

# PSYCHOLOGY

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## DEPARTMENT OFFICE

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## GRADUATE PROGRAM

[www.sonoma.edu/depth](http://www.sonoma.edu/depth)  
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## Faculty

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Melissa Garvin  
Mary Gomes  
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Heather Smith  
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## Programs Offered

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Bachelor of Arts in Psychology  
Minor in Psychology (see info at  
[www.sonoma.edu/psychology/degree/minor.html](http://www.sonoma.edu/psychology/degree/minor.html))  
Master of Arts in Psychology with an emphasis in  
Depth Psychology, through Special Sessions

## What is Psychology?

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Psychology is the study of mind, behavior and experience. From this foundation, psychologists have developed sub-disciplines that address many diverse aspects of human experience. Psychology is a field that requires one to apply focused knowledge, 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.

## The Psychology Department

From its founding in 1960, the department was allied with the humanistic and existential traditions in psychology. The department offered the first graduate program in humanistic psychology and also helped to pioneer that field, with four faculty having served as president of the Association for Humanistic Psychology. The department has been distinctive for its pioneering work in such areas as somatics, client-centered therapy, expressive arts, biofeedback, health psychology, organization development, ecopsychology, Jungian and archetypal psychology, transpersonal psychology, interdisciplinary learning, student-directed learning, experiential learning, and learning-community approaches. This distinctiveness has led to widespread recognition.

We currently offer a diverse array of traditional and contemporary approaches to studying human experience. Faculty teach, conduct research, author books and articles, pioneer community projects, and consult with organizations and groups. Current faculty interests include social justice, multicultural psychology, health psychology, depth psychology, clinical practice and mental health counseling, spirituality and mindfulness, community service, ecopsychology, creativity, and child development. Our goal is to empower students with psychological knowledge and practical skills that will enable them to be effective agents of change in the world.

The department's five Breadth areas address central subfields in the discipline of psychology. These subfields are: holistic, clinical counseling, developmental, social/personality, and cognitive/physiological.

**Holistic:** focuses on the essential wholeness of persons by developing knowledge and skills integral to health and growth, such as self-reflection, self-awareness and creativity.

**Clinical / Counseling:** develops knowledge and skills in understanding and helping others, and in health-promoting behaviors.

**Developmental:** investigates changes in persons over the life span, and explores how this knowledge may be used in applied settings such as in parenting, education, and community life.

**Social / Personality:** focuses on how individual differences among people and the social context in which they live shape their emotions, thoughts and behavior.

**Cognitive / Physiological:** explores the physiological foundations of human experience, as well as the mental processes involved in learning, memory, perception, and problem solving.

The department strongly recommends that students take courses in psychology and other disciplines to gain competence in diversity areas of culture, race and ethnicity, gender, sexual orientation, disability, age, religion, and social class. While all psychology faculty are committed to including diversity in their courses, specific courses focus on diversity issues and students' development of multicultural competence. These courses are identified in the course descriptions

and the semester course schedule.

The department offers a master of arts in psychology with an emphasis in depth psychology. Depth psychology cultivates specific methods and skills designed to explore the inner life, give form to it, understand it, and apply it to persons, groups, art forms, and cultures. Therapists, counselors, psychologists, teachers—anyone who works closely with people—may apply the knowledge of depth psychology to their work.

### Department Learning Goals and Objectives

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

- Understand the major concepts, theories, and perspectives in psychology;
- Apply psychological theories, concepts, and principles to individual experience as well as to social issues and social systems;
- Reflect on personal experience in light of psychological knowledge;
- Recognize and understand the complexity of cultural diversity, in light of psychological knowledge;
- Understand and apply basic research methods in psychology and the social sciences; and
- Demonstrate skills that promote behavioral change at the individual, organizational, and community levels.

### Careers in Psychology

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A career in psychology gives opportunities to break new ground in science, to better understand yourself and others, to help people live richer and more productive lives, and to establish ongoing personal and intellectual growth in school and throughout your career.

