

PSYCHOLOGY

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Programs Offered

Bachelor of Arts in Psychology
Minor in Psychology
Minor in Gerontology
Certificate in Gerontology
Master of Arts in Psychology through Special Sessions
Depth Psychology

What is Psychology?

Psychology is defined as the study of human behavior and experience. According to the American Psychological Association, psychology has three faces: it is a discipline, a science, and a profession. Psychology is a calling that requires one to apply special knowl-

edge, abilities, and skills in order to solve human problems. It is an extremely diverse field that attracts people with a wide variety of backgrounds, interests, and skills.

Mission of the Psychology Department

Our department is distinguished by its focus on the quality of human experience. Founded in 1960, the department has historically been allied with the humanistic and existential traditions in psychology. This emphasis has expanded to include a diverse array of approaches to studying human experience. We now offer learning experiences in areas ranging from the experiential to the experiential, from graduate school preparation to personal growth, from individual issues to community concerns. We actively encourage the integration of various perspectives, rigorous analysis, respectful debate, and engaged skills-based learning. Our goal is to help students to develop skills in 1) knowing and evaluating their own experience, 2) understanding human experience from a variety of theoretical frameworks, 3) learning and valuing diversity and multiculturalism, and 4) applying their knowledge in concrete ways that contribute to people's quality of life. We hope to empower students with psychological skills that will enable them to be effective agents of change in the world.

About the Psychology Department

The Psychology Department at Sonoma State University is distinguished by its focus on the quality of human experience. The key words here are *distinguished, quality, human, and experience*. For us, each of these words holds special significance.

Distinguished: This expresses both that the department is unique and that it has achieved recognition for this uniqueness over the years. This department offered the first graduate program in humanistic psychology and also helped to pioneer that field, with four of our members having served as president of the Association for Humanistic Psychology, an international organization. The department also has been distinctive for its pioneering work in such areas as somatics, expressive arts, biofeedback, health psychology, organization development, eco-psychology, Jungian and archetypal psychology, transpersonal psychology, interdisciplinary learning, student-directed learning, experiential learning, and learning-community approaches. This distinctiveness has led to widespread recognition. The department has stood out as a beacon for many students seeking an alternative to traditional psychology.

Quality: This word carries a number of important messages. First of all, we are interested in quality, as in *excellence*. At the same time, we are struck that the word *quality* is in ascendance in business, and elsewhere; even as we see ourselves surrounded by the deteriorating quality of our physical, social, and economic environments. We seek to develop a psychology that not only studies, but

also enhances the quality of life. The word *quality* also communicates that we value qualitative, as well as quantitative, research methods.

Human: While affirming our interdependence with all creatures, this word communicates our emphasis on studying uniquely human, rather than animal, phenomena.

Experience: We take the subjective realm seriously, rather than focusing exclusively on the objective. Our approach to investigation is often phenomenological, and, when possible, our approach to teaching emphasizes experiential approaches to learning, both inside and outside the classroom.

The origins of the department were closely associated with humanistic and existential psychology. Our current range of interests is reflected in the section on advising and interest areas below. Our teaching-learning model is person-centered. That is, we try to foster the unique intellectual, spiritual, and emotional growth of each student as an individual. Our approach to self-knowledge leads from a concern for a private and inner self to a wider concern for one's relationship with one's community and culture.

Psychology Department Learning Goals and Objectives

The Sonoma State Psychology Department is one of a handful of humanistically-oriented psychology undergraduate departments in the country. We are especially strong in several areas that are not the focus of most psychology departments but are the focus of our graduate and certificate programs: organization development, depth psychology, gerontology, somatics and body-mind approaches, and biofeedback. Our diverse curriculum offers a stimulating and timely liberal arts education that responds to current student needs and supports faculty development and renewal. The department's goals and objectives are designed to support a rich and diverse list of course offerings without compromising students' abilities to learn the skills they need. We also believe that successful teaching and learning extends beyond the classroom to individual advising.

The Psychology Department curriculum is arranged to develop the following skills in each student by graduation time. The courses are designed to enable each student to:

- Be familiar with the major concepts, theories, and perspectives in psychology;
- Be able to apply psychological theories, concepts, and principles to individual experience as well as to broader social issues and social systems;
- Be able to reflect on personal experience in light of psychological knowledge;
- Be able to recognize and understand the complexity of cultural diversity, in light of psychological knowledge;
- Be able to understand and apply basic research methods in psychology and the social sciences; and
- Be able to demonstrate skills that promote behavioral change at the individual, organizational, and community levels.

Careers in Psychology

A career in psychology opens opportunity – opportunity to break new ground in science, opportunity to better understand yourself and others, opportunity to help people live richer, more productive lives, and the opportunity for ongoing personal and intellectual growth in school and throughout your career.

