

PSYCHOLOGY

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Programs Offered

Bachelor of Arts in Psychology
Minor in Psychology
Master of Arts in Psychology with an emphasis in Depth Psychology, through Special Sessions

What is Psychology?

In its most essential form, 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. The field of psychology develops from continuing questioning and investigation, and contemporary psychologists study areas such as health and wellness, mindfulness, neuropsychology, optimal development, and growth-enhancing interactions. The Department focuses on five subfields in psychology: holistic, clinical / counseling, developmental, social / personality, and cognitive / physiological. Psychology is a field that requires one to apply focused 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.

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, an international organization. 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, health psychology, depth psychology, clinical practice and mental health counseling, community health, spirituality and mindfulness, community-based learning, autism, ecopsychology, creativity, and infant 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 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 fruitfully apply the knowledge of depth psychology to their work.

Department Learning Goals and Objectives

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

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.

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.

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 study 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 discover graduate prerequisites. Students should consult the psychology department website which has extensive career information and web links to graduate schools and programs. Certain psychology courses and non-psychology electives should be chosen with regard to career objectives.

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 and advocacy
- Teaching
- Technical writing

Bachelor of Arts in Psychology Degree Requirements

(See page 235 for a sample four-year program.)

For first-time freshmen	Units
General education	50
Major requirements	44
Electives	26
For transfer students	
General education	48
Major requirements	40
Electives	32
Total units needed for graduation:	120

Major Requirements

The Psychology major consists of 44 units at SSU: 40 units in psychology plus a 4-unit course in statistics. Most psychology majors take more than the minimum number of major units, and many majors 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)	3
MATH 165, Statistics (GE Area B4) (or equivalent)	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
Total	44

No more than 11 of the 44 major units 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.

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. Most students use this course to meet the GE Area B 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 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

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

Clinical / Counseling

- 329 Group Process
- 425 Psychopathology
- 428 Introduction to Counseling
- 429 Gestalt Process
- 430 Depth-Oriented Psychotherapies
- 431 Introduction to Art Therapy
- 490 Seminar: Clinical / Counseling

Developmental

- 302 Life Span Development (GE Area E)
- 408 Transitions in Adult Development
- 409 Social & Emotional Development
- 410 Child Development
- 411 Behavioral & Emotional Problems of Children

- 412 Adolescent Development
- 418 Psychology of Family
- 421 Psychology of Aging
- 422 Seminar in Living & Dying
- 448 Cognitive Development
- 490 Seminar: Developmental

Social / Personality

- 325 Social Psychology (GE Area D1)
- 327 Psychology of Organizations
- 328 Cross-Cultural Psychology (Diversity)
- 404 Psychology of Women (Diversity)
- 405 Psychology of Gender (Diversity)
- 423 Community Psychology (Diversity)
- 438 Psychological Aspects of Disability (Diversity)
- 440 Community-Based Research (Diversity) (Research)
- 444 Social Justice & Intergroup Relations (Diversity)
- 461 Personality
- 490 Seminar: Social / Personality

Cognitive / Physiological

- 362 Human Sexuality
- 447 Learning & Behavior
- 450 Physiological Psychology
- 454 Biofeedback, Somatics & Stress Management
- 456 Biofeedback Practicum
- 490 Seminar: Cognitive / Physiological

Upper-Division Breadth Electives

Students complete 13-14 upper-division Psychology units that may be drawn from the Breadth areas or from the Elective courses. Courses marked with (Diversity) represent courses that focus on Diversity issues. A maximum of 8 units may be taken C / NC in the major.

Electives

- 303 Person in Society (GE Area D1)
- 306 History of Modern Psychology
- 311 Dialogue Series (C/NC)
- 313 Careers in Psychology
- 324 Learning Moments (C/NC)
- 399 Graduate-Student Instructed Course
- 441 Qualitative Research
- 445 Advanced Research Design & Analysis
- 481 Research Internship (C/NC)
- 482 Teaching Internship (C/NC)
- 483 Advanced Teaching Internship (C/NC)
- 488 Biofeedback Experience (C/NC)
- 493 Narrative: Theories & Methods
- 494 Counseling Experience (C/NC)
- 495 Special Studies (C/NC)
- 496 Psychology Tutorial (C/NC)
- 499 Internship (C/NC)

Advising

During the first two years at SSU, students take the lower-division major requirements and the lower-division GE courses. The School of Social Sciences GE advisor provides information on GE course selection. Psychology department faculty advisors answer questions about the major, provide information about specific courses, and provide information about graduate study in psychology. Students choose an advisor based on their interest areas, and may change advisors at any time. Students are encouraged to come in for advising before the registration period; faculty are more likely to be readily available earlier in the semester. Students should meet with an advisor no later than the second semester of the sophomore year, or if a transfer student, during the first semester at SSU.

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 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. 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.

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 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.

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. Courses must be taken for a letter grade unless Credit / No Credit is the only option. A maximum of 4 units may be taken Credit / No Credit.

Master of Arts in Psychology, Depth Psychology Emphasis

The Psychology Department, working in conjunction with the School of Extended 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 take an interpersonal process class 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 sandplay. 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. 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

Year Two:

PSY 530 Seminar in Interpersonal Process	2
PSY 575 Research Methods	3
PSY 576 Seminar in Depth Psychology (topics vary)	7
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 578 Project Continuation (3 semester limit)	1,1
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; personality; and research methods. A maximum of 9 units may be lower division courses completed at a Community College; and

6. Minimum semester-long symbolic exploration (for example, in art, dreams, nature, poetry, writing) and reflection on the meaning for one's life.

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. Applications may be downloaded on the website www.sonoma.edu/depth/forms, or contact the program Coordinator at laurel.mccabe@sonoma.edu, (707) 664-2130. You may also write to:

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 Sonoma State University
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Sample Four-Year Program for Bachelor of Arts in Psychology

FRESHMAN YEAR: 28 Units

Fall Semester (14 Units)

PSY 250 (3)
 GE (11)

Spring Semester (14 Units)

Elective (4)
 GE (10)

SOPHOMORE YEAR: 28 Units

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

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

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)

TOTAL UNITS: 120