

PSYCHOLOGY (PSY)

PSY 101: Introduction to Psychology I (3 credits)

Using an active learning approach, students will explore psychological perspectives and methods as explanations for human behavior and mental processes. Other topics include: neurophysiology, consciousness, learning, personality theories, and psychological disorders.

PSY 150: Survey of Forensic Psychology (3 credits)

This course introduces students to the field of forensic psychology and explores the relationship between psychology and the legal system. Current events, case studies, and research are used to demonstrate the applications of forensic psychology to critical issues and special topics in the field. Students will gain a broad understanding of the different career opportunities from a multidisciplinary perspective.

Prerequisite: PSY 101

PSY 200: Introduction to Human Services (3 credits)

This course will explore the role and responsibilities of human service professionals working in a variety of settings while serving varying populations. The course will examine the history of human services, its professional standards and ethical standards, key models and intervention strategies, as well as the foundational knowledge and skills required to be successful in the field. This course will also explore the evolution of the field of human services; diversity, equity and cultural humility; and issues related to social justice and advocacy in all related systems impacting individuals, families, and larger communities.

Prerequisite: PSY 101

PSY 205: Child Development (3 credits)

This course is a study of developmental changes from birth through 12 years old. Prenatal and neonatal issues are also discussed. Physical, emotional, social, and cognitive growth are explored at each age. The dominant theories of development are examined, as well as contemporary issues relating to childhood and parenting.

Prerequisite: PSY 101

PSY 206: Adolescent and Adult Development (3 credits)

This course surveys how people develop and change from the onset of adolescence through late adulthood. Different theoretical perspectives and contemporary information relating to the physical, social, emotional, and cognitive realms are examined.

Prerequisite: PSY 101

PSY 209: Growth and Development (3 credits)

This course focuses on human growth and development over the lifespan. Theories related to physical, cognitive, social and personality across the lifespan will be explored. Life-changing health conditions and treatments are discussed with regard to potential psychological and social impact that these conditions and treatments may have on children, adolescents, adults, and health-care givers within the community.

Prerequisite: PSY101

PSY 210: Sport Based Youth Development (3 credits)

This service learning course examines historical and social factors impacting youth development in urban settings. Students will explore the effect of socioeconomic and sociopolitical factors on children's development, specifically relating to health, nutrition, psychosocial growth, and educational opportunities. Students will examine how sport and physical activity programming can be leveraged to address problems faced by youth in urban communities. In addition, students will be required to participate in after-school sport based youth programming in the community. Students will be encouraged to build upon their understanding gained in the course to develop projects that will promote positive youth development.

PSY 216: Psychology of Cultural Diversity (3 credits)

This course is designed to assist, encourage, and challenge students to develop more fully their awareness and knowledge of self and others in a culturally pluralistic society. Basic concepts and ideas that are relevant to multicultural human service and development will be introduced. Culture and environment will be discussed as interactive experiences and basic dimensions of diverse groups will be explored.

Prerequisite: PSY 101

PSY 221: Death, Dying, and Bereavement (3 credits)

This course introduces the principles explored in thanatology, including hospice care, the grief process, cultural variations in the mourning process, and the various religious views of the afterlife.

Prerequisite: PSY 101

PSY 224: Effective Youth Development and Mentoring (3 credits)

This course serves as an introduction to best practices of working with youth through the development and mentoring process. Issues include goals of youth development/mentoring, protective factors affecting youth, resilience, ethics of mentoring, and the involvement of family, school, and community. Competencies of youth workers will also be addressed. The course involves an integrated service learning project in which students are paired with youth for weekly mentoring at a local agency/school.

PSY 240: Psychopathology (3 credits)

This course explores a wide range of personality, behavioral, and cognitive disorders. The symptoms, etiology, and dynamics of various disorders are studied, and a variety of therapeutic theories and techniques are discussed.

Prerequisite: PSY 101

PSY 250: Behavioral Research Methods (3 credits)

This course introduces the student interested in human behavior to experimental design procedures emphasizing methodology, data collection techniques, and critical evaluation of research practices.

Prerequisite: ENG 124, MAT 120, and PSY 101

PSY 260: Cooperative Education (3 credits)

Students work a total of 85 hours in a professional setting off campus. In addition, they take a weekly seminar course to process their experience and make theory-practice connections.

