSYC515: Psychopathology

PSYC516: Psychodiagnostics and Treatment Planning

PSYC518: Ethics and Professional Issues

PSYC519: Ethics in Family Practice (1 credit)

PSYC520: Theories and Practice of Family Therapy I

PSYC521: Theories and Practice of Family Therapy II

PSYC522: Human Development in the Family Life Cycle

PSYC524: Human Sexuality

PSYC598: Internship Preparation (not for credit; taken two quarters before starting internship) 0 credit

Required Art Therapy Courses Completed Before Internship (35 credits)

PSYA500: Competency Assessment I (not for credit; taken first quarter)

PSYA501: Competency Assessment II (not for credit; taken one quarter before starting internship)

PSYA503: Family of Origin Systems and Art Therapy (taken first quarter)

PSYA504: Multicultural Perspectives and Art Therapy (taken second quarter)

PSYA506: Family Group Art Therapy (1 credit)

PSYA507: Art Therapy in Diverse Settings: Individual and Group

PSYA508: Techniques and Practice of Art Therapy

PSYA510: History and Theory of Art Therapy I

PSYA511: History and Theory of Art Therapy II

PSYA518: Ethical Issues in Art Therapy (1 credit)

PSYA540: Developmental and Treatment Models in Art Therapy

PSYA551: Art Therapy Research in Individual and Family Therapy

PSYC552: Assessment: Tests and Measurements

PSYA651: Advanced Art Therapy Research in Individual and Family Therapy

PSYA653: Advanced Art Therapy Assessment

Other Required Art Therapy Courses (2-5 credits)

PSYA502: Competency Assessment III (not for credit; taken last quarter of internship)

PSYA650: Art Therapy Master's Project
-OR-

PSYA660: Art Therapy Thesis

Elective Courses (6 credits)

- One elective in a family practice course
- One elective class in counseling a culturally specific population, Historical/Socio-cultural Perspectives in Psychology classes,
-OR-
- One of the following electives:
PSYC528: Abusive Relationships
PSYC529: Addictions and Substance Abuse

Required Internship Credits (16 credits)

PSYA600B: AT/CCFT Internship I

PSYA600D: AT/CCFT Pre-internship Practicum and Supervision (optional)

PSYA601B/602B: AT/CCFT Case Consultation or Case Supervision

Degree Requirements for M.A. in Psychology – Art Therapy with Mental Health Counseling

90 total credits to graduate

Required Psychology Courses Completed Before Internship (36 credits)

PSYC505: Systems Perspectives in Family Therapy

PSYC506: Communication and Counseling Skills

PSYC508: The Counseling Profession and Identity

PSYC510: Theories and Practice of Counseling: Psychodynamic and Cognitive Behavior

PSYC511: Theories and Practice of Counseling: Humanistic, Transpersonal and Eastern

PSYC515: Psychopathology

PSYC516: Psychodiagnostics and Treatment Planning

PSYC518: Ethics and Professional Issues

PSYC523: Human Development in Context: Gender – A Lifespan Perspective

PSYC527: Career Development and Counseling

PSYC552: Assessment: Tests and Measures

PSYC630-638: Advanced Theories: Varying topics

Required Art Therapy Courses Completed Before Internship (34 credits)

PSYA503: Family of Origin Systems and Art Therapy (taken first quarter)

PSYA504: Multicultural Perspectives and Art Therapy (taken second quarter)

PSYA505: Group Art Therapy

PSYA507: Art Therapy in Diverse Settings: Individual and Group Therapy

PSYA508: Techniques and Practice of Art Therapy

PSYA510: History and Theory of Art Therapy I
PSYA511: History and Theory of Art Therapy II
PSYA518: Ethical Issues in Art Therapy (1 credit)
PSYA540: Developmental and Treatment Models in Art Therapy
PSYA551: Art Therapy Research in Individual and Family Therapy
PSYC552: Assessment: Tests and Measurements
PSYC598: Internship Preparation (not for credit; taken two quarters before starting internship)
PSYA651: Advanced Art Therapy Research in Individual and Family Therapy
PSYA653: Advanced Art Therapy Assessment

Elective Courses (3 credits)

- One of the following electives:
PSYC528: Abusive Relationships
-OR-
PSYC529: Addictions and Substance Abuse
-OR-
PSYC530: Loss and Grief

Other Required Art Therapy Courses (2-5 credits)

