

# COUNSELING PSYCHOLOGY (PHD)

Department Website (<https://steinhardt.nyu.edu/appsyach/>)

**NYSED:** 08363 **HEGIS:** 2004.00 **CIP:** 42.2803

## Program Description

The PhD Program in Counseling Psychology is fully accredited by the American Psychological Association (APA). Counseling psychologists are defined as those who enter into professional relationships with individuals and groups and bring to those relationships knowledge of psychology as a science, knowledge of counseling theory and research, a personally integrated theory of counseling, and an ethical responsibility.

The major principles underlying the Program in Counseling Psychology are a focus on a developmental understanding of clients; commitment to a health model of intervention; and appreciation of the gendered, cultural, and institutional contexts of people's lives, as these contexts affect both clients and counselors.

The program follows the scientist-practitioner model of training and is organized in three areas: general psychology, including statistics and research methodology; counseling and vocational psychology; and patterns of learning experiences designed to meet the professional goals of program matriculants.

In addition to course requirements, students must pass a comprehensive examination to be admitted to candidacy, complete a full-year, full-time internship; have an approved dissertation proposal and dissertation; and pass a final oral examination of the dissertation.

## Career Opportunities

Graduates of the program are eligible to sit for the New York State psychology licensing examination and are prepared to practice in diverse settings such as colleges, clinics, hospitals, and community agencies, as well as pursue careers in research and teaching.

## Licensure and Accreditation

Graduates of the program become fully qualified psychologists with specialized training in counseling and are eligible for licensure by the state. Learn more about licensure (<https://steinhardt.nyu.edu/programs/counseling-psychology/licensure/>) requirements in those states in which students are doing learning placements.

The Counseling Psychology program has been fully accredited since 1981 by the American Psychological Association, Office of Program Consultation and Accreditation, 750 First Street, NE, Washington DC 20002-4242 (202-336-5979). Questions related to the program's accreditation status may be directed to this office.

## Admissions

Admission to graduate programs in the Steinhardt School of Culture, Education, and Human Development requires the following minimum components:

- Résumé/CV
- Statement of Purpose
- Letters of Recommendation

- Transcripts
- Proficiency in English

See NYU Steinhardt's Graduate Admissions website (<https://steinhardt.nyu.edu/admissions/how-apply/graduate-students/>) for additional information on school-wide admission. Some programs may require additional components for admissions.

See How to Apply (<https://steinhardt.nyu.edu/degree/phd-counseling-psychology/how-apply/>) for admission requirements and instructions specific to this program.

## Program Requirements

For completion of the doctorate, 69-72 credits beyond the bachelor's degree are required. Additionally, as part of undergraduate or other graduate work, 18 credits in psychology including a course in statistics are prerequisites to the PhD program. In the Counseling Psychology required curriculum (53-56 credits), students complete work in counseling theory and process, cross-cultural counseling, group counseling, abnormal psychology, psychological measurement, program seminar, seminar in counseling theory, clinical assessment, statistics and research design, and practica in individual counseling, clinical intake and diagnosis, and counselor training and supervision. Students also must take two counseling psychology specialty electives (6 credits); and statistics and research design electives (10 credits).

| Course                    | Title   | Credits |
|---------------------------|---|---------|
| <b>Major Requirements</b> |   |         |
| APSTA-GE 2002             | Statistics for Behav and Social Sciences II                                 | 2       |
| APSY-GE 2001              | Neuropsychology of Behavior   | 3       |
| APSY-GE 2038              | Abnormal Psychology   | 3       |
| APSY-GE 2073              | Research Design and Methodology in the Behavioral Sciences I                | 3       |
| APSY-GE 2261              | Emotional Development: A Cognitive Perspective                              | 3       |
| APSY-GE 2271              | Survey of Developmental Psychology  | 3       |
| APSY-GE 2524              | Psychological Measurement   | 3       |
| APSY-GE 2620              | Group Dynamics: Theory and Practice   | 3       |
| APSY-GE 2658              | Lab in Individual Counseling Skills (only required if not previously taken) | 3       |
| APSY-GE 2682              | Cross-Cultural Counseling   | 3       |
| APSY-GE 3009              | Departmental Seminar: Theories of Change in Applied Psychology              | 3       |
| APSY-GE 3016              | Internship in Counseling Psychology   | 0       |
| APSY-GE 3031              | Practicum in Clinical Intake and Diagnosis                                  | 2       |
| APSY-GE 3103              | Historical Perspectives of Psychological Theory                             | 3       |
| APSY-GE 3607              | Supervised Advanced Counseling Practicum: Individual and Group I            | 2       |
| APSY-GE 3608              | Supervised Advanced Counseling Practicum II                                 | 2       |
| APSY-GE 3610              | Externship in Counseling Psychology   | 0       |
| APSY-GE 3611              | Counseling Psychology Program Seminar I                                     | 3       |
| APSY-GE 3620              | Forum in Counseling Psychology  | 0       |
| APSY-GE 3629              | Practicum in Counselor Training   | 3       |
| APSY-GE 3633              | Seminar in Counseling Theory and Research                                   | 3       |
| APSY-GE 3665              | Clinical Assessment in Counseling Psychology I                              | 3       |
| APSY-GE 3666              | Clinical Assessment in Counseling Psychology II                             | 3       |
| <b>Electives</b>          |   |         |
| APSY-GE ---               | Counseling Psychology Specialty Elective                                    | 3       |

|                      |  |           |
|----------------------|--|-----------|
| APSY-GE ----         | Counseling Psychology Specialty Elective | 3         |
| Research Electives   |  | 10        |
| <b>Total Credits</b> |  | <b>72</b> |

