

Master of Arts in Counseling Psychology

Degree Type

Master of Arts

(Online + Low-residency)

The Master of Arts in Counseling Psychology (MACP) degree program provides formal training in the art, science, and practice of family systems therapy and professional clinical counseling. In addition to a broad and rigorous preparation in counseling psychology, the program provides training in theory and treatment inspired by both secular and spiritual concepts and interventions. Mindfulness, movement, and expressive arts, in both clinician self-care and treatment interventions, are integrated throughout the curriculum.

Students who graduate from the MACP program complete the current requirements as set by the California Board of Behavioral Sciences (BBS) for the Marriage and Family Therapy and/or Professional Clinical Counselor educational tracks. In addition, they complete a minimum one-year supervised practicum providing therapy to clients in preparation for registering as either a Marriage and Family Therapy or Professional Clinical Counselor associate in the State of California. The program also supports students in completing the requirements that they identify to register for post-degree clinical training in many other states and countries.

Careers as Licensed Marriage and Family Therapists (LMFTs) and Licensed Professional Clinical Counselors (LPCCs) often include supervisory positions in counseling agencies as well as serving as clinical staff, managers, directors, and administrative positions in substance abuse and mental health treatment settings, hospitals, corrections agencies, and private practice. Students who complete the MACP degree and do not choose to pursue post-degree clinical training often apply their education in other fields, including business, coaching, or spiritual guidance.

The MACP degree is a three-year online and low-residency program with mandatory, intensive sessions twice a year. The in-person intensive occurs on campus one time per year at the beginning of the Fall quarter for ten consecutive days. The virtual synchronous intensive occurs one time per year at the beginning of the Spring quarter for ten consecutive days.

Advisors are assigned at the beginning of the program and meet with students for ongoing mentoring, advising, and review of readiness to begin clinical practicum. Annually, advisors meet with each student either at the intensives or via teleconferencing for a formal and documented review of student progress. Faculty members, advisors, and the Program Chair may require students to meet for further discussion and recommendations.

Note about Additional Fees: In addition to program tuition, attendance at the in-person intensives on campus for the MACP program requires students to budget for travel, room, board, and the intensive fee (see fee schedule).

Program Learning Outcomes

Upon successful completion of the Master of Arts in Counseling Psychology program, students will be able to:

- Summarize, compare, and evaluate a broad range of theories, perspectives, methods, and research findings, including those of Transpersonal Psychology and Systems Theory, used in the field of counseling psychology.
- Apply counseling psychology theories, perspectives, methods, and research findings to important human problems and case examples.
- Communicate and collaborate effectively as either a Marriage and Family Therapist or a Professional Clinical Counselor, integrating a transpersonal stance into a service within a variety of mental health settings and with a diverse set of clients and team members.

- Reflect upon their own whole-person development, including growth in mind, body, spirit, creativity, and community, and identify opportunities for continuing development.
- Apply the ethical and professional values, legal standards, and regulations of a Marriage and Family Therapist or a Professional Clinical Counselor across professional settings and interactions.

Degree Requirements

To receive a Master of Arts in Counseling Psychology degree, students must successfully complete a minimum of between 90 and 94.5 units depending on the Concentration selected. The following are specific degree requirements:

- **14 units in Transpersonal Arc Courses**
- **59.5–64 units in Clinical Core Courses** (including LMFT or LPCC Concentration Courses)
- **16.5 units in Capstone Clinical Practicum Sequence**—in California, a minimum of 225 supervised clinical hours are required for MFT, and a minimum of 280 supervised direct counseling hours are required for PCC. This requirement varies based on the regulations of other states and locations wherein students reside and plan to license. A minimum of four quarters of practicum coursework is required, and all students will need to secure a traineeship position at an approved local site providing mental health services.
- **Complete 40 hours of documented psychotherapy as a client during the program**, including a minimum of 20 hours prior to entering Clinical Capstone Practicum Sequence

Transpersonal Arc Courses (14 units)