PSYA650: Art Therapy Master's Project
-OR-
PSYA660: Art Therapy Thesis

Required Internship Credits (15 credits)

PSYA600A: AT/MHC Internship I
PSYA600C: AT/MHC Pre-internship Practicum and Supervision (optional)
PSYA601A: AT/MHC Case Consultation

M.A. in Psychology – Drama Therapy with CCFT or MHC

The School of Applied Psychology, Counseling and Family Therapy offers a master's in Psychology with a concentration in drama therapy (DT) and either mental health counseling (MHC) or child, couple and family therapy (CCFT). The drama therapy curriculum promotes values of ethical practice, social responsibility and cultural pluralism through a learning environment that encourages self-exploration, empowerment, and whole person learning. Informed by this tradition and viewpoint, the drama therapy program balances traditional and contemporary perspectives to develop graduates who are informed, effective practitioners and change agents in verbal and expressive therapies.

Upon graduation, the drama therapy program enables students to work toward registration in drama therapy (RDT) as recognized by the National Association for Drama Therapy (NADT), as well as licensure as either a mental health counselor (LMHC) or marriage and family therapist (LMFT).

Program Design

Students who enter the drama therapy program take 90 credits total, of which 36 credits are in drama therapy, and remaining credits in core courses, internship and electives. Students develop competencies in drama therapy concurrently with MHC or CCFT for the effective practice of drama therapy with individuals, groups, couples and families.

Degree Requirements for M.A. in Psychology – Drama Therapy with CCFT

90 total credits to graduate

Required Psychology Courses Completed Before Internship (32 credits)

PSYC505: Systems Perspectives in Family Therapy (taken first or second quarter)

PSYC506: Communication and Counseling Skills

PSYC512: Counseling Individuals in the Family

PSYC515: Psychopathology

PSYC516: Psychodiagnostics and Treatment Planning

PSYC519: Ethics in Family Practice (1 credit)

PSYC520: Theories and Practice of Family Therapy I

PSYC521: Theories and Practice of Family Therapy II

PSYC522: Human Development in the Family Life Cycle

PSYC524: Human Sexuality

PSYC598: Internship Preparation (not for credit; taken two quarters before starting internship)

Required Drama Therapy Courses Completed Before Internship (36 credits)

PSYD500: Competency Assessment I (Not for credit; taken first quarter)

PSYD501: Competency Assessment II (Not for credit; taken one quarter before starting internship)

PSYD502: Competency Assessment III (Not for credit; taken last quarter of internship)

PSYD503: Family of Origin Systems and Drama Therapy

PSYD504: Multicultural Perspectives in Drama Therapy

PSYD505: Introduction to Drama Therapy

PSYD506: Improvisation and Creative Dramatics

PSYD507: Approaches to Drama Therapy

PSYD508: Psychodrama

PSYD509: Creative Arts Therapy I: Children and Adolescents

PSYD510: Creative Arts Therapy II: Adults and Geriatrics

PSYD511: Community-based Theater & Sociodrama

PSYD518: Ethics and Drama Therapy

PSYD551: Research and Assessment in Drama Therapy with Individuals and Families

PSYD650: Drama Therapy Master's Project

Elective Courses (6 credits)

- One elective in a family practice course
- One elective class in counseling a culturally specific population, Historical/Socio-Cultural Perspectives in Psychology classes, -OR- one of the following electives:
 - PSYC528: Abusive Relationships or
 - PSYC529: Addictions and Substance Abuse

Required Internship Credits (16 credits)

PSYD600B: DT/CCFT Internship

PSYD601B: DT/CCFT Case Consultation

Degree Requirements for M.A. in Psychology – Drama Therapy with Mental Health Counseling

90 total credits to graduate

Required Psychology Courses Completed Before Internship (30 credits)

PSYC505: Systems Perspectives in Family Therapy

PSYC506: Communication and Counseling Skills

PSYC507: Group Counseling

PSYC508: The Counseling Profession and Identity

PSYC510: Theories and Practice of Counseling: Psychodynamic and Cognitive Behavior

PSYC511: Theories and Practice of Counseling: Humanistic, Transpersonal and Eastern

PSYC515: Psychopathology

PSYC516: Psychodiagnostics and Treatment Planning

PSYC523: Human Development in Context: Gender – A Lifespan Perspective

PSYC527: Career Development and Counseling

PSYC552: Tests and Measurements

PSYC598: Internship Preparation (not for credit; taken two quarters before starting internship)