Many people with psychology training find it rewarding to work directly with people—for example, helping them to overcome depression, or to stop smoking, training people on health behaviors, parenting, skills, etc. 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.

#### Careers: Bachelor's Degree in Psychology

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
- Behavioral Specialist
- Childhood Education
- Counseling
- Health services

- Marketing and public relations
- Human Resources
- Research Assistant
- Not-for-Profit Organizations
- Organizational consulting
- Probation and parole
- Psychiatric assistant
- Social service casework and advocacy
- Teaching

#### Careers: Graduate Work and Further Training

Early in the major, students are encouraged to conduct Web searches on graduate training programs in their fields of interest in order to discover graduate prerequisites. Students should consult the psychology department website which has some career information and web links to graduate schools and programs.

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.

Traditionally, with a master's or doctoral degree, people are employed in different settings such as education, government, private industry, non-profit organizations, research institutes, hospitals, and clinics. They work as professors teaching within their discipline at universities, community colleges, or high schools. Licensed psychologists provide individual or group therapy in private clinics, hospitals, the military, or schools. School counselors/psychologists work with students and their families to support healthy social, cognitive, and emotional development. People with advanced degrees are often hired as consultants to work on a variety of tasks related to their specific area of expertise—e.g., Designing marketing surveys, providing training to executives and other professionals, etc.

### Bachelor of Arts in Psychology

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For first-time freshmen	Units
General education (50, 7 units in major)	43
Major requirements	44*
Electives	33

For transfer students	Units
General education	48
Major requirements	40*
Electives	32

**Total units needed for graduation: 120**

*\*(40 units in Psychology major and 4 units in statistics.)*

#### Transfer Students:

*Transfer Students must have completed the following courses (or the equivalent):*

ENGL 101 English Composition (with a letter grade of "C-" or higher)

PSY 250 Introduction to Psychology (with a letter grade of "C" or higher)

Other courses that can transfer and are recommended to be completed at a Community College (but can also be completed at SSU)

are: PSY 280 Research Methods (with a "C" grade or better"), MATH 165 (statistics), as well as the math equivalents of BUS 211 (Business Stats), or ECON 217 (Statistics and Economics and Business) with a "C" grade or better. Please note that Psy 270, Psych or Self Discovery, must be taken at Sonoma State.

### Major Requirements

The Psychology major consists of 40 units in the major, plus a 4-unit course in statistics. Many psychology majors take more than 40 major units, and add a second major or a minor in another discipline. Students are encouraged to work in community internships and to expand their knowledge of diversity issues with coursework within the department and the university.

#### Lower Division Courses

PSY 250, Introduction to Psychology or equivalent (GE Area D1)	3
MATH 165, Statistics or equivalent (GE Area B4)	4
PSY 270, Psychology of Self-Discovery	4
PSY 280, Introduction to Research Methods (or equivalent)	4

#### Upper Division Courses:

Complete one course from 4 out of 5 Breadth Areas	15-16
Electives drawn from Breadth Areas or Electives	13-14
<b>Total</b>	<b>44</b>

In addition to statistics, no more than 11 units in the major may be lower-division psychology units. At least 29 units must be upper-division psychology (SSU courses numbered 300 or higher). All courses for the major must be taken for a grade if this is offered, and must be passed with **a grade of C or better**. A maximum of 8 units may be taken credit / no credit in the major—this includes internships and special studies courses. Psychology GE courses count for the major as well as for GE. (Psy 250, 302, and 325.)

### Required Courses for the Major

Psy 250, Introduction to Psychology, gives students a broad overview of the diverse theories and methods that psychologists use to investigate questions about human behavior and experience. An equivalent course may be taken at other colleges and universities. An AP exam score of 3 or a pass in the CLEP test of introductory psychology meets this course requirement.

