



## Doctor of Philosophy in Counseling Psychology

### Program Description

#### Objectives

The program aims to develop competent and effective academicians and practitioners in counseling psychology by:

- a. Exposing the student to various theories, techniques, and applications of counselling psychology, with emphasis on their relevance to the Asia Pacific context in general and the Philippines in particular.
- b. Providing an intensive and highly supervised practicum and internship experience in specialization areas, and
- c. Developing skills for conducting scholarly and scientifically rigorous research which will contribute to the understanding, appreciation, and development of counselling in the Philippines and the Asia Pacific Region.

#### Admission Requirements

1. A Master of Science or a Master of Arts in Guidance and Counseling or its equivalent. By equivalent is meant a master's degree in psychology or in education, major in guidance and counseling with courses in Counseling Techniques I and II, Group Process, Testing in Counseling, and Organization of Guidance Services. A master's degree in another field may be considered if the applicant has 15 units of guidance and counseling courses cited above.
2. An overall grade of 90, 3.0 or B+ in the master's program.
3. Psychological tests and personal interview by the department chairperson and members of the Admissions Committee.
4. Evidence of professional promise (persona, interpersonal and the ability to communicate in English and/or Filipino effectively. Such evidence may be gathered from the student's application for admission, from the results of the admission tests and/or from the interview with the chairperson and members of the Admissions Committee.

#### Retention in the Program

1. There is an implicit responsibility to uphold the published ethical standards of the Psychological Association of the Philippines, Philippine Guidance and Counseling Association Inc., and the American Counseling Association once accepted or admitted to the program. Violation of ethical standards may result in the termination from the program.
2. The program reserves the right to review the progress of students on the basis of their ability to meet academic, personal, and professional standards.
3. Twelve hours of individual psychotherapy sessions with an accredited clinical/counseling psychologist or psychiatrist should have been completed prior to the dissertation writing. Certificate of completion should be presented to the department chair.



## Program Requirements

Prerequisites (Counseling Foundation)	(18)
Core (Psychological Foundations and Research)	15
Major (Practitioner Competencies A)	15
Specialization (Practitioner Competencies B)	6
Practicum and Internship (Professional Competencies)	12
Qualifying Exams	--
Comprehensive Exams	--
Dissertation	12
<b>TOTAL</b>	<b>60 (78)</b>

## Program Curriculum

### Prerequisite Courses (18 units)

#### **CPS 550M/ CPS 554M & CPS 555M: Theories and Techniques of Counseling (minimum 5 units)**

This course focuses on selected theories of counseling, the philosophical bases of counseling, and their applicability to Filipinos and other Asians. It includes laboratory training in basic and advanced counseling skills and practice of techniques.

#### **CPS 560M: Assessment Tools in Counseling (4 units)**

This course provides students with an overview of different assessment tools, including standardized tests and alternate and authentic techniques, which are used for counseling. It equips prospective test-users with skills to select, administer, score, interpret and evaluate these measures.

#### **CPS 593M: Group Process in Counseling (3 units)**

This course deals with the theoretical and experiential understanding of the group, purpose, development, dynamics and group counselling methods and skills and other group approaches. Students will be exposed to various group activities/exercises to learn how to become effective members and facilitators of groups in different settings.

#### **CPS 525M: Research Methods in Counseling (3 units)**

The course aims to give the student practical training in the process of clinical assessment in the mental health profession. It includes an introduction to the science and art of assessment as a foundation for the actual practice of assessment in a mental health setting. The focus is on the use of assessment techniques, such as interviewing and psychological testing. It provides actual exposure to the various stages of assessment in a counseling setting: designing a testing program, interviewing, administration, scoring, interpreting the results of a battery of psychological tests, social case history and psychological report writing, and communicating test findings.

#### **CPS 500M/CPS 501M: Basic Statistics/Quantitative Analysis in Counseling Research (3 units)**

This course focuses on the fundamental principles and techniques of inferential statistics as applied to counseling research. The course covers the definition, data requirements and interpretation of standard statistical analysis. Each standard statistical analysis is performed through the process of hypothesis testing. Part of the course is training the students in performing statistical analyses using the software STATISTICA.



**Note:** For students who have taken equivalent master's courses, the above requirements may be waived. Students who will be required to enroll in the above prerequisite courses, will be required to take the relevant undergraduate prerequisites if they have not previously done so.

## Basic Courses (15 units)

### **CPS 661D Psychopathology (3 units)**

This subject is the study of the characteristics of the psychopathologies, their etiology, prognosis and treatment.

### **Any two of the following (6 units):**

#### **CPS 531D Advanced Seminar on Biological Basis of Behavior (3 units)**

Seminar course on current research and theory on the biological, neurological, and evolutionary basis of human behavior. Particular focus will be given to topics that are relevant to the study of counseling, clinical and educational psychology.