PSYC630-638: Advanced Theories: Varying topics

Required Drama Therapy Courses Completed Before Internship (36 credits)

PSYD503: Family of Origin Systems and Drama Therapy

PSYD504: Multicultural Perspectives in Drama Therapy

PSYD505: Introduction to Drama Therapy

PSYD506: Improvisation and Creative Dramatics

PSYD507: Approaches to Drama Therapy

PSYD508: Psychodrama

PSYD509: Creative Arts Therapy I: Children and Adolescents

PSYD510: Creative Arts Therapy II: Adults and Geriatrics

PSYD511: Community-based Theater & Sociodrama

PSYD518: Ethics and Drama Therapy

PSYD551: Research and Assessment in Drama Therapy with Individuals and Families

PSYD650: Drama Therapy Master's Project

Elective Courses (3 credits)

■ One of the following electives:

PSYC528: Abusive Relationships

PSYC529: Addictions and Substance Abuse

PSYC530: Loss and Grief

Required Internship Credits (15 credits)

PSYD600A: DT/MHC Internship

PSYD601A: DT/MHC Case Consultation

Individualized Program: M.A. in Psychology – Integrative Studies

The Integrative Studies in Psychology (ISP) program offers a formal and interdisciplinary master's degree program in which students explore one of three concentrations:

- (1) **Individualized**, where students develop a self-directed, self-designed program. Through this program, students collaborate within the diverse Antioch community and access other resources in the larger academic and professional community. This program is for people who are: interested in new career paths that involve psychology; want to apply psychology to their current careers; are interested in pursuing research; or want to pursue personal and professional development.
- (2) **Ecopsychology** – a structured program of study in the emerging field of Ecopsychology with tracks in either Ecopsychology and Cultural Transformation, or Research
- (3) **Psychology and Spirituality** – a structured program of study of the intersections of these two areas with tracks in Depth Psychology, Transpersonal Psychology or Buddhist Psychology.

These courses of study do not lead to clinical certification or licensure.

Program-specific Admission Requirements

- Ability to initiate independent work with a high degree of responsibility and self-direction
- Ability to work collaboratively within a learning environment
- Completion of one of the following academic prerequisites:
 - Lifespan development and theories of personality courses with a minimum grade of C
- AND-
- Two letters of recommendation: one from a professional who can assess the applicant's organizational and interpersonal skills and one from a social science instructor who can describe his or her potential as a graduate student

Admission Essay

Applicants must submit a one- to two-page response to each of four admission questions specified in the program application.

Transfer Credit

An applicant may request transfer of up to 12 quarter credits of prior graduate-level coursework.

Provisional Admission to ISP Program

This option allows an applicant to be admitted into a pre-master's status when all prerequisites have not yet been completed. If admitted provisionally, the student has two quarters to complete the prerequisites at Antioch, prior to full admission into the ISP program.

Individualized Concentration Within ISP

Program Design

Students entering the Integrative Studies in Psychology program take 27 credits of required core courses, 24 credits in their concentration area and nine credits in their application project. Students design their program in consultation with a degree committee composed of a faculty adviser and field advisers drawn from

the academic and professional communities. Students can select courses in their focus area from either Antioch or other accredited institutions. Examples of current student interests include: East/West psychology, ecopsychology, health psychology, intercultural communication, adult development, somatic psychology, geriatric interventions and transpersonal psychology.

Theoretical Foundation Courses (27 credits)

The theoretical foundation is comprised of the following required courses and content areas:

PSYI560: ISP Program Seminar (12)

Content Areas:

Research Methods (3)

Multicultural Perspectives (3)

Advanced Theories (3)

Communication Skills (3)

Systemic Perspectives (3)

Individualized Self-designed Courses (24 credits)

The foundation of the program is the individualized, self-designed portion of the learning. During this time, students take courses as electives or design independent study courses to fulfill a learning goal of their program. A typical elective course or independent study is one to three credits. Up to nine credits may be transferred as elective credits from another master's-level, accredited institution.

Application Project (9 credits)

The application project section of the program is the culmination of the student's work in the program. The nine credits for the project are distributed as follows: three for the literature review and six for the application project, which can be a formal

research thesis or research project, an applied project, a creative/expressive project or a supervised internship.