Math 165, Statistics, provides the foundation to understand how psychologists and social scientists evaluate the evidence obtained in empirical studies. An equivalent course in Math or Psychology may be taken at other colleges or universities, or ECON 217, BUS 211, or MATH 165X, may be used to fill the statistics requirement. Most students use this course to meet the GE Area B4 requirement.

Psy 270, Psychology of Self-Discovery, develops skills characteristic of healthy, engaged, growth-oriented persons in areas such as mindfulness, emotional intelligence, interpersonal relationships, dreamwork, and self-reflection.

Psy 280, Introduction to Research Methods, provides foundational knowledge and skills in psychological research methods, data collection and data interpretation. An equivalent course may be taken at other colleges and universities.

### Upper-Division Breadth Areas

Students must complete one upper-division course from 4 out of 5 Breadth areas: Holistic, Clinical / Counseling, Developmental, Social / Personality, and Cognitive / Physiological. Courses marked with (Diversity) represent courses that focus on Diversity issues.

#### Holistic

PSY 307 Humanistic, Existential & Transpersonal Psychology
PSY 322 Myth, Dream & Symbol
PSY 335 Memoir & Autobiography
PSY 338 Psychology of Creativity
PSY 342 Psychology of Meditation
PSY 352 Psychology of Yoga
PSY 358 Health Psychology
PSY 360 Peak Performance Psychology
PSY 466 Jungian Psychology
PSY 470 Psychology of Film
PSY 471 Psychology of Religion
PSY 485 Ecopsychology
PSY 490 Seminar: Holistic

#### Clinical / Counseling

PSY 329 Group Process
PSY 411 Behavioral & Emotional Problems of Children
PSY 425 Psychopathology
PSY 428 Introduction to Counseling
PSY 429 Gestalt Process
PSY 430 Depth-Oriented Psychotherapies
PSY 431 Introduction to Art Therapy
PSY 490 Seminar: Clinical / Counseling

#### Developmental

PSY 302 Life Span Development (GE Area E)
PSY 408 Transitions in Adult Development
PSY 409 Social & Emotional Development
PSY 410 Child Development
PSY 412 Adolescent Development
PSY 413 Adolescent Development Through Film
PSY 414 Infant Development
PSY 418 Psychology of Family
PSY 421 Psychology of Aging
PSY 422 Seminar in Living & Dying
PSY 448 Cognitive Development
PSY 490 Seminar: Developmental

#### Social / Personality

PSY 325 Social Psychology (GE Area D1)
PSY 327 Psychology in Organizations
PSY 328 Multicultural Psychology (Diversity)
PSY 404 Psychology of Women (Diversity)
PSY 405 Psychology of Gender (Diversity)
PSY 438 Psychological Aspects of Disability (Diversity)
PSY 440 Community-Based Research (Diversity) (Research)
PSY 461 Personality
PSY 490 Seminar: Social / Personality

### **Cognitive / Physiological**

PSY 362 Human Sexuality  
PSY 415 Sensation & Perception  
PSY 446 Cognitive Psychology  
PSY 447 Learning & Behavior  
PSY 450 Physiological Psychology  
PSY 454 Biofeedback, Somatics & Stress Management  
PSY 456 Biofeedback Practicum  
PSY 490 Seminar: Cognitive / Physiological

### **Upper-Division Additional Courses**

Students must complete a total of 40 units in psychology (11 lower division and 29 upper division). After taking the required 11 lower division units AND one upper division course from 4 out of the 5 Breadth areas (15 to 16 units), students complete the remaining units (13 to 14 units) by taking ANY other upper division psychology courses. A maximum of 8 Credit/No Credit (C/NC) units may count toward the major.)

