

Thinking about Graduate Study in Clinical or Counseling Psychology?

The undergraduate major in Psychology provides students with a comprehensive education in the field. From this breadth of understanding, each student may customize his or her degree by identifying a special area of interest within psychology. In addition to the courses required for the Psychology Major, the following is a list of upper division courses to consider. Students may choose to take more courses than required for completing the major and degree.

The courses listed here are especially relevant to career development in Clinical or Counseling Psychology. While your major requirements take precedence, if you are interested in a career in the mental health profession, we suggest you consider additional choices from the options provided below.

Info on-line



For more information about your Major in Psychology at SJSU visit the web at:
<http://psych.sjsu.edu/undergrad>

ABOUT CLINICAL PSYCHOLOGY

The area of clinical psychology is concerned with the understanding and treatment of psychological distress. Clinical and counseling psychologists work in the field of mental health to assess and treat people with psychological problems. There are many ways to engage in the mental health profession as it relates to clinical psychology. With an undergraduate degree in psychology individuals can be involved in some administration tasks in mental health, and with additional certification, engage in limited delivery of therapeutic services as a paraprofessional (e.g., as a substance abuse counselor) in a variety of community health agency settings.

To practice psychotherapy requires a license (e.g., Marriage and Family Therapist or licensed Psychologist). Different graduate degrees (degrees earned after you complete your undergraduate degree) allow individuals to become eligible for these licenses. These mental health professionals and clinical scientists may act as therapists for people experiencing normal psychological crises (e.g., grief) or for individuals, couples, and families suffering from chronic psychiatric disorders. Some clinical psychologists are generalists who work with a wide variety of populations, while others work with specific groups like children, the elderly, or those with specific disorders (e.g., depression, post traumatic stress disorder, or schizophrenia). These professionals may be found working in academic settings, hospitals, community health centers, or in private practice.

COURSEWORK CONSIDERATIONS FOR CLINICAL PREPARATION

The following courses are recommended for those individuals seeking a career in fields related to clinical psychology. Remember, students must take the courses required for their major. These courses can be taken as electives and are encouraged as options for additional coursework:

PSYC 117 Psychological Tests and Measures

PSYC 125 Group Dynamics

PSYC 126 Drugs, Brain, and Behavior

PSYC 139 Psychology of Personality

PSYC 142 Personality and Emotional Probs of Children

PSYC 160 Introduction to Clinical Psychology

PSYC 165 Theories and Methods of Counseling

For individuals interested in pursuing graduate study in psychology (see below), extra coursework may be required by some universities. You are encouraged to look at the admission criteria of graduate schools you may wish to attend in advance so that you can take those prerequisite courses while you are a student here at SJSU. With each area of graduate study described below, we suggest one or more specific courses that students consider taking in addition to those listed above.

MINORS RELEVANT TO CLINICAL PSYCHOLOGY

The Psychology Major requires you to choose a minor. The following areas are those that would provide additional education and training for Clinical Psychology:

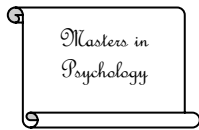
Atypical Child Studies	Gerontology
Biology	Health Science
Child Development	Philosophy
Communication Studies	Recreation
Criminal Justice Administration	Social Work
Education-Instructional Technology	Sociology

GRADUATE DEGREES RELATED TO CLINICAL PSYCHOLOGY

Info on-line

For information about applying for graduate study go to:

<http://psych.sjsu.edu/~glenn/gradschool>



Masters degrees in Clinical or Counseling Psychology

These Masters degrees lead to state licensure as Marriage Family Therapists (MFT) in California and other states. Licensure requires a minimum of 2 years of graduate training and many hours of supervised clinical practice. A Masters degree is best for those who wish to provide direct therapy services to individuals, couples, and families in community agencies.

We strongly recommend that students interested in a masters degree in clinical psychology and later licensure as an MFT (or other health professional) complete fieldwork study to obtain professionally supervised experience serving clinical populations. Students interested in completing a fieldwork course should contact a faculty member and enroll in: **PSYC 186, Fieldwork Studies.**

The Clinical Masters Degree (MS) at San Jose State. San Jose State University offers an excellent Masters degree in Clinical Psychology (the MS in Clinical Psychology) that can be completed either as **part-time** or **full-time** study. The MS program is not appropriate for those students who wish to go on for a Ph.D. because it will not provide students with the proper research training or opportunities for admission into doctoral programs. The MS program in Clinical Psychology is an excellent choice for those who wish to become Masters-level practitioners of psychotherapy. The MS in Clinical at SJSU is renowned for its excellent preparation of graduates for clinical practice. Students interested in the MS in Clinical Psychology program at SJSU are required to take the following courses:

PSYC 117 Testing and Measurement
PSYC 165 Theories and Methods of Counseling
PSYC 110 Abnormal Psychology

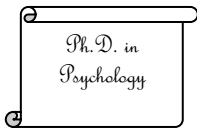
We also recommend the following courses:

PSYC 126 Brains, Drugs, and Behavior
PSYC 160 Clinical Psychology

Info on-line

For more information about the MS in Clinical Psychology at SJSU visit the web at:

<http://psych.sjsu.edu/grad/clinical>



Doctoral degrees (Ph.D.s) in Clinical or Counseling Psychology

Doctoral degrees prepare graduates for careers in research, teaching, and administration in hospitals, community agencies, and academics. Ph.D.s in Clinical Psychology can become licensed Psychologists and provide psychotherapy services, but they tend to focus more on research than practice. Professors, health care outcome researchers, treatment program designers and evaluators, and clinical scientists often have Ph.D.s in Clinical or Counseling Psychology.

