

Counseling Psychology Update

DEPARTMENT OF COUNSELING PSYCHOLOGY NEWSLETTER

January, 2004

NEW YEAR'S WELCOME

Welcome (Welcome back) to CPSY. Let us pray and work for a more peaceful world even as we strive to help those most in need of our services. This year at CPSY looks to be full with big events and a continuing drive for excellence. We have admitted what seems to be a particularly good group of new students this winter. This CPU is to help fill in some important information.

Registration for Spring is rapidly approaching: Just as for fall term, registration is much earlier than in previous years. Please be sure that Helen Valine's office has your correct e-mail address so that you may be contacted for your designated registration times. We are working to make future registrations closer to the actual term, but in the meantime, please follow the timelines to avoid extra late fees and charges. [A COPY OF THE Tentative SPRING SCHEDULE IS ATTACHED TO THIS CPU.](#) The final schedule will be available through Susan Babbel in a few weeks.

New APA Ethics Standard on Student Self-Disclosure.

As per 2004 APA ethics standards, a policy statement on Student self disclosure is necessary. The following statement is the SCU statement on self disclosure in our program.

The professional training philosophy of the Counseling Psychology Department is predicated on the notion that an effective counselor must be a whole person. Indeed, in the practice of counseling , it is the person of the counselor that is a major component of healing. As a counselor-in-training, then, self-reflection is a necessary and required part of the training that helps one better understand and empathize with his/her future clients' experience.

Such reflection is a significant component of one's personal and professional development as an effective and sensitive instrument of change. Thus, it is customary that in the CPSY Masters Program's classes at SCU, students are regularly assigned work that involves self-disclosure and personal study of the content of that self-disclosure. Students are expected to reflect on their past and present personal experiences in courses and program related activities, in oral and/ or in written assignments.

We respect students' rights to confidentiality, and do not require that any particular or specific information be disclosed. Moreover, we do not evaluate students' progress in the program based on the disclosure of any specific information (except as mandated by ethical codes or law).

It is our experience that this philosophy and related formats in our classes provides a rich and superlative educational experience, involving more aspects of student experience than do standard lectures or written material which does not include the person of the therapist in training.

FACULTY

As you may know, Dr. Larson has returned from Sabbatical and this term is the first time that the whole full-time faculty has been on campus at the same time in a few years. It is great to have the whole team available and working together.

Special One-time Classes

Required and Core classes in the program numbered in the 200's are usually taught three times per year. Required and Core Courses numbered in the 300's are usually taught twice per year. Some classes in the program occur only once per year or less frequently. Many of the emphasis classes fit into this model. If you are in an emphasis program, you normally should take whatever emphasis class is offered in the term. That way you can keep up with your emphasis. If you have any questions about scheduling contact Dr. Quatman (Career); Br. Johnson (Correctional); Dr. Larson (Health) or Dr. Ramos-Sanchez (Latino).

In addition, we have some specialty, advanced classes that occur only once per year or occasionally. Some of these classes are being offered in Spring and summer Quarters.

In Spring Quarter, Two special classes are being offered and well worthy of some "schedule twisting." For the second year in a row, **CPSY 390. Advances Couples Counseling** will be taught this time by *Dr. Dan Wile*. Dr. Wile is an internationally known author and couples therapist and his coming here is a real coup for our program. His work is included in most of the texts that we use in the CPSY 311 introductory marital therapy class. Dr. Wile will be teaching this class on Saturdays in the spring. Dr. Wile's teaching style is to use a lot of demonstration and role playing – a very hands-on way of learning about couples therapy from one of the modern masters. CPSY 311 is a prerequisite. The class is scheduled for four, all-day Saturday meetings on April 3, 17, May 1, 22.

Also in spring is our elective course **Psychology and Spirituality (CPSY 298)**. Weds. 6:pm. This class examines the relationship of psychology and spirituality within the clinical setting. As taught by *Dr. Sandy Prucha*, one of our new adjunct faculty members, the juxtaposition of spirituality and modern psychology are seen as a blend with much of mutual benefit. This is the type of class that may be uniquely "Santa Clara" and, as such, deserves your consideration. This course will look at various approaches to spirituality and consider how they might influence our work as mental health professionals. The course aims to enable each student to formulate a personal integration and statement of his/her own spirituality in relation to her or his clinical work. Ultimately this integration reveals our vision of the human person and how we understand our work as therapists. Among the course objectives are 1) To increase one's comfort and ability to deal with client issues that may involve spiritual beliefs, values or practices; 2) To help identify potential counter transference issues that could impact the treatment of some clients; 3) To promote the integration of one's personal spirituality with one's clinical knowledge and skills.