Prerequisite: A grade of C or higher in PSY 101, successful application process and approval by the Faculty Advisor for the Co-Op Program. Open only to HHS, Pre-OT, and Psychology majors.

PSY 280: Positive Psychology (3 credits)

This course offers opportunities to deepen the understanding of the essential elements of positive psychology including the history and its place in the field of psychology as an empirical based practice. Strategies for integrating positive psychology to develop healthy living practices will also be addressed. This course is offered online.

Prerequisite: PSY 101

PSY 285: Psychology in the Field (3 credits)

This course will cover the broad discipline of psychology and its subspecialty areas within the field; career opportunities available in the field and educational requirements for field entry; graduate program exploration; and practical issues confronting professionals in psychology and related occupations. Through research, self-reflection and weekly networking activities, students will be introduced to the wide range of possible careers in psychology, while exploring their own academic and career goals based on their personal interests, strengths, and skills. Students will explore the benefits of professional organizations, networking, and the value of lifelong learning and professional development. Whether students are planning to attend graduate school or seek employment upon graduation, this course will explore what they can do to increase their chances of success in their chosen career path.

Prerequisite: PSY 101

PSY 299: Psychology Internship (3 credits)

(This course is graded Pass/Fail) Students are given an opportunity to receive supervised training from practicing professionals. 120 hours required.

Prerequisite: minimum of cgpa of 2.0 and sophomore status. Open only to psychology majors.

PSY 300: Childhood Psychopathology (3 credits)

This course presents the etiology of childhood disorders (emotional, social, and cognitive), as well as intervention techniques.

Prerequisite: PSY 205, PSY 206, or PSY209

PSY 310: Human Sexuality (3 credits)

The biological, social, and psychological aspects of human sexual behavior are studied in the context of contemporary American society. Emphasis is placed on research methods and findings relative to human sexual behavior. Topics discussed will typically include: the development of sexuality, the formation of attachments, the varieties of sexual expression, sexual problems and their treatment, and legal aspects of human sexual behavior.

Prerequisite: PSY 101

PSY 321: Theories of Personality (3 credits)

This course investigates the major personality theorists from Freud to more recent and contemporary theorists like May and Rogers. Emphasis is placed on the critical evaluation and practical application of each theory reviewed.

Prerequisite: PSY 101 and junior or senior status

PSY 330: Psychology of Women (3 credits)

This course surveys the issues pertinent to women's diverse roles in contemporary society along with the historical significance of the women's movement. Gender differences in social, personality, and cognitive development are addressed.

Prerequisite: PSY 101

PSY 335: Psychology of Criminal Behavior (3 credits)

Criminal behavior is studied in the context of societal and genetic influences on personality formation. Juvenile delinquency and the early expression of anti-social behaviors are discussed. The psychological aspects of violence, addiction, and how mental illness contributes to criminal behavior are addressed. Gender issues related to crime are presented. An external community experience is incorporated to provide an opportunity to apply course content and learning to real world issues.

Prerequisite: PSY 240 and junior or senior status

PSY 336: Psychology of the Female Offender (3 credits)

This course focuses on the psychological aspects of female offenders with an emphasis on gender and criminological theorizing, female juvenile delinquency, females as offenders, mental illness in corrections, and females in prisons. Issues such as sexism, racism, social class inequality, cultural factors, addiction, relationships, and victimization are explored in the context of understanding what psychological issues contribute to female involvement in crime, society's perception of women offenders, and special considerations related to females within the criminal justice system. An external community experience is incorporated to provide an opportunity to apply course content and learning to real world issues.

Prerequisite: PSY 150, PSY 240, and junior or senior status

PSY 340: Physiological Psychology (3 credits)

This course provides the student with a knowledge of the biological components of behavior. Basic neuroanatomy and neurochemistry are discussed with respect to a variety of topics such as emotions, sensation, aggression, sleep, memory, reproductive behaviors, eating disorders, and certain forms of psychopathology.

Prerequisite: PSY 101 and junior or senior status

PSY 341: Drugs and Behavior (3 credits)

This class examines drug and alcohol abuse and dependency. Analysis of the present opiate epidemic, types of illicit drugs, behavioral and biological effects, the common pathway for the addictive process, and the etiology of addiction as a brain disorder including the relative roles of genetic and environmental influences are explored. Psychological impact of addiction, as well as various forms of treatment, including cognitive behavioral therapy, 12-step recovery, and medication assisted treatment, are also addressed. Students will understand the consequences of use, for both the individual and for society, and some of the failed responses of government and the legal system to this disease.