Ecopsychology Concentration within ISP

Ecopsychology seeks to tend the edges of cultural transformation and offers to those who are called to this work an opportunity to participate in one of the great challenges of these times. Through rediscovering humanity's kinship with all of life and following the ancient pathways of ancestors and healers, students in the ecopsychology concentration become bearers of the kind of change Antioch University always has been known for. The structure of the ecopsychology concentration offers a student the blueprint for building an understanding and practice in the field of ecopsychology. The application of this program would give a student an opportunity to teach, write, practice wilderness-based healing, or work in a nonprofit or governmental social change setting.

The focus of this concentration is the in-depth study of the theory and practice of ecopsychology as it pertains or relates to a student's field of interest. From that position, both practice and research in ecopsychology can take many forms. The courses and the potential for elective and self-designed explorations utilize the format of the ISP program in order to satisfy the requirements for the concentration in ecopsychology. There are no additional credits required and the degree concentration can be completed within 60 credits.

Theoretical Foundation Courses:

PSYI560: ISP Program Seminar (12)

Content Areas (12 credits):

PSYI660: Ways of Knowing (3) this is a specific course

Multicultural Perspectives (3)

Communication Skills (3)

Systemic Perspectives (3)

Concentration Courses (9 credits):

PSYI540: Introduction to Ecopsychology (3)

PSYI542: Advanced Theory, Practice and Research in Ecopsychology (3)

PSYI544: Applied Ecopsychology (3)

Second-year Tracks (18 credits):

See courses under track descriptions.

Application Project (9 credits)

PSYI597: Application Project (9)

Concentration Track Descriptions

Ecopsychology and Cultural Transformation Track (18 credits)

This track consists of three credits of classroom-based learning in each quarter and three credits of practicum to offer the student an opportunity to build a body of knowledge and experience in the field of ecopsychology and cultural studies. Each course requires the student to create an experiential practicum that relates specifically to the course content. The 3-credit practicum can be framed as participation in a vision quest, shamanic training, internship with a relevant nonprofit organization or the creation of an independent study that expands the course content. There is some flexibility in that the student may design a 9-credit practicum that spans the year of coursework. The three classes are organized as follows:

PSYI643: Indigenous Perspectives and Global Psychology (3)

PSYI644: The Psychology of Climate Change (3)

PSYI645: Ecopsychology, Activism and Personal Transformation (3)

PSYI590: ISP Practicum (3) (Repeated for a total of 9 credits)

Research and Design in Ecopsychology Track (18 credits)

This offers the student an opportunity to explore the impact and outcomes of wilderness-based and ecopsychologically-focused practices. These courses are self-designed and evaluated by Antioch faculty or approved evaluator.

Track Specific Courses (18 credits)

For this track, the student takes the same three courses as students in the Ecopsychology and Cultural Transformation concentration. The 9-credit practicum for research students involves the independent study of research methodologies relevant to the content area of their research project.

PSYI550: Quantitative Research Methods (3)

PSYI551: Qualitative Research Methods (3)

PSYI643: Indigenous Perspectives and Global Psychology (3)

PSYI644: The Psychology of Climate Change (3)

PSYI645: Ecopsychology, Activism and Personal Transformation (3)

PSYI646: Survey and Critique of Ecopsychological Research (3)

Application Project (9 credits)

The core focus of this track is the research project. Here the student can design and execute an in-depth study of areas within ecopsychology.

PSYI597: Application Project (9)

Psychology and Spirituality Concentration within ISP

The intent of the concentration is to provide a more structured and comprehensive orientation to the intersection of spirituality with the discipline of psychology, while still allowing students to pursue individualized areas of interest. These areas of study are non-clinical in nature, and have potential relevance in areas of personal growth and development, education, organizational culture, theoretical understanding, research and many other domains of interest. All students in this concentration complete the 33 credits of foundational coursework as listed here. In addition, students choose a second-year track (18 credits) and an Application Project (9 credits).