A Ph.D. in Clinical Psychology focuses on empirical research of more severe psychopathology while a doctorate in Counseling Psychology focuses typically more on persons with adjustment problems and problems normally encountered in the life span rather than on persons suffering from severe psychological disorders. Individuals with a Ph.D. in Clinical Psychology sometimes go on to specialize in forensic psychology (psychology's interface with the legal system) and neuropsychology (a focus on the relation of neuroscience in clinical settings).

Additional coursework in statistics and research methods are highly recommended for those pursuing research-oriented graduate degrees (such as a PhD or MA in general or experimental psychology). It is also highly recommended that students work with a faculty member in his or her research lab to provide the experience and training necessary for this type of graduate study. We recommend the following courses for this career path:

PSYC 120A Advanced Research Methods

STAT 115 Intermediate Statistics

STAT 125 Analysis of Variance

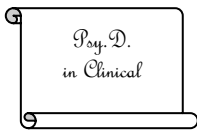
The Masters in General Psychology (MA) at San Jose State. San Jose State University does not offer a Ph.D. degree. However, many students are now obtaining a Masters degree in Psychology as preparation for their doctoral training and to increase the likelihood of getting into a Ph.D. program. The most appropriate Masters degree for preparation to go on for a Ph.D. in clinical Psychology is an MA program in General Psychology.

The MA in General Psychology at SJSU prepares students for a Ph.D. in Clinical psychology. The SJSU MA program allows students to work with professors in all of the programs (including clinical faculty) to develop their own research project. Students in the MA program can take science-based courses in the MS in Clinical program such as Advanced Adult Psychopathology, Advanced Child Psychopathology, Clinical Assessment, Psychopharmacology, and Family Assessment and Intervention Techniques.

Info on-line

For more information about the MA in General Psychology at SJSU visit:

<http://psych.sjsu.edu/grad/ma>



The Doctor of Psychology (Psy.D.) degree in Clinical or Counseling Psychology

There is a third graduate study option for students interested in clinical psychology. The Psychology Doctorate (Psy.D.) provides students with doctoral level training without an emphasis on conducting empirical research. Private and free-standing professional schools offer these degrees. Tuition tends to be very expensive at these schools because they are not typically associated with state universities. Individuals who earned a Masters in Clinical or Counseling Psychology (MS degrees) sometimes pursue the Psy.D. after their MS degree. The Psy.D. is appropriate for those who wish to provide direct therapy services to individuals, couples, and families in community agencies. Individuals who earn a Psy.D. do not go on to careers in academics or research, as the training is more focused on clinical practice.

Students should make several important considerations before applying to a Psy.D. program concerning marketability of their degree and current status of accreditation of the Psy.D. program to which they apply. In the context of managed behavioral health care there are concerns whether Psy.D.s (and Ph.D.s) can readily find employment with adequate compensation in service delivery positions. With respect to accreditation,

some Psy.D. programs lose and then regain their status of accreditation by the APA on an on-going basis. Each of these issues requires thought and investigation on the part of the applicant to be certain that the programs to which they apply will meet their immediate and longer term career goals.

Suggestions for those students interested in pursuing a Psy.D. are similar to those for MS in Clinical Psychology graduate applicants. Students interested in completing a fieldwork course should contact a faculty member and enroll in: **PSYC 186, Fieldwork Studies**.

The Clinical Masters Degree (MS) at San Jose State. As described above, San Jose State University offers a Masters degree in Clinical Psychology (the MS in Clinical Psychology) that can be completed either as **part-time** or **full-time** study. This program can be a precursor for some individuals who wish to go on for their Psy.D. if they choose to do so in the future.

Info on-line 

For more information about the MA in General Psychology at SJSU visit:
<http://psych.sjsu.edu/grad/clinical>

GET INVOLVED AND LEARN MORE ABOUT CLINICAL PSYCHOLOGY

Be sure to talk to undergraduate faculty advisors and other faculty members in the Department of Psychology about your interests. They may have some good ideas about how to pursue your goals with your undergraduate degree. They may be able to suggest good people to talk with

We encourage students who are interested in learning more about their major become involved in psychology at the local and national levels.

Info on-line 

Check out the programs and other information for undergrads offered by the Department of Psychology at SJSU on the web.

PSI CHI – the national honor society in psychology, local chapter at SJSU
<http://psych.sjsu.edu/~psichi/>

Become a student affiliate with national organizations here in the West and across the country. Student affiliates receive many of the benefits of professional members, but at a much more reduced rate!

Info on-line 

Check out these links for information about different organizations that study, discuss, and have conferences on issues in clinical psychology.

www.apa.org - American Psychological Association (APA)
www.aabt.org - Association for the Advancement of Behavior Therapy (AABT)
www.aps.org - American Psychological Society (APS)
www.westernpsych.org - Western Psychological Association (WPA)
www.calpsychlink.org - California Psychological Association