Prerequisite: PSY 101

PSY 342: Crisis Intervention for Community and Mental Health Settings (3 credits)

This course will provide students with a basic understanding of mental health crisis intervention and de-escalation strategies, milieu management, and how to work and communicate effectively with individuals who may be presenting with impaired judgement or impulsive tendencies. Elements of self-awareness and self-care are embedded throughout this course, as well as components related to ethical considerations and trauma informed care. Students will also gain an understanding of larger systems issues and how to determine appropriate dispositions.

Prerequisite: PSY101 and PSY240

PSY 346: Health Psychology (3 credits)

This course explores the behavioral, cognitive, emotional, and social factors that affect physical health. Prevention, intervention, and treatment techniques will be discussed with an emphasis on approaches to changing unhealthy practices and maintaining health.

Prerequisite: PSY 101

PSY 347: Early Intervention with Infants and Toddlers (3 credits)

This course, especially offered to those interested in careers in Child Psychology, surveys current and classic research in infant and toddler development. Typical and atypical development issues of children from birth to three years are studied with a focus on early intervention theories, programs, services, and techniques currently in use.

Prerequisite: PSY 205, PSY206, or PSY 209

PSY 360: Understanding the Ability in Disability (3 credits)

This course will consider the biological, psychological, environmental, social, and cultural factors that interact with ability issues. It will examine common disabilities that affect an individual's function, explore social and political issues that impact service delivery, as well as review the history of disability care in the US. Considerations for working with individuals with disabilities will be explored, such as ethical guidelines, interpersonal skills, and accessibility. Through an increased awareness of intersectionality, students will gain a greater understanding of the socio-cultural factors and interdependent systems that impact individuals with disabilities.

Prerequisite: PSY 101

PSY 361: Principles of Case Management (3 credits)

This course explores the principles, practices, and issues in case management with an emphasis on prevention and intervention strategies. Students will review the history and evolution of case management as a delivery strategy used in human services and related fields such as social work, counseling, and healthcare. Models of case management and the phases of assessment will be explored in order to develop the skills to create strength-based assessments and service plans. Students will develop their knowledge and skills in the areas of planning, assessment of community resources, referral procedures, crisis intervention, and setting appropriate boundaries. Through the use of case studies, students will assess client needs and determine the types of data necessary to ensure the ethical delivery of services. Issues related to ethics, cultural humility, and advocacy in case management delivery will also be explored.

Prerequisite: PSY 101

PSY 370: Social Psychology (3 credits)

Social behavior is studied from a psychological perspective. Topics addressed typically include: small group behavior, personal perception, attitude acquisition and change, leadership, conformity, and prejudice.

Prerequisite: PSY 101 and junior or senior status

PSY 380: Interviewing and Counseling (3 credits)

This course introduces fundamental skills used in the helping profession including, interviewing, developing rapport, and elements of the counseling process. The multicultural, ethical and legal considerations, non-verbal behavior, and self-care will also be addressed.

Prerequisite: PSY 101 and Junior status

PSY 400: Psychology Capstone (3 credits)

In the psychology capstone, students are provided with the opportunity to synthesize knowledge, skills, and awareness acquired throughout their program into a community based project. During this course, students will demonstrate initiative and leadership by developing a major integrative project on a topic related to their professional goals. The course provides an opportunity for students to demonstrate communication skills, application of knowledge, critical thinking, sensitivity to ethics and diversity, and an appreciation of research that has been acquired during their undergraduate education.

Prerequisite: PSY 101 and junior or senior status

PSY 405: Counseling Diverse Populations (3 credits)

This course provides students with an understanding of the sociocultural context that influence personal biases and the explanations of psychological processes. Students will be invited to consider the roles of power and privilege in the development of psychological theories and methods.

Prerequisite: PSY 101 and junior or senior status

PSY 406: Counseling Ethics and Professional Development (3 credits)

This course provides students with the foundation in counseling ethics. This course will cover basic ethical principles such as informed consent and confidentiality; during this course, students will demonstrate an understanding of ethics by comparing codes across the mental health professions. This course will also cover professional issues such as self-awareness and the business of psychopathology.