306 History of Modern Psychology  
311 Dialogue Series (C/NC)  
313 Careers in Psychology  
399 Graduate-Student Instructed Course  
445 Advanced Research Design & Analysis  
481 Research Internship (C/NC)  
482 Teaching Internship (C/NC)  
483 Advanced Teaching Internship (C/NC)  
495 Special Studies (C/NC)  
499 Internship (C/NC)  
490 Seminar: Elective

### **Advising**

During the first two years at SSU, students take the lower-division major requirements, (PSY 250, PSY 270, PSY 280) and the lower-division Freshman GE courses. The School of Social Sciences GE academic advisor provides information on GE lower-division course selection. Psychology department faculty advisors answer questions about the major, provide information about specific psychology courses, and provide information about graduate study in psychology. Students must participate in group advising sessions before registration period. Students should meet within an advisor in the psychology department no later than the second semester of the sophomore year. Please see the Psychology Department website ([www.sonoma.edu/psychology](http://www.sonoma.edu/psychology)) to identify the department's academic advisors and their office hours and locations. Transfer students must attend summer transfer orientation, group advising, and meet with their psychology advisor during their first semester.

To make the most of their education, students are encouraged to consult the psychology department website which has extensive career information and web links to graduate schools and programs. Students are encouraged to do their own research on graduate programs and course prerequisites.

### **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 students may 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 experience forms an important base for academic credit and helps students to 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. Students planning on graduate work in clinical or counseling psychology are encouraged to gain internship experience well before applying to graduate school. A maximum of 8 units of Credit/No Credit classes may be applied to the major, including internship units.

Some Psychology Department instructors offer teaching internships to advanced students who have taken and excelled in a course. Duties include working with the classroom instructor in class preparation and classroom tasks, and facilitating small group work. Teaching Assistants register for Psy 482, or 483 (Advanced) Teaching Internship (C/NC). A maximum of 8 credit/no credit units may count toward the psychology major.

### **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 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 faculty research projects. Please see the psychology department website ([www.sonoma.edu/psychology](http://www.sonoma.edu/psychology)) to identify the departments academic advisors, their hours and office hours.

### **Special Studies**

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

### **Minor in Psychology**

Please consult the department's webpage [www.sonoma.edu/psychology/degree/minor.html](http://www.sonoma.edu/psychology/degree/minor.html). for current minor availability.

### **Master of Arts in Psychology, Depth Psychology Emphasis**

The Psychology Department, working in conjunction with the School of Extended and International Education, offers a Master of Arts in Psychology with a depth psychology emphasis. The M.A. program is



a self-support program administered through Special Sessions and funded entirely through student fees.

### Curriculum in Depth Psychology

The curriculum offers a strong, supportive small-group learning environment within a structured 36-unit two-year curriculum. In the first year, the 12-15 students take three year-long foundational courses. The Theories course explores the basic concepts of Jungian psychology, which is an in-depth language for understanding psychological development and creative expression. The Methods course teaches the techniques of depth inquiry, which are methods for accessing, exploring and understanding the hidden parts of the self, through intensive work with different art forms, dreams, myth, meditation, active imagination, sandplay, nature, and the body. The Cross-Cultural Mythology and Symbolism course focuses on common archetypal motifs across cultures as expressed in image, myth, fairy tale, ritual, rites of passage, and indigenous practices.

In the second year, students explore depth inquiry with a research methods class and develop a research proposal for their culminating Master's requirement. Students have a choice of completing an article of publishable quality or a Master's thesis focused on an area of passionate interest. Students complete an internship and choose seminars oriented around student interests. Past seminars have explored individuation; earth-based rites of passage; expressive arts; trauma; transformational teaching; neuropsychology; typology; and object relations.

The second year internship offers students community work experience in their field of interest, such as teaching, the arts, mental health, ecopsychology, rites of passage, and social activism. Students may apply to teach an undergraduate course in their field of expertise in the SSU Psychology Department as an internship. Past student-taught courses include cross-cultural rites of passage; myth and narrative; and indigenous wisdom. The Program coordinator assists students in developing curriculum and supervises the teaching internship.

Students also have the option, at additional expense, of enrolling in University courses that meet their specific learning needs. After completion of coursework, university policy requires students in master's programs to maintain continuous enrolment until completion of the M.A. program. A maximum of 10 academic units may be taken as post-course work program units. There is a 7-year limit on coursework for the M.A.