#### **CPS 532D Advanced Seminar on Cognitive-Affective Basis of Behavior (3 units)**

Seminar course on current research and theory on the cognitive and affective basis of human behavior. Particular focus will be given to topics that are relevant to the study of counseling, clinical and educational psychology.

#### **CPS 533D Advanced Seminar on Social and Cultural Bases of Behavior (3 units)**

Seminar course on current research and theory, social psychology, social cognition, cross-cultural psychology, and cultural psychology. Particular focus will be given to topics that are relevant to the study of counseling, clinical, and educational psychology.

#### **CPS 534D Advanced Seminar on Developmental Basis of Behavior (3 units)**

Seminar course on current research and theory in developmental psychology across the lifespan. Particular focus will be given to topics that are relevant to the study of counseling, clinical and educational psychology.

#### **CPS 535P Philosophical and Theoretical Foundation of Modern Psychology (\*for ID#08 and below only)**

This course covers the psychological orientations of the early 19<sup>th</sup> century to the middle of the 20<sup>th</sup> century and their philosophical roots. It deals with the major theoretical and philosophical positions, paradigms, theories, methods of inquiry and approaches to understanding human behavior. The goal of the course is to facilitate the student's discovery and understanding of the shifting paradigms to which scientific and psychological theories were founded and based. Furthermore, the course also intends to increase the awareness of the students on the different worldviews governing their own perspectives and appreciate the foundations of other people's viewpoints.

#### **CPS 537P Social-Institutions (\*for ID#08 and below only)**

This course examines the role of the family and the school as socializing institutions. Particular attention is given to the influence of family structure and environment on educational achievement, social class and cultural variations in family lifestyles.

#### **CPS 541P Personality Theory and Philosophy (\*for ID#08 and below only)**

This course covers the theoretical and empirical approaches to the development and functioning of personality. The socio-cultural aspect of personality is given due consideration as seen in the context of counseling.



## **CPS 510P Advanced Statistics (3 units)**

This is a 3-unit course for doctoral degree students of Counseling and Educational Psychology. It extends the students' knowledge beyond the basic statistics at the master's level. It includes topics on multivariate ANOVA, multiple regression, path analysis, cluster analysis and other multivariate analysis with manifest and latent variables.

## **CPS 525P Research Methods (3 units)**

This course is the entry-level research methods course for students in the PhD Counseling Psychology and PhD Educational Psychology programs. The prerequisite course is CPS510D (Advanced Statistics) and the students are also expected to have completed a masters level course on methods of research. Thus, students are expected to be knowledgeable about the basic research designs (experimental and descriptive methods) in research and about multivariate procedures.

## **Major Courses (15 units)**

### **CPS 552P Approaches to Individual Counseling and Psychotherapy (3 units)**

An in-depth study of major theoretical positions and basic concepts of the counseling and psychotherapy relationships. Professional and ethical issues are discussed. Applications in the group setting are considered.

### **CPS 593P Advanced Group Psychotherapy (3 units)**

This course introduces counseling students to the important elements in the conduct of counseling and therapy in a group setting. Special emphasis is given to the applicability of group psychotherapy and counseling in the Philippine context.

### **CPS 570D Individual Assessment (3 units) (or CPS568P Personality Assessment, for ID#08 and below only)**

Principles and practice in the use of various types of individual assessment instruments including standardized paper-and-pencil tests used to assess personality, intelligence, and other psychological variables in the various counseling, clinical, and school settings.

### **CPS 577P Advanced Assessment in Counseling Psychology (3 units) (or CPS565P Projective Assessment for ID#08 and below only)**

Principles and practice in the use of advanced assessment techniques used in counseling psychology, with emphasis on advanced projective techniques, including Rorschach Projective Test.

### **CPS 911P Advanced Seminar in Career Counseling (3 units)**

Seminar on current research, theory and practice in career counseling.



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## Specialization Courses (6 units)

Any two advanced seminar courses from an existing list of major courses offered for the students selected area of specialization.

### **For specialization in Clinical Counseling**

#### **CPS 543P Consulting Principles & Practice (3 units)**

This course trains counseling students on basic skills in consultation with individuals and groups in schools, industry and the community. This shall be done through the exploration of the theoretical concepts in consultation, experiential learning, and actual field practice.

#### **CPS 575P Rorschach I (3 units)**

#### **CPS 576P Rorschach II (3 units)**

#### **CPS 600P Counseling Special Groups (3 units)**

This course focuses on the application of counseling techniques to facilitate adjustment of special groups to life situations such as relationship problems, personal loss, psychosocial upheaval, physical/medical limitations. Techniques are examined in the light of applicability and/or adaptability to the issues that emerge in a crisis situation.

