**Doctoral Program in Counseling Psychology**

As a student or professional immersed in counseling psychology, you know the rewards of working with people to improve their lives. Your experience can be enhanced through our Doctoral Program in Counseling Psychology. This degree focuses on understanding theory and research, and applying it to the practice of counseling psychology. Working closely with faculty, practicum site supervisors and fellow students, you will gain the comprehensive training and practical experience needed to open up potential new careers, such as psychologist, consultant, administrator and professor.

**The Psy.D. in Counseling Psychology:**

- Utilizes a practitioner-scholar model that emphasizes the application of scientific knowledge to real-life client needs
- Is designed to develop self-aware practitioners who engage in ethically sensitive practice with diverse populations
- Emphasizes a culture of connection, encouraging students, staff, faculty and alumni to form strong interpersonal networks with one another
- Provides instruction by faculty who continue to be engaged in clinical practice

**Accreditation**

The Doctoral Program in Counseling Psychology is accredited by the Commission on Accreditation of the American Psychological Association (APA) and is one of only a small number of institutions nationwide with an APA-accredited program offering the Psy.D. in Counseling Psychology. From the beginning, you are provided with information germane to the identity of the subspecialty of counseling psychology to reinforce the professional identity of the counseling psychologist. Development of an increased awareness of your personal and professional characteristics is emphasized through coursework and clinical training, as self-examination is critical to successful therapeutic outcomes.

**Special Opportunities**

The following experiences may be available to you during your tenure as a GSPP student.

- The Interprofessional Center for Counseling and Legal Services (IPC) offers free psychological services to a diverse population of clients with mental health issues, while providing both practicum experiences and a pre-doctoral internship for graduate professional psychology students.

- The Graduate Student Organization (GSO) is a student-led organization founded to enhance the experiences and development of graduate psychology students within the University of St. Thomas.

- A study abroad J-term course, an elective course option, focuses on diversity and adds an intensely experiential component by traveling, living, and learning in the highly diverse country of Singapore.

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“My educational experience at St. Thomas provided me with the foundation to demonstrate competent clinical skills in the mental health field. I valued the knowledgeable and supportive faculty and have gained lasting friendships from the cohort experience.”

-Robyn Janssen, Psy.D., LP,
Psychologist at The Emily Program
Plan of Study
The post-masters doctoral program coursework is completed over a three-year period, with the two practica taking place concurrently during this time. Qualifying exams are completed near the end of year two and beginning of year three. The program concludes with internship during the fourth year and is a full-time clinical experience. The dissertation is a focus throughout the four years of study. An advisor mentors a student’s project through all phases of the project.

Credits
The Psy.D program consists of 81 total credits that encompass several core courses, one elective, two practica, a dissertation and internship.

Core Courses (54 credits)
- Introduction to Doctoral Studies in Counseling Psychology
- Qualitative Methods of Inquiry
- Quantitative Methods of Inquiry
- Psychological Testing II (Personality) Lab
- Psychological Testing III (Cognitive) Lab
- Advanced Psychopathology
- Contemporary Approaches to Psychotherapy
- Relationship Counseling
- Diversity Issues in Counseling Psychology
- Advanced Group and Social Behavior
- Biological Bases of Behavior
- Learning and Cognition
- Life Span Development
- Historical Foundations
- Contemporary Ethical Issues
- Vocational and Organizational Psychology
- Supervision and Consultation
- Professional Development Seminar in Counseling Psychology
- Electives (3 credits)

Practicum (12 credits)

Dissertation (3 credits)

Internship (9 credits, students only pay for three of these credits)
Each student is required to complete a 2000-hour internship, and must enter the APPIC-match to obtain the internship. The internship process is a national process in which all doctoral programs participate. Students should plan to apply nationally and may complete an internship outside of the state of Minnesota. Typical sites at which students complete their internship include: university counseling centers, medical centers, correctional facilities or community mental health centers.

Cohort Model
The Psy.D in counseling psychology program uses a cohort model that fosters cooperative learning and develops a sense of group identity, cohesion and support. Students admitted to a cohort complete the majority of coursework with the same group of students. The cohort model of training facilitates the personal and professional growth of students and enhances the learning environment by consistently reinforcing collaborative approaches to skill acquisition while providing a supportive educational experience.

Timing
The Psy.D program is designed to give working professionals maximum flexibility with courses taking place on nights and weekends. Due to the practicum expectations for the doctoral degree, students typically work part-time while enrolled. The program is designed to be completed in four years with the doctoral project and internship following successful completion of coursework.

Accreditation
The University of St. Thomas’ Graduate School of Professional Psychology has been accredited by the Commission on Accreditation of the American Psychological Association since October 2000.

*Questions related to the program’s accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation American Psychological Association 750 1st Street, NE Washington, DC 20002 Phone: (202) 336-5979 / E-mail: apaaccrred@apa.org Web: www.apa.org/ed/accreditation

Contact Us
Questions? We would love to hear from you.

Graduate School of Professional Psychology (651) 962-4650 gradpsych@stthomas.edu

www.stthomas.edu/counselingpsychology

New Cohort Begins Each Fall.
Have questions? Want to meet some of our faculty and hear from a few of our graduate students? Join us for one of our upcoming information sessions. For more information, visit www.stthomas.edu/counselingpsychology.