Some psychologists find it rewarding to work directly with people – for example, helping them to overcome depression, to deal with the problems of aging, or to stop smoking. Others are excited by research questions on topics such as health and well being, decision-making, eating disorders, brain functioning, parenting skills, forensic work, and child development. Still others find statistics and quantitative studies to be the most fascinating areas.

Traditionally, psychologists have been employed in universities, schools, and clinics. Today, more than ever before, they can be found working in businesses, hospitals, private practice, courtrooms, sports competitions, police departments, government agencies, private laboratories, and the military, among other settings.

Psychologists fill many different roles. For example, they work as teachers, teaching the discipline of psychology in universities, four-year and two-year colleges, and high schools. Psychologists work as researchers employed by universities, government, the military, and business to do basic and applied studies of human behavior. Psychologists also work as psychotherapists, helping people to individuate and resolve conflicts. Psychologists work as counselors in school settings, working with students and their families to provide support for the students' social, cognitive, and emotional development. In addition, psychologists work as administrators, functioning as managers in hospitals, mental health clinics, nonprofit organizations, government agencies, schools, universities, and businesses. Psychologists also work as consultants hired for their special expertise by organizations to advise on the subject or problem in which the consultant is an expert, including such tasks as designing a marketing survey or organizing outpatient mental health services for adolescents.

Careers: Graduate Work And Further Training

For most professional work in psychology, a minimum of an M.A. degree is necessary. Most of our students who go on to graduate work in psychology enter the clinical/counseling/social work fields at both the master's and the doctoral level. Other popular choices are the fields of education, research psychology, business, organizational development, and criminal justice. A 2006 survey of SSU alumni who graduated as psychology majors found that nearly two-thirds of the respondents had gone on to do some sort of graduate work, most at the master's level.

Early in the major, students are encouraged to conduct Web searches on graduate training programs in their fields of interest in order to find out the specific prerequisites required in order to receive training in these areas. Students should consult the psychology department website which has extensive career information and web links to graduate schools and programs in specific areas. Some of the psychology courses and non-psychology electives should be chosen

with regard to career objectives. Students should consult with an advisor to ensure that they are taking appropriate courses.

Most master's and doctoral programs and employers prefer applicants who, in addition to their academic background, have some kind of applied internship or research assistantship that provides hands-on experience in their field.

Careers: Bachelor's Degree In Psychology

Many undergraduate psychology majors do not go on to do graduate study. A bachelor's degree in psychology means that you graduate with a strong liberal arts education and adequate preparation for entry-level employment in one of many career paths, including:

- Administration and management
- Aging human services and advocacy
- Behavior change consulting
- Biofeedback consulting
- Child development programs
- Counseling
- Editing
- Employment interviewing
- Environmental advocacy
- Executive coaching
- Health services
- Marketing and public relations
- Organizational consulting
- Personal coaching
- Personnel and human systems
- Probation and parole
- Psychiatric assisting
- Social service casework & advocacy
- Teaching
- Technical writing

Bachelor of Arts in Psychology Degree Requirements

For first-time freshmen	Units
General education	51
Major requirements	44
Electives	25
For transfer students	
General education	48
Major requirements	44
Electives	28
Total units needed for graduation:	120

Students who apply to transfer into the psychology major must have taken the following courses (or the equivalents):

- ENGL 101 Expository Writing and Analytical Reading
- PHIL 101 Critical Thinking
- PSY 250 Introduction to Psychology

ENGL 101 and PSY 250 must be completed with a grade of B or higher. Because psychology is a high-demand major, other prerequisites may be added between the release of one catalog and the next in order to control enrollment. Students considering transferring into the major should contact the department for current information.

Major Requirements

The major consists of at least 40 units in psychology plus a course in statistics, which may be taken in either a psychology or mathematics department. Of these units, at least 34 must be upper-division units (courses numbered 300 or higher at SSU; numbering at other institutions may differ). Most students take a statistics course that can also be used for the General Education area B requirement. All courses for the major must be passed with a grade of C or better. A maximum of 12 units of Special Studies and Internship may be taken credit/no credit in the major.

Required Courses for the Major Include:

- PSY 250 Introduction to Psychology (or the equivalent), taken within the past ten years. Students who believe they possess the requisite knowledge may substitute a passing score on the CLEP test in introductory psychology administered by the Educational Testing Service at (510) 653-5400.
- PSY 306 History of Modern Psychology
- PSY 307 Humanistic, Existential, and Transpersonal Psychology
- MATH 165 Elementary Statistics (or equivalent)

Recommended Courses:

- One research methods course
- One course focusing on psychological issues in diversity and multiculturalism

Each semester, research methods courses are listed at www.sonoma.edu/users/s/smithh/methods/methods. Psychology is an academic discipline that includes the systematic analysis of human behavior, experience, and consciousness through diverse research methodologies. Students enrolled in research methods courses acquire knowledge of how to critically evaluate information from the social sciences presented in popular publications and the media, and of research skills and experience required for most psychology graduate programs and research-related jobs.