The Transpersonal Arc provides foundational skills in transpersonal theory and introduces somatic practice, mindfulness, and creative expression as core to whole-person learning. Labs provide further opportunities to explore transpersonal skills for both personal growth and clinical interventions. The following courses from the Transpersonal Arc are required for the MACP degree:

| Item # | Title | Credits |
|----------|-------------------------------------------------------------|---------|
| MLR10011 | Creative Expression, Part 1 | 1.0 |
| MLR10012 | Creative Expression, Part 2 | 1.0 |
| MLR30011 | Clinical Applications of Meditation and Mindfulness, Part 1 | 0.5 |
| MLR30012 | Clinical Applications of Meditation and Mindfulness, Part 2 | 1.0 |
| MLR30013 | Clinical Applications of Meditation and Mindfulness, Part 3 | 0.5 |
| MLR4001 | Mind-Body Integration: Aikido A | 1.0 |
| MLR4002 | Mind-Body Integration: Aikido B | 1.0 |
| MLR6001 | Transpersonal Theory and Literature | 2.0 |

Students are required to complete 3 units from the following:

| Item # | Title | Credits |
|---------|----------------------------------------------------------------|---------|
| MLR1066 | Transpersonal Skills Lab 2 - Psychosynthesis (Creative Focus) | 1.0 |
| MLR3066 | Transpersonal Skills Lab 2 - Psychosynthesis (Spiritual Focus) | 1.0 |
| MLR4066 | Transpersonal Skills Lab 2 - Psychosynthesis (Somatic Focus) | 1.0 |

Students select 3 units from the following:

| Item # | Title | Credits |
|---------|----------------------------------------------|---------|
| MLR1065 | Transpersonal Skills Lab 1 (Creative Focus) | 1.0 |
| MLR3065 | Transpersonal Skills Lab 1 (Spiritual Focus) | 1.0 |
| MLR4065 | Transpersonal Skills Lab 1 (Somatic Focus) | 1.0 |
| MLR1067 | Transpersonal Skills Lab 3 (Creative Focus) | 1.0 |
| MLR3067 | Transpersonal Skills Lab 3 (Spiritual Focus) | 1.0 |
| MLR4067 | Transpersonal Skills Lab 3 (Somatic Focus) | 1.0 |

Clinical Core Courses (59.5–64 units)

The Clinical Core consists of coursework that meets the requirements for the California Board of Behavioral Sciences educational experience for MFT and PCC Concentrations as of the publication time for this Academic Catalog:

Introductory Clinical Courses (22.5 units)

| Item # | Title | Credits |
|----------|---------------------------------------------------------------|---------|
| MLR20061 | Human Development Across the Lifespan: Part 1 | 3.0 |
| MLR20062 | Human Development Across the Lifespan: Part 2 | 1.5 |
| MLR20001 | Group Dynamics, Part 1 | 0.5 |
| MLR20002 | Group Dynamics, Part 2 | 0.5 |
| MLR20003 | Group Dynamics, Part 3 | 0.5 |
| MLR20004 | Group Dynamics, Part 4 | 0.5 |
| MLR20005 | Group Dynamics, Part 5 | 1.5 |
| MLR20006 | Group Dynamics, Part 6 | 0.5 |
| MLR20007 | Group Dynamics, Part 7 | 0.5 |
| MLR20071 | Counseling Principles and Practices, Part 1 | 2.0 |
| MLR20072 | Counseling Principles and Practices, Part 2 | 1.0 |
| MLR20073 | Counseling Principles and Practices, Part 3 | 1.5 |
| MLR20111 | Systems Theory and Application, Part 1 | 0.5 |
| MLR20112 | Systems Theory and Application, Part 2 | 3.0 |
| MLR20113 | Systems Theory and Application, Part 3 | 1.0 |
| MLR20281 | Power, Culture, and Identity in Counseling Psychology, Part 1 | 0.5 |
| MLR20282 | Power, Culture, and Identity in Counseling Psychology, Part 2 | 3.0 |
| MLR20283 | Power, Culture, and Identity in Counseling Psychology, Part 3 | 1.0 |

Intermediate Clinical Courses (13.5 units)

| Item # | Title | Credits |
|----------|--------------------------------------------------------------|---------|
| MLR2069 | Pre-Practicum: Clinical Training Preparation (MFT/PCC Focus) | 0.5 |
| MLR20692 | Pre-Practicum: Clinical Training Preparation (MFT/PCC Focus) | 1.0 |
| MLR20531 | Law and Ethics, Part 1 (MFT/PCC Focus) | 1.5 |
| MLR20532 | Law and Ethics, Part 2 (MFT/PCC Focus) | 3.0 |
| MLR20781 | Psychopathology: Part 1 (MFT/PCC Focus) | 1.5 |
| MLR20782 | Psychopathology: Part 2 (MFT/PCC Focus) | 3.0 |
| MLR5025 | Career Development A | 1.5 |
| MLR6035 | Research Methods A | 1.5 |