Prerequisite: PSY 101 and junior or senior status

PSY 415: Suicide: Assessment and Treatment (3 credits)

This course will provide the student with an understanding of the many factors involved with both suicide and parasuicide (self-harming behavior). A broad spectrum of approaches will be covered, including psychological, sociological, physiological, and existential. Students will also be presented with information about the assessment, treatment, and prevention of this leading cause of death.

Prerequisite: PSY 240 and junior or senior status

PSY 425: Parenting (3 credits)

This course will focus on the role of the parent as it relates to the child's healthy development at each stage. The importance of providing a proper role model, communication, discipline, attachment, and sibling relationships are discussed with consideration of varying cultural and family configurations. Issues such as the role of the father, as well as situations involving abuse, neglect, and stress will be included.

Prerequisite: PSY 205, PSY206, or PSY209 and junior or senior status

PSY 430: Clinical Psychology (3 credits)

This course explores some of the key areas within the field of clinical psychology, with particular emphasis on assessment (cognitive, personality, and diagnostic) and treatment (crisis intervention and psychotherapy). Various forms of psychotherapy, including psychodynamic, cognitive, and humanistic/experiential therapy, will also be examined. Prerequisites: PSY 101, PSY 240, and junior or senior status

PSY 432: Cognitive Psychology (3 credits)

The Cognitive Psychology course introduces the basic principles and models that fall under the wide umbrella of Cognition. The course includes: models of cognitive psychology, and examination of the basic principles and theories pertinent to the study of thought processes, problem solving, perception, attention, memory, linguistics, neuropsychology, thinking and intelligence, information processing and Cognitive Behavioral Therapy (CBTP). The course is designed to permit a large degree of student discussion, with examples to apply the information to the real world.

Prerequisite: PSY 101 and junior or senior status

PSY 438: Community Youth Development (3 credits)

This course explores contemporary issues facing community-based youth organizations in the United States. Students will explore respective social, cultural, political, and/or organizational underpinnings of issues as focused in two major domains: (1) contemporary issues facing community-based youth serving organizations themselves (e.g., evolving missions, funding, paid and volunteer staff, collaborations, etc.); and (2) contemporary issues facing the youth audiences served by the organizations (e.g., substance abuse, truancy and drop-out, workforce development, sexual activity, etc.)

PSY 441: Seminar in Advanced Forensic Psychology (3 credits)

This capstone seminar course is designed to provide an opportunity for the students to synthesize, reflect upon, and analyze the complexities of the intersection of criminal law and psychology. An external community experience is incorporated to provide an opportunity to apply course content and learning to real world issues. This course will highlight the major historical and current issues and controversies related to juvenile, adult and international forensics, and students will conduct case analyses from a multidisciplinary perspective.

Prerequisite: PSY 150 and two upper-level (300+) courses in psychology, and Junior or Senior status.

PSY 455: Systems of Care for Children and Families (3 credits)

This course is designed to enhance student exposure and understanding of macro and clinical interventions available for youth and families, with a close examination of systems. Topics covered include theoretical underpinnings of our systems of care, safety planning, wraparound services, and in-home therapy. Students will investigate multi-levels of care, all while 'imagining better' and thinking creatively about what that might look like. This course will explore services and care through a diversity lens, aligning goals and ideals with race, equity, and inclusion. A special focus will be placed upon learning the development and execution of critical documents and written reports necessary for advocacy with young people. This course is designed to provide students with a solid platform on which they may continue to develop a rich and meaningful practice with youth and families.

Prerequisite: PSY 101 and junior or senior status

PSY 495: Independent Research (3 credits)

This course, supported by the Office of Student Research and Creative Work, enables students to complete special research projects, scholarly activities, or creative works under the guidance of a faculty mentor. The project should focus on a clearly defined research question related to the course of study. As part of the course, the student must present the results or findings at the year's Academic Achievement Day. To obtain approval for the independent research project, the student must: (1) meet with the faculty mentor to discuss the project; (2) request a project proposal form from the Office of Research and Creative Work; (3) complete proposal form including a summary that identifies the research question; the research process to be undertaken, any budget requests; the timeline for completion; and a confidential approval form from their faculty mentor (4) submit the proposal to the Research Committee for approval. Upon final approval of the student's proposed independent research project or creative work, the Dean of Academic Resources will inform the student, the faculty mentor, and the Registrar.

PSY 498: Psychology Internship (3 credits)

(This course is graded Pass/Fail.) Students receive supervised training from practicing professionals typically during the final semester of the fourth year. Learning is achieved through observation and/or direct participation. Students are placed appropriately in settings that relate to their individual and educational career objectives. Sites may include public educational facilities, human services agencies, mental health clinics, and law enforcement and criminal justice agencies.