The department strongly recommends that students take courses in psychology and other disciplines that educate them about issues of diversity and multiculturalism, such as culture, race and ethnicity, sexual orientation, disability, age, religion, and social class. Courses in American multicultural studies, California cultural studies, Chicano and Latino studies, foreign languages, global studies, Native American studies, cross-cultural psychology, and women's and gender studies contribute to students' development of multicultural competence.

Students are asked to consult with an academic advisor early in their major to design a course of study that fulfills major requirements and that is in line with their interest areas and career goals. When time and interest permit, students are encouraged to consider a minor in another field, or even a double major.

Advising and Interest Areas

The Psychology Department provides an individualized major that is tailored to meet your personal needs, interests, and directions. You should meet with an advisor no later than the second semester of your sophomore year, or if you are a transfer student, during your first semester at SSU. Your advisor will help you to design a major that will provide you with the background you need to pursue your career objectives. You are encouraged to come in for advising before the scheduled "advising for registration" period; faculty are more likely to be readily available earlier in the semester.

Students may choose an advisor or are assigned an advisor according to the interest areas they indicate on the advising questionnaire. Students may also change advisors at any time. The following interest areas can be used as a guide for designing the major program and for choosing an advisor:

- Adulthood and Later Life Development
- Clinical/Counseling Psychology
- Creative and Expressive Arts
- Cultural Psychology
- Developmental Psychology
- Depth and Jungian Psychology
- Ecopsychology
- Humanistic Psychology
- Personality Psychology
- Research Methods
- Social, Community, and Organizational Psychology
- Somatics/Biofeedback/Health/Performance Psychology
- Teaching Credential Preparation
- Transpersonal Psychology

Sample Four-Year Program for Bachelor of Arts in Psychology

FRESHMAN YEAR:: 30 Units	
<i>Fall Semester (16 Units)</i>	<i>Spring Semester (14 Units)</i>
UNIV 102 (optional) (3)	HUM 200 (3)
ENGL 101 (3)	MATH 165 (4)
GE (3)	Elective (4)
BIOL 110 (4)	PHIL 101 (3)
PSY 250 (3)	
SOPHOMORE YEAR:: 32 Units	
<i>Fall Semester (16 Units)</i>	<i>Spring Semester (16 Units)</i>
PSY Lower-Division Elective (4)	PSY 306 (4)
GE (3)	GE (3)
GE (3)	GE (3)
GE (3)	GE (3)
GE (3)	Elective (3)

JUNIOR YEAR:: 30 Units	
<i>Fall Semester (15 Units)</i>	<i>Spring Semester (15 Units)</i>
PSY 307 (4)	Upper-Division GE (3)
PSY Elective (4)	PSY Elective (4)
PSY Elective (4)	PSY Elective (4)
Upper-Division GE (3)	PSY Elective (4)
SENIOR YEAR:: 28 Units	
<i>Fall Semester (14 Units)</i>	<i>Spring Semester (14 Units)</i>
Upper-Division GE (3)	PSY Elective (4)
PSY Elective (4)	PSY Elective (4)
PSY 499, 481 (4)	Elective (3)
Elective (3)	Elective (3)
TOTAL UNITS:: 120	

Minor in Psychology

Students seeking a minor in psychology are encouraged to consult with a psychology faculty advisor for assistance in planning a series of courses tailored to their own personal and career goals. The requirements of the minor are:

1. Completion of PSY 250 Introduction to Psychology (or equivalent), with a grade of B or better.
2. Completion of 20 units of upper-division psychology courses, with a minimum grade of C. 16 units must be taken for a letter grade.

Minor in Gerontology

The minor in gerontology provides students with a focused multi-disciplinary program to study the aging process. The minor gives students a solid academic foundation in the field and offers practical applications through the internship. Students receive a strong theoretical orientation based in the liberal arts tradition and practical information about aging. The requirements include 22 units incorporating biology, psychology, and the social aspects of aging, and 6 elective units. Specific courses are listed under Gerontology in the catalog.

Internships

The Psychology Department strongly recommends community internship experience, particularly for the student going on to counseling or clinical psychology master's and doctoral degrees.

Each semester a number of advanced undergraduate and graduate students participate in field placements and internship work experiences in organizations and agencies throughout the University's six-county service area. These internships involve on-the-job training by the agency as well as academic work under the supervision of a faculty member. This forms an important base for academic credit and helps the student obtain a range of learning experiences

not otherwise found in the department. Applications for internship should be made near the end of the semester preceding the internship semester. A maximum of 8 units of PSY 499 Internship can be applied toward the major. Students planning on graduate work in clinical or counseling psychology are encouraged to gain internship experience well before applying to graduate school.