CPSY 217. Another new faculty member, Dr. Art Sanchez will be visiting us from his regular position at Chico State University. Dr. Sanchez is a recent winner of that school's "Teacher of

the Year Award” and we look forward to his contribution in our 217 Brief Therapy Class on Thursdays at 5:30.

Coming in Summer. The summer program will offer at least **three weekend specialty classes** (CPSY 228 Advanced Counseling and Process Skills (July 10,11, 17,18); CPSY 350 Art Therapy and CPSY 391 hypnotherapy (Aug. 7,8, 14,15). All dates for the summer session are tentative and a full summer schedule will be available by early February. Dr. Larson will teach CPSY 228; Dr. Shapiro will teach CPSY 391 (now a three credit course) and Dr. Mardy Ireland will return after a too long absence at SCU to again teach CPSY 350. Because of a special grant from a generous donor, special scholarships are expected to be available for some tuition remission for Dr. Ireland’s class.

Graduate Student Association

The GSA campaign for 2003 will begin with a meeting on Saturday, Feb 15, at 1pm in Bannan Hall. For information contact Roxanne by e-mail at oxshakoori@yahoo.com.

There are some marvelous CPGSA events taking place this year. Please be sure to review the monthly CPGSA E-News which is sent to all students who have provided the CPGSA with an e-mail address. Send your e-mail address to Wendy Taylor at wendy@wjtaylor.com and she will be sure to put you on the CPGSA distribution list.

GSA just sponsored a night of theory and therapy with Drs. Ramos-Sanchez, Axelman and J Shapiro with about 80 attendees. It was a huge success. If you missed it or are a video buff, tapes will be available at the media center by next week.

Please feel free to attend two January 16 CPGSA events:

Kathy Potter, Assistant Director/CP&E of the SCU Career Center, will be holding a Resume Writing Workshop on Friday, January 16th, from 10:00 a.m. to 12:00 p.m. in Benson Parlors B, C, and D. This is ghreat information if you are getting ready for Practicum/Internship and/or want to tune-up your resume. Please RSVP to wendy@wjtaylor.com ASAP, to reserve a seat. Following this event will be the monthly CPGSA meeting (12:30 – 1:30). Yoieur participation is welcomed and needed.

HEALTH PSYCHOLOGY

From the Desk of Professor Larson

Health Psychology Seminar

Dr. Wes Alles, Director, Stanford Health Improvement Program

Monday, March 1, 3:30-5:00 p.m.

Conference Room in Donohoe Aluumni House (just this side of Media Services)

This special seminar for Health Psychology Emphasis students will feature a presentation by Dr. Wes Alles, Director of the Stanford Health Improvement Program. Dr. Alles is a national leader in health promotion and he will describe some of the groundbreaking work he and HIP are doing, including an exciting YMCA project students from last year’s 381 class were involved with, a new disease management program being implemented at Stanford, a health perceptions survey they recently conducted, and the Stanford Health

Promotion Network, which could possibly be something our students can participate in. We will have some drinks and snacks to go along with the exciting content of the seminar. This is a major event for all Health Psychology Emphasis students, especially those interested in working in health promotion. I hope everyone in the Health Psychology Emphasis can attend.

COMPS

Winter Comprehensive Exams have just been mailed to all who signed up. The next examination will be in spring

Frequently asked questions and answers regarding Comp Exam:

What is the Comprehensive Examination and when should I take it?

The Comprehensive Examination is a take-home essay exam devised to help you synthesize your learning into a powerful personal and professional statement. The exam is given once during the Fall, Winter, and Spring quarters, and you have two weeks to complete it after it is mailed to you. You take this exam near the end of your studies, typically the quarter before the last quarter in which you are enrolled in the program. Practicum experience gained by that time can help you in the exam because one of the questions requires the description of a case study.

When should I begin studying for the Comprehensive Examination?

The Comprehensive Examination is meant to encourage an integration of all the learning that occurs for you in the program, so in essence, you are preparing for it each step of the way through the program. However, a better question is "When should I begin writing the exam?" The best strategy for writing the exam is to begin at least one quarter before you are going to take the examination. The questions change little if all from quarter to quarter and it does not behoove you to wait until the deadline. It is perfectly acceptable (and wise) to begin drafting your answers well in advance of the formal exam, and to spend the actual exam period polishing and refining your answers. The exam questions from the previous quarter are available from the CP&E office. It is not acceptable (i.e., it is prohibited) to form study groups to work on the comprehensive exam. The exam is meant to be an individualized experience and it is of no benefit to you to give someone else answers to the questions.