Prerequisite: A minimum cgpa of 2.0, senior status, and approval of department chair. Open only to psychology majors

PSY 499: Psychology Internship (6 credits)

(This course is graded Pass/Fail.) Students receive supervised training from practicing professionals typically during the final semester of the fourth year. Learning is achieved through observation and/or direct participation. Students are placed appropriately in settings that relate to their individual and educational career objectives. Sites may include public educational facilities, human services agencies, mental health clinics, and law enforcement and criminal justice agencies.

Prerequisite: A minimum cgpa of 2.0, senior status, and approval of department chair. Open only to psychology majors

PSY 501: Human Lifespan Development (3 credits)

Examine the nature and needs of individuals at all developmental stages of life. Understand the major theories of physical, cognitive, affective, and social development and their application to Mental Health Counseling practice with attention to the impact of cultural and environmental factors.

PSY 515: Childhood and Adolescent Development (3 credits)

Childhood and Adolescent Development This course will focus on issues that affect continued growth and development during early, middle and late adolescence. Theoretical perspectives on adolescence help students to appreciate various conditions that influence both the mind and the body. For example, concepts such as identity, sexuality, puberty, autonomy, friendship, and family will be addressed.

PSY 531: Human Sexuality (3 credits)

This course is a study of the crucial problems involved in understanding human sexuality and assisting individuals and couples with sexual concerns. It is designed to provide scientific information in the following areas: research about sexuality, sexual development, aging and sexual functioning, sexual orientation, gender issues, sexual anatomy & physiology, sexual response cycles, psychological and social sexual dynamics, treatment of sexual disorders and sexual trauma/abuse, sexual behavior patterns, sexual communication, contraception, infertility, and sexually transmitted infections.

PSY 535: Professional Counseling Orientation and Ethical Practice (3 credits)

This course is designed to provide students with a practical awareness of ethical standards and codes of conduct in the field of counseling, including orientation to the identity and role of a Clinical Mental Health Counseling practitioner. Students will review and critically analyze case studies which incorporate such topics as ethical decision making, informed consent, confidentiality, boundary and relationship issues, professional competence, supervision, and multicultural and diversity issues.

PSY 540: Individual and Family Treatment of Substance Abuse Disorders (3 credits)

This course will focus on the principles of substance use counseling. Substance use counseling theories, orientations and treatment models will be evaluated for effectiveness. Students will learn, discuss and practice different facilitation styles and approaches to individual, family and special population's substance use counseling. Role playing will be utilized to demonstrate appropriate skill development as it relates to substance use counseling. This class, including role playing, will provide opportunities for students to apply theoretical knowledge to clinical situations.

PSY 550: Family Systems (3 credits)

This course will focus on family dynamics and family systems. Various family systems theorists such as Minuchin, Satir, and Haley will be reviewed and discussed. Specific attention will be given to issues of substance use within the family, including both working with someone with primary substance use and the effects of substance use on family structure. Students will be given the opportunity to practice various systemic interventions that promote healthy psychological development within the family system. The impact of culture, gender, and sexual identity will be examined.

PSY 590: Trauma & Crisis Intervention (3 credits)

This course is designed to provide students with a general understanding of the key concepts, theories, and models of trauma and crisis intervention. Students will explore the ways in which trauma and crisis impact individuals, groups, and communities with consideration to vulnerable populations. Further, the course will provide educational resources and knowledge around assessment and treatment planning through opportunities with case study evaluation and discussion forum topics.

PSY 620: Psychopathology and the Diagnostic Process (3 credits)

This course provides students with an advanced understanding of relevant nomenclature and psychopathology from a developmental, biological, psychodynamic, cognitive, behavioral, interpersonal, and family systems perspective. Students will learn how to interpret the system of assessment and understand coding and reporting procedures outlined in the Diagnostic and Statistical Manual of Mental Disorders 5 that are utilized in making a diagnosis of a mental disorder. Students will explore the process of clinical diagnosis and demonstrate how to formulate a differential diagnosis of DSM disorders. Students will incorporate relevant research and case studies throughout the course to integrate the various perspectives within a clinical context. Students will also learn how to write a Clinical Write Up based on industry standards.