Research Assistantships

The Psychology Department strongly recommends research assistantships for those students going on to graduate work in psychology at the master's or doctoral levels. Many university graduate programs require students to have experience in designing and conducting psychological research, as well as in analyzing data and writing up the results. In order to find out more about these research opportunities, students should consult with individual faculty members who are mentoring students in their own research projects.

Special Studies

Students who wish to carry out independent study and research are encouraged to contact an individual faculty member of their choice.

Master of Arts in Psychology, Depth Psychology Concentration

The Psychology Department, working in conjunction with the School of Extended Education, offers a Master of Arts in Psychology with a depth psychology concentration. The M.A. program **is a self-support program administered through Special Sessions and funded entirely through student fees.**

University policy requires students in master's programs to maintain continuous enrollment until completion of the M.A. program, or pay a continuing enrollment fee of \$250.00 per semester.

University policy also requires students who take four semesters to complete their thesis/project to enroll in PSY 599, Master's Thesis.

For information about the program visit the website www.sonoma.edu/psychology/depth. Applications may be downloaded on the website, or contact the graduate administrative specialist, (707) 664-2130, psychma@sonoma.edu. You may also write to:

Psychology M.A.
Psychology Department
Sonoma State University
Rohnert Park, CA 94928-3609

Curriculum in Depth Psychology

The Depth Psychology curriculum offers a strong, supportive small-group learning environment within a structured 36-unit two-year curriculum. In the first year, the 12-15 member cohort group takes three year-long foundational courses. The theories course explores the basic concepts of Jungian psychology, which is a language for understanding in depth the movements of the psyche. The symbolic methods course involves training in symbolic work in artistic media; myth and storytelling; dreamwork; ritual; and sound, voice,

movement, and embodied depth techniques. The cross-cultural mythology course focuses on common archetypal motifs across cultures and incorporates earth-based healing techniques such as the medicine walk, council, initiation and rites of passage, and shamanistic practice.

In the second year, students explore depth inquiry with a research methods and master's thesis class, engage in interpersonal process, and choose seminars oriented around student interests. Students are encouraged to participate in internships or teaching assistantships in their second year in order to gain additional skills training. Students may choose to teach an undergraduate course in their field of expertise in the SSU psychology department; the program advisor assists students in developing curriculum and supervises the internship teaching experience. Students also have the option, at additional expense, of enrolling in University courses that meet their specific learning needs.

The master's thesis provides the opportunity for passionate inquiry into an area of deep interest. Students use symbolic depth-inquiry methods involving art, dreamwork, active imagination, sacred practices, and interviewing to explore their area of passionate concern. The thesis is often a study that symbolically explores psychological development. Master's projects may involve scholarly research, personal reflection, artistic inquiry, curriculum development and teaching, applications in the work world, and creative artistic productions. The thesis evening in May completes the thesis process.

The monthly Public Programs in Depth Psychology invites noted authors, analysts, therapists, and practitioners to a half-day lecture and lunch in the Depth community.

The program in Depth psychology is designed to move students to the next step in their personal and professional development. Graduates go on to teach, to work in community mental health services and non profits, to pursue clinical training in master's and doctoral programs, to facilitate personal growth, and to research and write in the field of depth psychology.

Program of Study

The program includes the following courses:

PSY 511A,B Theories of Depth Psychology	3,3
PSY 515 Psychological Writing	1
PSY 530A,B Seminar in Interpersonal Process	1,1
PSY 542A,B Methods and Applications of Depth Psychology	3,3
PSY 543A,B Cross-Cultural Mythology and Symbolism	3,3
PSY 570 Directed Field Experience	1-3
PSY 575 Research Methods	2
PSY 576 Seminar in Depth Psychology	1-5
PSY 582 Teaching College Psychology (optional)	3-4
PSY 584 Graduate Teaching Assistant (optional)	1-4
PSY 599A,B Master's Thesis: Project and Directed Reading	3,3

Prerequisites for Admission

Course prerequisites are required for admission and are designed to give students a foundation in the field of psychology and in symbolic expression. The Depth Psychology program has the following prerequisites:

1. B.A. or B.S. from an accredited institution;
2. Minimum GPA of 3.00 in the last 60 units of coursework;
3. An acceptable level of competence in oral and written communication, as demonstrated by the coherence of the personal statement and an oral interview;
4. Emotional maturity, as demonstrated in the applicant's personal written statement, life experiences, and oral interview;
5. Four area prerequisites (a maximum of 9 units may be lower-division courses completed at a community college): development, personality, abnormal psychology, and research methods in psychology; and
6. A minimum semester-long experience in symbolic forms (art, dream work, writing, and/or poetry) and reflection on that expression for personal growth.

Fees

Fees are set in consultation with the School of Extended Education.

Refer to the Depth Psychology website for additional information:
www.sonoma.edu/psychology/depth.