#### **CPS 602P Counseling Children (3 units)**

How children cope with their world is determined by their perception and their feelings about that world. This course aims to provide the student with a glimpse of that world. Likewise, it discusses common childhood problems that may be brought to the attention of the counselor. Counseling strategies and interventions will be discussed in light of the developmental issues and family dynamics.

#### **CPS 603P Counseling Adolescents (3 units)**

This course deals with identification of problems adolescent encounter and how to address them by using the most appropriate and effective counseling intervention.

#### **CPS 613P Couples Therapy, Theory and Techniques (3 units)**

This course explores some of the major theories and associated techniques of couple therapy. This course also covers the most common issues and social and political factors affecting couples. A range of therapeutic modalities will be surveyed.

#### **CPS 614P Family Therapy, Theory and Techniques (3 units)**

This course is an introduction to the various approaches to Family Therapy including their theoretical constructs. Special attention will be given to the applicability of these concepts and techniques within specific cultural and ethnic contexts, including the Philippines, the Pacific Region, and the United States.

#### **CPS 632P Psychoeducational Interventions in the Community Setting (3 units)**

A critical review of the concepts emerging in the field of community psychology and counseling. Major emphasis is placed in the design and implementation of primary intervention strategies based on a community counseling model.



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### **CPS 652P Behavioral Theories and Techniques (3 units)**

Introduction to the theory, techniques, and research on behavior therapy as treatment for individuals and/ or groups.

### **CPS 653P Diagnosis and Management of Functional Disorders (3 units)**

### **CPS 663P Play Therapy (3 units)**

### **CPS 664P Creative Therapies (3 units)**

Deals with theories and concepts leading to the development and practice of culture-based approaches in a school setting.

### **CPS 700P Advanced Seminar in Counseling Supervision (3 units)**

### **CPS 733P Appraisal in Counseling (3 units)**

### **CPS 913P Advanced Seminar in Counseling Theory (3 units)**

This is a seminar course that will survey recent developments in the field of counseling psychology.

### **For specialization in School Counseling**

### **CPS 543P Consulting Principles & Practice (3 units)**

### **CPS 591P Program Development and Evaluation (3 units)**

### **CPS 592P Guidance Program Development (3 units)**

### **CPS 600P Counseling Special Groups (3 units)**

This course focuses on the application of counseling techniques to facilitate adjustment of special groups to life situations such as relationship problems, personal loss, psychosocial upheaval, physical/medical limitations. Techniques are examined in the light of applicability and/or adaptability to the issues that emerge in a crisis situation.

### **CPS 602P Counseling Children (3 units)**

### **CPS 603P Counseling Adolescents (3 units)**

This course deals with identification of problems adolescent encounter and how to address them by using the most appropriate and effective counseling intervention.

### **CPS 622P Psychology of Motivation (3 units)**

### **CPS 625P Diagnosis & Remediation of Learning Disabilities (3 units)**

This course is designed to increase students' awareness of learning disabilities from a number of viewpoints and theoretical perspectives. The main emphasis of is on understanding the basic issues surrounding the field of learning disabilities including the behavioral and educational characteristics of individuals with specific learning disabilities. Discussion of theories and practices for educational diagnosis and remediation are also integral components of this course. Students will be required to design and administer informal, classroom-based and individual diagnostic tests, as well as demonstrate observation techniques and diagnostic teaching.



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### **CPS 626P Psychoeducational Interventions for Exceptional Children (3 units)**

### **CPS 632P Psychoeducational Interventions in the Community Setting (3 units)**

A critical review of the concepts emerging in the field of community psychology and counseling. Major emphasis is placed in the design and implementation of primary intervention strategies based on a community counseling model.

### **CPS 652P Behavioral Theories and Techniques (3 units)**

### **CPS 663P Play Therapy (3 units)**

### **CPS 664P Creative Therapies (3 units)**

Deals with theories and concepts leading to the development and practice of culture-based approaches in a school setting.

### **CPS 700P Advanced Seminar in Counseling Supervision (3 units)**

### **CPS 912D Advanced Seminar in School Counseling (3 units)**

This is a seminar course that will survey recent developments in the field of school counseling.

### **CPS 913P Advanced Seminar in Counseling Theory (3 units)**

This is a 3-unit course for doctoral students majoring in Counseling Psychology. The course will provide an opportunity for students to see the interfaces of social psychology and counseling psychology.