Theoretical Foundation Courses:

PSY1560: ISP Program Seminar (12)

Content Areas (9 credits):

Communication Skills (3)

Systemic Perspectives (3)

Multicultural Perspectives (3)

Concentration Courses (12 credits):

PSY1660: Ways of Knowing (3)

PSY1662: Comparative Spiritual Traditions (3)

PSY1664: Contemporary Spiritual Orientations (3)

Elective Course (3)

Second-year Tracks (18 credits):

Buddhist Psychology

Transpersonal Psychology

Depth Psychology

Application Project (9 credits)

PSY1597: Application Project (9)

Concentration Track Descriptions

Depth Psychology focuses on the structure and dynamics of the psyche and the history of the discovery of the personal, collective and world unconscious in the works of Freud, Jung and James Hillman. Key themes in depth psychology relevant to spiritual studies include dreams, mythology, individuation, alchemy, initiatory process, shamanism, the evolution of consciousness, the dynamics of the god-image and the anima mundi (the soul of the world). Students learn to apply these ideas to the healing of self, other, community and earth.

Transpersonal Psychology focuses on a theoretical and experiential understanding of the intersections of psychology with the wisdom and practices of various spiritual traditions, as explored in the field of transpersonal psychology since the 1960s. Students examine the work of Maslow, Wilbur, Grof, Washburn, Walsh, Vaughan and many others who emphasize study of the entire spectrum of human development, including the potential for stages of growth "beyond the personal." Students become familiar with research and theory on such topics as states of consciousness, meditation and other transformative practices and spiritual emergencies. They also explore the evolving integral framework that provides multiple perspectives (body, mind and spirit in both nature and culture) and engages with human experience and challenges of the times.

Buddhist Psychology focuses on the theoretical and philosophical models and ideas that have emerged from Buddhist tradition, and how it informs understanding of human psychology. This includes the Buddhist concepts of personality, identity, perception, mindfulness and being in the world. Students explore the work of a variety of contributors to this field, which may include writers/practitioners such as Suzuki, Abe, Benoit, Epstein, Kornfield, Welwood and Rahula.

Doctor of Psychology – Clinical Psychology

Program Design

The Psy.D. program uses a practitioner/scholar model to educate students as professionals in clinical psychology and as scholars in psychology to promote health, education and human welfare. The curriculum promotes values of ethical practice, social responsibility and cultural pluralism. Faculty members balance traditional and contemporary perspectives in the field of psychology, educating students to become informed and effective practitioners, and agents of change in a complex world.

Features of the Program

- Flexibility to pursue the doctoral program full or part time (full time takes five years.)
- Two basic and three elective concentrations from which to choose
- The only art therapy concentration within a clinical doctoral program in the United States

- Elective course options that round out the program
- Practical experiences integrated throughout the program, including a full-year internship
- Clinical focus with flexibility of choice for dissertation format
- Competency-based model with electronic portfolio

Concentration Options

Concentrations provide the student with a spectrum of theoretical perspectives and concomitant practical experiences supported through professional seminars. Choose between two basic concentrations:

- Adult Psychotherapy
- Child and Family Systems

Then choose an elective concentration:

- Art Therapy
- Forensic Psychology
- Health Psychology



Admission Requirements for the Psy.D. in Clinical Psychology Program

- Completion of academic prerequisites: A master's degree in a mental health-related field within the last 10 years. Eligible master's degrees include: marriage and family therapy, mental health counseling, clinical social work and art therapy. (Exceptions to the 10-year requirement may be granted on a case-by-case basis.)
 - OR–
 - A bachelor's degree in psychology within the last 10 years
 - OR–
 - A bachelor's or master's degree in other fields with four prerequisite courses with a minimum grade of B:
 - Theories of Personality
 - Abnormal Psychology
 - Developmental Psychology
 - Introduction to Statistics(If these courses were completed more than 10 years ago, they must be retaken)
- Completion of 100 hours of volunteer or professional experience in a helping relationship role in an educational and/or human services setting
- Two letters of recommendation: one from a professional who supervised the applicant in a human services setting; one from an academic instructor who can best assess the applicant's capabilities and readiness to enter a clinical doctoral program
- Documentation of relevant professional and volunteer experience
- Documentation of professional affiliations, publications and licensure

Additional Admission Requirements for Art Therapy Concentration

In addition to the program requirements already listed, admission to the art therapy concentration requires:

- Psychology coursework (18 quarter/12 semester hours) including theories of personality, abnormal psychology and developmental psychology plus other elective psychology courses
- Art coursework (27 quarter/18 semester hours) including work in both two- and three-dimensional media such as ceramics, metalsmithing, painting, drawing, printmaking and sculpture
- A portfolio of 20 works that demonstrate multiple media competencies. The portfolio may be submitted as slides, prints, CD, DVD or by e-mail. Please note that portfolios become the property of Antioch University and are not returned. An applicant may apply to the Psy.D. art therapy concentration with some art studio coursework in progress. If accepted into the program, the student must complete these credits during the first year.