Advanced Clinical Courses (23.5–28 units)

| Item # | Title | Credits |
|----------|-------------------------------------------------------------------------------------|---------|
| MLR2013 | Child and Adolescent Focused Therapy and Intervention | 2.0 |
| MLR2077 | Psychopharmacology, Brain Structure and Development, and Severe Mental Illness | 4.5 |
| MLR20101 | Human Sexuality, Gender Identity, and Treatment of Psychosexual Dysfunction, Part 1 | 1.0 |
| MLR20102 | Human Sexuality, Gender Identity, and Treatment of Psychosexual Dysfunction, Part 2 | 1.0 |
| MLR2023 | Addiction: Social Implications and Recovery | 4.5 |
| MLR20301 | Advanced Trauma and Crisis Interventions: Part 1 | 3.0 |
| MLR20302 | Advanced Trauma and Crisis Interventions: Part 2 | 1.5 |

Students must complete 6 units for the MFT Concentration:

| Item # | Title | Credits |
|----------|--------------------------------------------------|---------|
| MLR20121 | Advanced Couples Counseling, Part 1 (LMFT Focus) | 1.0 |
| MLR20122 | Advanced Couples Counseling, Part 2 (LMFT Focus) | 1.0 |
| MLR20123 | Advanced Couples Counseling, Part 3 (LMFT Focus) | 1.0 |
| MLR20401 | Advanced Theory and Skills, Part 1 (LMFT Focus) | 1.0 |
| MLR20402 | Advanced Theory and Skills, Part 2 (LMFT Focus) | 1.0 |
| MLR20403 | Advanced Theory and Skills, Part 3 (LMFT Focus) | 1.0 |

Students must complete 10.5 units for the LPCC Concentration:

| Item # | Title | Credits |
|---------|---------------------------------------------------|---------|
| MLR5026 | Advanced Career Development (LPCC Focus) | 3.0 |
| MLR6036 | Advanced Research Methods (LPCC Focus) | 3.0 |
| MLR6037 | Assessment, Appraisal, and Testing of Individuals | 4.5 |

Based on the state of residence, the state for which licensing is sought, and overall educational goals, students may select to take all courses in both Concentrations.

Capstone Clinical Practicum Sequence (16.5 units)

MACP students must complete one full year of Clinical Practicum as a Capstone Project. To advance to Clinical Practicum, students must be in good academic standing, have completed all required practicum prerequisites (see Clinical Core Courses above) and 40 hours of personal psychotherapy, and have no outstanding incomplete grades. The MACP faculty member in charge of monitoring the practicum must approve the Clinical Practicum site. Students must register for the Practicum Evaluation class and Capstone Clinical Practicum Sequence and submit appropriate forms and practicum contracts. The sequence consists of the following courses:

| Item # | Title | Credits |
|---------|------------------------------------------------------------------------------------------|---------|
| MLR2080 | Practicum Evaluation (MFT/PCC Focus) | |
| MLR2070 | Practicum 1 | 3.0 |
| MLR2071 | Practicum 2A: Transpersonal Based Case Formulation, Treatment Planning and Applications | 1.5 |
| MLR2072 | Practicum 2B: Transpersonal-Based Case Formulation, Treatment Planning, and Applications | 3.0 |
| MLR2073 | Practicum 3: Systems Theory-Based Case Formulation, Treatment Planning and Applications | 4.5 |
| MLR2075 | Practicum 4A: Evidence Based-Case Formulation, Treatment Planning and Application | 1.5 |
| MLR2076 | Practicum 4B: Evidence-Based Case Formulation, Treatment Planning and Applications | 3.0 |

In order to accrue the minimum number of clinical hours with supervision, students may register for additional units of practicum:

| Item # | Title | Credits |
|---------|------------------------|---------|
| MLR2079 | Supplemental Practicum | 1.0 |

Licensure

Laws in each state or country regulate the professional practice of both Marriage and Family Therapy and Professional Clinical Counseling. Requirements differ for the respective licenses, and the requirements are subject to change by action of each jurisdiction's legislature or licensing bodies. Students intending to practice outside California should consult the licensing body of their desired state of residence and/or jurisdiction before beginning study to ensure completion of all requirements.