PSY 625: Applied Research Methods and Program Evaluation (3 credits)

This course addresses research design and methodology as used by social scientists and program evaluation researchers. The course emphasizes a critical understanding of experimental and non-experimental designs, confounding factors that may bias results, assessment strategies, and data evaluation methods. By completion of this course, the student will be able to understand and critique the reliability and validity of various research design and analysis techniques. The student will also demonstrate the ability to apply critical research methodologies within the context of program evaluation research.

PSY 640: Psychopharmacology in Addictions and Mental Health Counseling (3 credits)

The use of medications in the treatment of alcohol and drug dependence and their co-occurring disorders has historically been controversial. Newer medications with less potential for addiction are increasingly being used, including agonist and antagonist drugs designed to have a direct impact on the neurochemistry of addiction. Finding the balance between treating dependence and co-occurring depression, anxiety, trauma and other disorders poses a special challenge, and it appears that addressing these issues concurrently shows the most success. This course will review current clinical models of intervention and differential diagnosis. A brief review of relevant neuroanatomy and neurophysiology will set the stage for an examination of major psychotropic medications, including antipsychotics, antidepressants, mood stabilizers and anti-anxiety medications, as well as newer medications for addictions treatment. This course will be grounded in clinical material and frequent presentation of case material. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership, and client interaction.

PSY 650: Seminar in School Adjustment Counseling (3 credits)

This course addresses Massachusetts State knowledge requirements specific to eligibility for the School Adjustment Counselor/School Social Worker initial license, including: Learning disorders, emotional issues affecting student achievement, and their treatment; Techniques for communicating and working with families and school and community personnel; Knowledge of the criminal justice system with particular reference to the juvenile justice system and organizations; and, federal and state regulations addressing the legal rights of students and families.

PSY 654: Drugs, Medication, and Society (3 credits)

This course will help the student understand the tremendous impact that substance abuse has on members of our society. Cognition, judgment, emotions, and motivation in the developing brain are all affected negatively by the neurobiochemical manipulation secondary to substance abuse.

PSY 657: Counseling and Co-Occurring Disorders (3 credits)

This course will enable the student to learn those counseling techniques and skills that are essential for working with clients who suffer from co-occurring disorders such as addiction and mental health problems. Students will develop an understanding of how clients can self-medicate underlying mental health and emotional problems by means of illicit drug use and abuse. With this understanding, the student will learn how to develop effective treatment plans for clients with co-occurring disorders.

PSY 658: Psychological Assessment in Counseling (3 credits)

Students will learn to administer and interpret standardized assessments and screening tools used for the evaluation of infants, children, adolescents, adults, and the aging. Students will learn specific screening tools for substance use disorders as well as in-depth standardized assessments for alcohol and drug use. The course will focus on cognitive, projective and personality instruments as well as assessment of substance use disorders and attitude surveys. The importance of accurate report writing, as well as observational and interview skills will be emphasized.

PSY 660: Social and Cultural Foundations (3 credits)

This course is designed to provide students with an understanding of the various theories, issues and trends of providing counseling in a multi-cultural and diverse society. Foundational knowledge and skill needed to provide mental health counseling services to diverse populations in a culturally diverse manner will be the core structure of this course of study. Such theorists as Monica McGoldrick will be reviewed for impact on current thinking and implications for mental health counseling.

PSY 662: Counseling Theory and Practice (3 credits)

This course is designed to provide students with a broad understanding of the theory and application of contrasting theoretical models of counseling and forming helping relationships. Students will examine the theory and application of various counseling models through lecture, presentations, group discussion, experiential activities, readings and reflection. This course will address the therapeutic process and practical elements of the counseling interaction, and assist students in strengthening their own personal approach to the helping relationship. In addition, it will challenge students to conceptualize their own qualities that support and hinder the therapeutic helping relationship.

Lab fee: \$200.00

PSY 663: Career Development Theory and Practice (3 credits)

This course will focus on the dynamic relationship that can exist between a person's culture and other related and associated issues in the employment arena. Topics will focus on career counseling, occupational development theories, educational planning, market research and vocational assessment tools as well as the use of technology as a tool in career counseling. Case studies will also be utilized.

PSY 664: Counseling Skills and Techniques (3 credits)

This course will guide the students to a more refined level of the helping relationship while building on the skills learned in PSY 662. Students will develop a solid understanding of the helping relationship by learning intensive listening skills and the effectiveness of attending to the client. Students will also gain a deeper understanding of their own communication styles as they relate to such dynamics as culture, body language, vocal qualities and attitude.