Who reads the Comps?

All full time faculty are involved in reading them. Only one faculty person will read any given comprehensive if it receives a "Pass." If the reader thinks it is not up to passing standards, a second person will read it. If both agree that it is not up to standards, it will receive a "No Pass." If the two readers disagree, a third reader will break the tie. Students who do not pass the Comprehensive Examination are allowed to retake the examination in a fashion to be determined by the faculty member coordinating the comprehensive examination for the quarter in which the student took the exam.

URGENT NOTICE TO STUDENTS WITH ONGOING INCOMPLETES

There is a new University policy regarding incompletes. As you know, all incompletes have to be made up by the 4th week of the next term (excluding summer). In some cases, extensions have been filed and granted for extraordinary circumstances. Some students have allowed these to lapse into long-term incompletes.

Any incompletes that have gone beyond two (2) years on January 2, 2003 will become permanently a grade of "F" even if extensions have been granted in the past for extraordinary reasons.

If you have such incompletes and the time expires, you will become disqualified from the program because of the "F" on your record. If you have any incompletes that are coming up against that deadline, you must consider taking a reduced course load this term and get the incomplete class completed before that deadline.

The two-year policy becomes permanent in 2003. Please do not get caught by this. If you need help, contact the faculty with whom you have these grades.

More Bang for your Buck

Keep in mind that part of your fees go for University services such as the Mission, Library, Fitness Center, Pool, Museum, Art Presentations, A-V center and sports events (including our Men and women Soccer champions ☺) and what could be a stellar baseball year. Among these services are the use of the University Counseling Center. In addition to individual counseling, there are groups each term exclusively for CPSY students and/or grad students. These groups are led by professional counselors and are often considered a real plus by our students. The groups begin at the beginning of the term, so contact the counseling center before winter term. (408) 554-4172.

There are three important considerations that make this possibility particularly beneficial.

- 1) You have already paid for it.
- 2) If you are heading towards a MFT license. Each hour in counseling (including groups) counts as three hours for those you must accrue for the license.
- 3) To be successful in this field, you will need to follow the lead of clinicians before you and periodically be in therapy throughout your career.

INVITATION

The faculty at the Institute of Transpersonal Psychology (ITP) is holding a new Colloquium Series on Tuesdays from 5:00-6:30pm at the ITP campus (1069 East Meadow Circle, Palo Alto, www.itp.edu) in the Sophia Room. A reception will follow each talk. *CP students may attend free of charge.*

January 13, Fred Luskin, *Forgiveness* January 20, Roulette Smith, *On the Molecular Biology of Long-Term Memories: Implications for Nature, Nurture, and Carl Jung's Theories* January 27, Arthur Hastings, *Innovative Psychomanteum research*. February 3, Kartik Patel, *Cultivating Emotions and Intelligence* February 10 Shani Robins *Wisdom Therapy: Theory, Research, & Practice*. February 17, Robert Frager *A Sufi Perspective on Transpersonal Psychology* February 24, Olga Louchakova, *Research Frontiers in Spiritual Awakening: Transformations of the Self*. March 2, Charles Tart, *Transpersonal Psychology: Transcendence of Mortality or Just the Best Diversions to Pass the Time*

!!ALL REGISTRATION IS THROUGH E-CAMPUS. Classes subject to cancellation if insufficiently enrolled!!