Admission Essay Instructions

Applicants must submit a one- to two-page response to each of four admission questions specified in the program application.

Prior Graduate Work

Graduate credits earned at regionally accredited institutions are accepted toward Antioch Seattle's Psy.D. degree as follows:

- Applicants who have a completed or partial master's degree in a mental health-related field may submit graduate syllabi for review for course waivers toward the doctoral program requirements; eligible fields include but are not limited to: marriage and family therapy, mental health counseling, clinical social work and art therapy.

- Students must have earned a grade of B or better
- A maximum of 24 graduate-level quarter credits may be accepted

Transfer into Psy.D. Program

- Applicants who began a Psy.D. program approved by the American Psychological Association at another regionally accredited university may request a transfer credit evaluation.
- Courses are reviewed for equivalent content on a course-by-course basis. Official transcripts and course syllabi for all requested courses must be submitted.
- Courses must carry a grade of B or better.
- For applicants entering from another Psy.D. program without a master's degree in a mental health-related field, up to 24 quarter credits may be awarded.
- Courses from an institution that is regionally accredited but not APA approved will be considered on a case-by-case basis.

International Transfer Credit

To receive credit for coursework completed at an institution outside the United States or English-speaking Canada, an applicant must have that institution send official transcripts and records directly to a credential evaluator. The applicant may select an evaluator from either of two websites: www.naces.org or www.aice-eval.org. Certified translations and evaluation of international documents are required. Four to 10 weeks should be allowed for the evaluation. The evaluation and the original transcript must be sent to the Admissions Office. International transcripts must be evaluated before admission.



International Student Admission

An international student who requires a student visa must submit additional documentation to satisfy admission requirements:

- Certified and translated educational records, if the records are not in English.
- Evaluation of international transcripts from institutions outside the United States or English-speaking Canada. See International Transfer Credit information.
- Demonstration of English language proficiency – official TOEFL (Test of English as a Foreign Language) test results must be submitted and must reflect a minimum score of 600 (paper-based) or 250 (computer-based). An applicant who has completed education in the United States or Canada may request that this requirement be waived.
- Financial certification – Documentation of the applicant's ability to pay for the educational and living expenses for the duration of the program must be submitted.

Contact the Admissions Office for more information at admissions@antiochseattle.edu.

Graduation Requirements

150 total credits to graduate

In addition to the satisfactory completion of all core courses, a student also must meet the following requirements to qualify for award of the Psy.D. degree:

- Satisfactory oral case study presentation
- Satisfactory annual review evaluation from the faculty
- Satisfactory completion of clinical training sequence
- Performances reflecting program competencies
- Satisfactory evaluation from all supervised experience hours
- Satisfactory completion of dissertation
- Completion of 50 hours of personal psychotherapy

Psy.D. Competencies and Electronic Portfolio

The Psy.D. program is framed in terms of eight competencies needed by professional psychologists. The competencies are: *relationship, intervention, scientific foundations, assessment, supervision, multicultural practice, consultation and career development and management*. Each competency is subdivided into levels, which are the developmental steps needed to achieve each competency. All Psy.D. courses are tied into this framework: the levels become the course goals, and the course requirements are designed to show the student can effectively put into action the content of that course and demonstrate the mastery of the competency level. An *electronic portfolio* is created by each student, documenting these *key performances*. The portfolios help assess and advise students, help the Psy.D. faculty continuously improve the program and help outside accreditors (e.g., APA) see that Antioch trains competent psychologists.

Clinical Training Sequence

Students who enter the program complete a year-long community action research project. This work is tied to a series of courses in the first year, in which reflection on multicultural practice and other beginning-level clinical competencies are central. The next step of clinical training is in a concentration in which every student sees two to five clients each week in Antioch's on-campus Community Counseling and Psychology Clinic, under supervision, for a year. By asking students to demonstrate their clinical skills in the Clinic and concentrations first, Antioch can confidently recommend students to sites for their practicum in the community and advanced practicum. Students are then well prepared to apply for competitive internships. The work done in the Antioch Clinic meets Washington state licensure requirements for practicum and internship.