The Master's program sponsors a monthly Saturday lecture series open to the public that invites noted authors, therapists, and practitioners to come and discuss their work. Past presentations have included discussions of emotion and the archetypal imagination; spirituality; archetypal masculine and feminine; sandplay case studies; images of enlightenment; and psychological initiation.

### Program of Study

#### Year One

PSY 511A,B Theories of Depth Psychology	3,3
PSY 542A,B Methods and Applications of Depth Psychology	3,3

PSY 543A,B Cross-Cultural Mythology and Symbolism	3,3
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#### Year Two

PSY 575 Research Methods	3
PSY 576 Seminar in Depth Psychology (topics vary)	9
PSY 581 Internship	3
PSY 597 Culminating Paper Tutorial	3
PSY 582 Teaching College Psychology (optional)	3-4
PSY 584 Graduate Teaching Assistant (optional)	3-4

#### Year Three and Post-Coursework (optional)\*

PSY 515 Psychological Writing	3-4
PSY 578 Project Continuation (3 semester limit)	1,1
PSY 595 Special Studies	3-4
PSY 599 Master's Thesis (following 3 semesters of PSY 578)	3

\* Students have the option to register for 1-3 semesters of Project Continuation following their two years of coursework in order to complete their article or master's thesis.

### 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 exploration. The criteria for application and acceptance into the program are the following:

1. B.A. or B.S. from an accredited institution;
2. Minimum GPA of 3.0 in the last 60 units of coursework;
3. Competency in written and oral expression, as demonstrated by the coherence of the personal statement and oral interview;
4. Emotional maturity, as demonstrated in the personal written statement, life experiences, and oral interview;
5. Four area prerequisites: child, adult or lifespan development; abnormal/psychopathology; personality; and research methods. A maximum of 9 units may be lower division courses completed at a Community College;
6. Readiness for graduate work, as evidenced through three (3) letters of recommendation; and
7. Self-Reflectiveness, as evidenced in the discussion of symbolic work.

### Fees and Financial Aid

Fees are set in consultation with the School of Extended Education. Because of the self-support nature of the program, students are eligible for University and federal financial aid in the shape of scholarships, grants and loans, but are not eligible for state-funded financial awards.

### Program Information

For information about the program, visit the website [www.sonoma.edu/depth](http://www.sonoma.edu/depth). Applications are online through the Cal State Apply process at <http://web.sonoma.edu/exed/admissions>

## Sample Four-Year Program for Bachelor of Arts in Psychology

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### FRESHMAN YEAR: 28 Units

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#### *Fall Semester (14 Units)*

PSY 250 (3)  
GE (11)

#### *Spring Semester (14 Units)*

Elective (4)  
GE (10)

### SOPHOMORE YEAR: 28 Units

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#### *Fall Semester (14 Units)*

PSY 270 (4)  
MATH 165 (4)  
GE (3)  
Elective (3)

#### *Spring Semester (14 Units)*

PSY 280 (4)  
GE (10)

### JUNIOR YEAR: 32 Units

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#### *Fall Semester (16 Units)*

PSY Breadth Area Requirement (4)  
PSY Breadth Area Requirement (4)  
PSY Breadth Area Requirement (4)  
PSY Elective (4)

#### *Spring Semester (15-16 Units)*

PSY Breadth Area Requirement (4)  
PSY Elective (4)  
PSY Elective (4)  
Upper-Division GE (4)

### SENIOR YEAR: 32 Units

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#### *Fall Semester (16 Units)*

PSY Elective (4)  
Elective (4)  
Upper-Division GE (4)  
PSY 499 (4)

#### *Spring Semester (16 Units)*

Elective (4)  
Elective (4)  
Upper-Division GE (4)  
PSY Elective (4)

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**TOTAL UNITS: 120**

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