Prerequisite: PSY 662

PSY 665: Group Dynamics and Mental Health Counseling (3 credits)

This course will focus on the principles of group dynamics and group members' roles and behaviors, and therapeutic factors of group therapeutic work. Students will talk about group leadership and different facilitation styles and approaches to group counseling. Students will learn specific models and techniques relevant to group treatment for substance use disorders, including use of motivational interviewing. Group counseling theories, orientations and behaviors will be evaluated for effectiveness. Role playing will be utilized to demonstrate appropriate skill development as it relates to mental health group work.

PSY 670: Fieldwork (3 credits)

The Master's Fieldwork experience, required of all students, develops knowledge and skills of professional psychology and provides opportunities to apply theoretical knowledge. Students select a setting appropriate to their field of study such as: schools, agencies, community centers, residential facilities, and correctional institutions. Students must obtain 160 clock hours of fieldwork experience under the joint supervision of the department and the organization.

PSY 671: Theories and Models of Trauma and Attachment (3 credits)

This 3 credit class will provide the student with a comprehensive understanding of the foundation of trauma theory and therapy, attachment theory and the relationship to trauma, history and current theories in the field, the nature of trauma (examples including abuse and exploitation, combat trauma, natural disasters and community trauma, and familiar and covert trauma), how trauma affects individuals and systems, grief reactions, and traumatic stress. Also included in this class, is the exploration of the professional's response to trauma, vicarious re-traumatization, crisis intervention, comorbid disorders and post-modern treatment. Additional topics will include special populations, as well as cultural competence within trauma practice.

Prerequisite: PSY664

PSY 672: Neurobiology of Trauma (3 credits)

In this 3 credit class, students will build upon foundational knowledge and theory to provide a bio-diverse understanding of the effects of complex trauma on brain chemistry, functioning and anatomy of the brain, and brain development, within the context of attachment, affect regulation, normative brain development, and trauma disruption. Class materials will address the functions of brain areas that are involved in responding to traumatic events; how the brain and body respond to traumatic events; the influence of traumatic events on memory processes; common emotional and behavioral responses to trauma; and how to effectively work with trauma survivors. We will examine common trauma symptomatology and presentations that arise from these disruptions across the lifespan, including understanding the functionality of disassociation. Additionally, students will review a range of evidence-based interventions that can help positively impact the neurophysiological effects of trauma in youth and adults, with an emphasis on achieving functionality and health within the whole self. Life span work will be incorporated, as well as co-morbid medical presentations and how to engage your clients with understandable explanations of the link between mental health disorders and biology.

Prerequisite: PSY 664

PSY 673: Advanced Techniques in Treating Acute and Complex Trauma (3 credits)

This 3 credit advanced treatment course will build upon PSY 672 and provide students with skills for the practical application of trauma therapy within practice settings, including understanding diagnostic criteria and the spectrum of trauma-based presentations, diagnostic clarity within the trauma lens, treatment planning with the trauma client, ethical applications of crisis intervention with trauma clients, sociopolitical and cultural factors in the diagnosis and treatment of trauma, discharge planning. Course work will address current best practices in the treatment of trauma with families, adults, and children, including the models empirically supported by APA practice guidelines (EMDR, TF-CBT, ARC therapy, IFS, CBT, CPT, NET). Additionally, auxiliary skill models to support Trauma therapy will be discussed, including DBT, medication management, and MBSR. Coursework will include evaluating cultural competence of practice skills and special populations.

Prerequisite: PSY 664

PSY 674: Adv. Techniq. in the Treatment of Trauma: Children and Adolescents (3 credits)

The purpose of this 3-credit course is to provide students with advanced counseling skills in the treatment of trauma in children and adolescents. This course will explore developmentally appropriate applications of the principles of trauma-informed care as well as specific trauma-focused skills and interventions for children and adolescents. Issues related to the developmental consequences of childhood trauma, impact of trauma on family systems, and diagnosis and assessment of trauma and related symptoms will be covered. Students will explore evidence-based practices for addressing a wide range of symptoms in traumatized youth. Expressive therapies such as art, play, and other nonverbal and symbolic techniques will be integrated.