### **CPS 915P Advanced Seminar in Learning and Motivation (3 units)**

### **For specialization in Industrial Counseling**

### **CPS 543P Consulting Principles & Practice (3 units)**

### **CPS 591P Program Development and Evaluation (3 units)**

### **CPS 604P Employee Counseling (3 units)**

### **CPS 622P Psychology of Motivation (3 units)**

### **CPS 652P Behavioral Theories and Techniques (3 units)**

### **CPS 580P Opinion and Attitude Measurement (3 units)**

### **CPS 680P Organization Behavior and Development (3 units)**

### **CPS 681P Human Factors Engineering (3 units)**

The Human Engineering Course is designed to study the Discovery, Exchange and Application of Knowledge concerning the relationship of people to the machines, organizations, systems and processes in day to day living and work situations. The course is confined to the application of Human Factors Engineering in areas where psychologists, counselors, organizational/ group facilitators are concerned with the designs, maintenance of machines, equipments and systems which promote growth and healing to individuals and groups.



## **CPS 682P Total Quality Management (3 units)**

## **CPS 683P Developing Executive Leadership Skills (3 units)**

## **CPS 700P Advanced Seminar in Counseling Supervision (3 units)**

## **CPS 913P Advanced Seminar in Counseling Theory (3 units)**

This is a 3-unit course for doctoral students majoring in Counseling Psychology. The course will provide an opportunity for students to see the interfaces of social psychology and counseling psychology.

## **CPS 914P Advanced Seminar in Industrial Psychology (3 units)**

A course on the application of psychology to industrial problems. It focuses on the selection and evaluation of employees, the management of people, human relations in industry, and job analysis.

## **CPS 915P Advanced Seminar in Learning and Motivation (3 units)**

### **Practicum and Internship**

## **CPS 930P Practicum in Counseling and Psychotherapy (3 units)**

This course is a period when the doctoral student of counseling psychology demonstrates skills and application of his/her declared theoretical approach to psychotherapy and subjects its conduct under the supervision of a designated professor. Formally it includes a required number of hours spent in counseling sessions. Student records these sessions in a journal. She/he also reports the number of hours spent with the supervisor in clinicing the journal reports, taped sessions, giving and receiving feedback, counseling with clients from an agreed community, group counseling, reflection sharing with other practicum students and dealing with the administrative elements of pre and post counseling and psychotherapy sessions. The goal of the course is to produce in the counseling psychologist the discipline of continuing education and learning, personal discovery and quality helping for the practice of the profession. Its contribution is the La Sallian vision of creating "Christian Achievers", producing counseling psychologists who will effectively help to change their lives.

## **CPS 931P Practicum in Assessment (3 units)**

The goal of this course is to provide supervised experience to students on assessment skills, administration, scoring, and interpretation of individual intelligence tests, projective techniques and objective personality tests. The course also exposed the students to opportunities to assess with objective personality tests and projective techniques on normal and abnormal children and adults. Furthermore, the course is designed to refine and expand previously learned interpretative skills in the application of objective personality tests and projective techniques. Students are expected to complete 200 hours in an approved mental health agency to include class case conferences over the course of one trimester. Students are expected to present their cases in class. Being supervised as a practicum student will be an enriching experience for them.



## **CPS 945D Internship I (3 units)**

The goals of Internship I and Internship II is to prepare students who are in the final stages of their graduate training and to be able to function broadly competently and responsibly as professional counselor. The purpose of the program is to provide interns with the opportunity to develop and refine general skills fundamental to practice of counseling psychology and applicable to a wide variety of professional settings.

The internship training program particular emphasis is on consolidation of a theoretical body of knowledge; skills in individual and group psychotherapy; intervention; consultation and preventive and developmental outreach programs; and the development of clinical supervisor skills.

Internship I requires 350 hours experience in teaching and research. The faculty strive for excellence in the complementary endeavors of practice, teaching and research and are committed to using the professional-scholarly expertise in the service of others in a pluralistic society.

Internship I – strives to prepare professional who are thoroughly knowledgeable and well-trained in their academic disciplines and to promote in all of its members a capacity for critical and ethical judgment and a commitment to using psychologist in the service of others and a respect for the dignity of all individuals and cultural groups. The intern must seek to be with a faculty in the department for his/her teaching hours and for his/her in research hours.

## **CPS 946D Internship II (3 units)**

Doctorate students are required to complete a formal internship. This is the segment in their training where students can experience how it is to work full time as a counseling psychologist. Students will get supervised training in counseling and/or psychotherapy, teaching and research, and psychological consultation and outreach. The internship training also addresses the need for students to further explore and process personal concerns or issues that may influence their work as counselors. They will be required to undergo a structured group experience focusing on self-expression and will also be asked to get individual counseling or psychotherapy.

### **Other requirements**

**DPSYCQ1 and DPSYCQ2 Qualifying Examinations (no units)**

**DPSYCW1 and DPSYCW2 Comprehensive Examinations (no units)**

**CPS951P to CPS965P Dissertation (12 units)**