California Marriage and Family Therapy (LMFT) or Licensed Professional Clinical Counselor (LPCC)

Licenses: A qualifying master's degree is required to apply for LMFT and/or LPCC Associate status. The California Board of Behavioral Sciences (BBS) requires coursework in a variety of clinical areas and foci in preparation for LMFT and/or LPCC degree requirements. Depending on which Concentration (or track) the student completes, the degree complies with the educational requirements of Chapter 13, Article 1, §4980.36 (LMFT Track) or Chapter 16, Article 3, §4999.33 (LPCC Track). Beginning in the second year of study, students elect to complete one or both tracks.

Completion of any coursework or degree does not guarantee licensure. The Licensed Marriage and Family Therapist and Licensed Professional Clinical Counselor licenses are granted at the sole discretion of the Board of Behavioral Sciences. Contact the BBS with questions about licensure:

Board of Behavioral Sciences
1625 N. Market Blvd., Suite S-200 Sacramento, CA 95834
(916) 263-2699 – (866) 503-3221
Email: BBSWebmaster@dca.ca.gov | Website: <http://www.bbs.ca.gov>

Leave of Absence

For details, see Leave of Absence Policy elsewhere in this Catalog. For MACP students wishing to return from a Leave of Absence to complete the degree, it is important to contact the academic advisor when a determination has been made to resume studies. Working closely with the academic advisor, students wishing to complete the degree after an approved Leave of Absence will need to return at an appropriate point when relevant courses in the sequence are available.

| Total Credits | 90-94.5 |
|--------------------------|----------------|
| Course Sequencing | |

Concentrations

Creative Expression Concentration

The Creative Expression Certificate (CEC) provides students the opportunity to use coursework across programs to receive a professional application certification. The CEC offers an exciting opportunity to study the theories and practices of creative expression, creative process, intermodal creative expression and integrated arts. The certificate provides the necessary educational groundwork to contribute to students' ability to use the expressive arts in their profession. The CEC may also assist program graduates in obtaining credentials from various professional organizations in the expressive arts. *However, students need to check with each organization for the qualifying requirements, which may change over time.*

Upon successful completion of the certificate coursework and with the approval of the CEC director, a Professional Creative Expression Certificate will be awarded to the student.

| Item # | Title | Credits |
|----------|---------------------------------------------------------------|---------|
| MLR1000 | Creative Expression Concentration Orientation Course | 0.0 |
| MTP8300 | Creative Expression and Transformation | 3.0 |
| MLR10011 | Creative Expression, Part 1 | 1.0 |
| MLR1065 | Transpersonal Skills Lab 1 (Creative Focus) | 1.0 |
| MLR1066 | Transpersonal Skills Lab 2 - Psychosynthesis (Creative Focus) | 1.0 |
| MLR1067 | Transpersonal Skills Lab 3 (Creative Focus) | 1.0 |
| MLR2013 | Child and Adolescent Focused Therapy and Intervention | 2.0 |
| MLR20071 | Counseling Principles and Practices, Part 1 | 2.0 |
| MLR20072 | Counseling Principles and Practices, Part 2 | 1.0 |
| MLR20073 | Counseling Principles and Practices, Part 3 | 1.5 |
| MLR20111 | Systems Theory and Application, Part 1 | 0.5 |
| MLR20112 | Systems Theory and Application, Part 2 | 3.0 |
| MLR20113 | Systems Theory and Application, Part 3 | 1.0 |
| MLR9042 | Showcase Portfolio | 1.0 |

CEC coursework offers students an exciting opportunity to study the theories and practices of creative expression, creative process, intermodal creative expression, and integrated arts. The Certificate aims to provide the necessary educational groundwork for program graduates to use the expressive arts in their clinical or other professional activities. The CEC may assist program graduates in obtaining credentials from a professional organization in the expressive arts. The International Expressive Arts Therapies Association (IEATA) is one such organization through which students can be eligible for further credentials related to creative expression. If interested in this option, students should contact IEATA <https://www.ieata.org/> to assess and discern the pathway toward certification with this organization, mindful of the fact that certification requirements may change over time. Students may also consult the section of the Academic Catalog for the Master of Arts in Transpersonal Psychology, whose Certificate may provide coursework of interest to those pursuing further creative expression credentials. Upon successful completion of the above coursework and with the approval of the CEC Director, a Creative Expression Certificate is awarded to the student.