COUNSELING PSYCHOLOGY – Schedule of Classes

SPRING 2004

SECTION

NUMBER	Number & Title	Units	Instructor	Day & Time	Room
200	Psychology of Interpersonal Comm	3	Moretti	W 6:00-9:00	B333
211	Human Sexuality (6)	3	Quatman	M 5:30-8:30	B332
212	Psychology of Relationships (6)	3	Fromm	Th 5:30-8:30	A&S129
215	Psychology of Childhood (2)	3	Axelmann	Th 1:45-4:45	B331
216	Psychology of Human Development	3	Moretti	Tu 5:30-8:30	B237
217	Short-Term Approaches to Therapy	3	Sanchez	Th 5:30-8:30	B237
218	Foundations of Psychotherapy/Personality***	3	S. Shapiro	Tu 1:45-4:45	B309
219	Psychology of Group Counseling (1)	3	J. Shapiro	Tu 5:30-8:30	B238
219A	Lab Group****\	0	tbd	M 12:30-2:30	B309
219A	Lab Group**** All day marathon April 24 th	0	tbd	M 4:30-6:30	tbd
219A	Lab Group****/	0	tbd	W 6:00-8:00	A&S133
220	Research Methods	3	Honos-Webb	Tu 5:30-8:30	B309
227	Counseling Process & Problems (6)	3	Larson	Tu 5:30-8:30	B332
231	Multicultural Counseling (6)	3	Ramos-Sanchez	W 5:30-8:30	B308
243	Delinquent, At-Risk, and Nonconv. Youth	3	Michels	M 5:30-8:30	B241
275	Ethical and Legal Issues in Counseling	3	St. Louis	Th 6:00-9:00	B238
291	Counseling for Grief and Loss (2)	3	Larson	M 5:00-8:00	B236
298	Psychology and Spirituality (2)	3	Prucha	W 6:00-9:00	B238
301	Occupational Information and Resources (15)	3	Surrell	M 5:30-8:30	B333
305	Field Lab (\$85/unit)	1-3	Staff	--	--
308	Bill Wilson Center Field Experience	3	tbd	Tu 5:00-9:00	BWC
309	Field Experience*	1-6	Staff	--	--
310	Independent Study	1-6	Staff	--	--
311	Psychology of Marriage Counseling (4)	3	B-Shapiro	M 5:00-8:00	B309
312	Counseling for Contemporary Problems (14)	3	Baron	W 6:00-9:00	B241
315	Advanced Seminar Family Counseling (4)	3	Axelmann	M 5:30-8:30	B331
318	Clinical Assessment I** (7)	3	Hayes	W 5:30-8:30	B237
319	Clinical Assessment II**	3	Quatman	Th 5:30-8:30	B236
323	Psychopharmacology	3	Fisher	Tu 5:30-8:30	B308
331A		3	Moretti	n/a	--
331C		3	Moretti	n/a	--
331H		3	Moretti	n/a	--
333	Practicum:MFT OC211	3	Moretti, P	Th 4:30-7:30	DS317
333	Practicum:MFT OC208	3	Moretti P	Th 6:30-9:30	A&S232
333	Practicum: MFT OC208	3	Moretti P	Th 1:45-4:45	B309
364	Interventions w/ Latino Families/Children(16)	3	De Anda	Tu 5:30-8:30	A&S129
380	Behavioral Management of Health (6)	3	S. Shapiro	W 6:00-9:00	B332
390	Advanced Seminar in Couples Therapy (12)	3	Wile	Sat - 4/3, 4/17, 5/1, 5/8	B237
399	Thesis	3-6	tbd	--	--

NOTE: *Need permission from advisor plus permission form on file.

**Must complete both Clinical Assessment I and II should enroll in sequential quarters in order to have the same instructor.

*****CPSY 218** – Last class will meet on May 18th, with a mandatory meeting on Saturday, May 1st 9-4.

******CPSY 219A – Lab Groups start the 2nd wk of school. Mandatory marathon scheduled for Sat, Apr 24th 9 - 5:00, location tba**

Prerequisites identified by numbers in parenthesis:

(1) 200, 218 & lab group	(5) 311, 315, 318	(9) 300, 302, 303, 304	(13) 231
(2) 200	(6) 200, 218	(10) 227, 318	(14) 200,216,218
(3) 227	(7) 218	(11) 300,301,302,303	(15) 300
(4) 212 and 227	(8) 318	(12) 311	(16) 231 or 360

Registration Period: February 2-13, 2004

Instruction Begins: March 29, 2004

Examinations: June 7-11, 2004

NOTE:

Please **do not register** for a class which has a pre-requisite you have not yet completed **unless** you have permission of the instructor. You will have to drop this class during Add/Drop week if you lack pre-requisites or permission.

01/15/04 – Please check the most recent schedule for revisions and room assignment changes! Some classes may meet on holidays – check with instructor.

Room Key: A&S = Arts & Sciences

B = Bannan

OC = O'Connor Hall

BWC = Bill Wilson Center

!!!ALL REGISTRATION IS THROUGH E-CAMPUS. Classes subject to cancellation if insufficiently enrolled!!!

DISABILITY ACCOMMODATION POLICY: To request academic accommodations for a disability, students must contact Disability Resources located in The Drahmman Center in Benson, room 214 (408) 554-4111; TTY (408) 554-5445. Students must provide documentation of a disability to Disability Resources prior to receiving accommodations.