Prerequisite: PSY 664

PSY 679: Fieldwork II (3 credits)

The Master's Fieldwork II experience, an elective for the LADC concentration, applies knowledge and skills of substance use treatment within a community setting. Students select a setting appropriate to their field of study such as: agencies, community centers, residential facilities, and correctional institutions that provide primary substance use treatment. Students must obtain 150 clock hours of Fieldwork II experience under the joint supervision of the department and the organization (for a total of 300 hours between PSY 670 and PSY 679).

PSY 680: Counseling Practicum and Seminar (3 credits)

This pre-master's clinical 100-hour Practicum experience is required of all CMHC students. 40 hours are spent in role-playing counseling exercises with peers, 25 hours in a combination of individual and group supervision, and 35 hours in counseling-related independent study. The scope of this experience will include practice of counseling skills, review of ethics and professional issues, and exploration of clinical supervision including ways in which a student's personal life experience interacts with their role as a counselor. Total hours of practicum, including supervision, contact hours, and independent study hours, are structured to comply with Massachusetts LMHC licensure requirements, and also meet Connecticut LPC eligibility requirements.

Prerequisite: PSY 664 and PSY 658

PSY 682: Seminar in Integrated Behavioral Health (3 credits)

This course has been designed to help prepare students to work in Primary Care Behavioral Health (PCBH). Students will learn the foundations of PCBH, strategies for conducting brief assessments, how to document in a medical record, along with an overview of short term treatment modalities and interventions.

PSY 696: Counseling Internship and Seminar I (3 credits)

This 200-hour internship experience will take place in a clinical setting and will afford students the opportunity to work in a professional counseling environment. Students will become oriented to policies and procedures of their chosen placement. Students will observe and gradually become involved in the provision of a wide range of clinical mental health services. They will have direct contact with clients, and will receive individual supervision from their agency supervisor. Group supervision meetings will be held virtually twice per semester. Total hours of internship, including supervision and direct contact hours, are structured to comply with Massachusetts LMHC licensure requirements, and also meet Connecticut LPC eligibility requirements.

Prerequisite: PSY 680

PSY 697: Counseling Internship and Seminar II (3 credits)

This 200-hour internship experience will continue to enhance the counseling skills as experienced within the context of Counseling Internship I and will continue to afford students the opportunity to work under direct clinical supervision with individuals who seek mental health support. Students will enhance their professional counseling skills, gradually working more independently, including conducting assessments, determining DSM diagnoses, formulating treatment plans, and providing counseling to individuals and groups. Students will receive individual supervision from their agency supervisor. Group supervision meetings will be held virtually twice per semester. Total hours of internship, including supervision and direct contact hours, are structured to comply with Massachusetts LMHC licensure requirements, and also meet Connecticut LPC eligibility requirements.

PSY 698: Counseling Internship and Seminar III (3 credits)

This 200-hour internship experience continues to afford students the opportunity to work with individuals who seek mental health support and counseling. Students practice their counseling skills in the most diverse range of services offered at their agency. At this point in the internship, students are expected to have achieved a level of mastery that allows for them to engage in more intensive and independent work. Students will receive individual supervision from their agency supervisor. Group supervision meetings will be held virtually twice per semester. Total hours of internship, including supervision and direct contact hours, are structured to comply with Massachusetts LMHC licensure requirements, and also meet Connecticut LPC eligibility requirements.

PSY 720: Psychopharmacology in Addictions and Mental Health Counseling (3 credits)

This course explores the basic neurobiological processes of psychotropic medications and the use of medication assisted treatment for substance use disorders while emphasizing the challenge of integrating evidence based treatment and psychopharmacological interventions for co-occurring disorders. It delves into historical practices and the increasing use of newer, less addictive medications impacting addiction neurochemistry.

PSY 727: Clinical Interventions for Combat Stress and Trauma (3 credits)

This course focuses on the multifaceted nature of combat stress and trauma (CST) and addresses its impact on military personnel and civilians exposed to war operations. It explores the historical, diagnostic, and therapeutic dimensions of CST, with special attention given to the effects of CST on veterans' families. The emphasis is on diagnosis, treatment strategies, referral resources, and support systems, with insights and practical skills essential for those engaging with CST in various professional capacities.

PSY 729: Trauma Intervention in Schools (3 credits)

This course will explore the impact of trauma on a child/adolescent's neurobiological development, relationships, behavior, learning, and academic performance. It will review various strategies to help traumatized children in schools as well as explore the role of the School Adjustment Counselor (SAC) in supporting those children and the staff that instruct them.