## Additional Program Requirements

Students also must complete departmental and state licensure course requirements covering measurement, history and systems, principles of learning, personality, developmental psychology, social psychology, and the biological basis of behavior (21 credits). In addition to course requirements, students must pass a comprehensive examination to be admitted to candidacy, complete a full-year full-time internship, have an approved dissertation proposal and dissertation, and pass a final oral examination of the dissertation.

## Sample Plan of Study

| Course                                     | Title   | Credits   |
|--|---|-----------|
| <b>1st Semester/Term</b>                   |   |           |
| APSY-GE 3009                               | Departmental Seminar: Theories of Change in Applied Psychology                            | 3         |
| APSY-GE 2038                               | Abnormal Psychology   | 3         |
| APSY-GE 2073                               | Research Design and Methodology in the Behavioral Sciences I                              | 3         |
| APSY-GE 3665                               | Clinical Assessment in Counseling Psychology I  | 3         |
| APSY-GE 3031                               | Practicum in Clinical Intake and Diagnosis  | 2         |
| APSY-GE 2658                               | Lab in Individual Counseling Skills   | 3         |
| <b>Credits</b>                             |   | <b>17</b> |
| <b>2nd Semester/Term</b>                   |   |           |
| APSY-GE 3666                               | Clinical Assessment in Counseling Psychology II   | 3         |
| APSY-GE 2682                               | Cross-Cultural Counseling   | 3         |
| APSTA-GE 2002<br>or APSY-GE 3611           | Statistics for Behav and Social Sciences II<br>or Counseling Psychology Program Seminar I | 2         |
| APSY-GE 3620                               | Forum in Counseling Psychology  | 0         |
| Counseling Specialty Elective <sup>1</sup> |   | 3         |
| <b>Credits</b>                             |   | <b>11</b> |
| <b>3rd Semester/Term</b>                   |   |           |
| APSY-GE 3633                               | Seminar in Counseling Theory and Research   | 3         |
| APSY-GE 2620                               | Group Dynamics: Theory and Practice   | 3         |
| APSY-GE 3607                               | Supervised Advanced Counseling Practicum: Individual and Group I                          | 2         |
| APSY-GE 2271                               | Survey of Developmental Psychology  | 3         |
| Research Elective                          |   | 3         |
| <b>Credits</b>                             |   | <b>14</b> |
| <b>4th Semester/Term</b>                   |   |           |
| APSY-GE 2682<br>or APSY-GE 3611            | Cross-Cultural Counseling<br>or Counseling Psychology Program Seminar I                   | 3         |
| APSY-GE 3608                               | Supervised Advanced Counseling Practicum II   | 2         |
| APSY-GE 2001<br>or APSY-GE 3103            | Neuropsychology of Behavior<br>or Historical Perspectives of Psychological Theory         | 3         |
| APSY-GE 2261                               | Emotional Development: A Cognitive Perspective (or Research Elective)                     | 3         |
| Research Elective                          |   | 1         |
| <b>Credits</b>                             |   | <b>12</b> |
| <b>5th Semester/Term</b>                   |   |           |
| APSY-GE 3629                               | Practicum in Counselor Training   | 3         |
| APSY-GE 3610                               | Externship in Counseling Psychology   | 0         |
| Counseling Specialty Elective              |   | 3         |
| <b>Credits</b>                             |   | <b>6</b>  |
| <b>6th Semester/Term</b>                   |   |           |
| APSY-GE 2001<br>or APSY-GE 3103            | Neuropsychology of Behavior<br>or Historical Perspectives of Psychological Theory         | 3         |

|                      |   |           |
|----------------------|---|-----------|
| APSY-GE 2261         | Emotional Development: A Cognitive Perspective (or Research Elective) | 3         |
| APSY-GE 2524         | Psychological Measurement   | 3         |
| Research Elective    |   | 3         |
| <b>Credits</b>       |   | <b>12</b> |
| <b>Total Credits</b> |   | <b>72</b> |

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APSY-GE 2657 Individual Counseling: Theory and Process must be taken as the first elective if a student enters without a counseling degree

## Learning Outcomes

Upon successful completion of the program, graduates will:

1. Fulfill the multiple roles of professional psychologists.
2. Demonstrate a high level of ethical sensitivity and behavior in their professional roles.
3. Knowledgeable in counseling/clinical theory, research, and practice.
4. Are knowledgeable about the research process and the creation of new knowledge.
5. Attain awareness, knowledge, skills, and attitudes to work effectively with diverse populations.
6. Understand optimal adaptive and maladaptive human functioning across the lifespan.
7. Have a professional identity of a counseling psychologist and who are able to acquire additional knowledge appropriate to this specialty.
8. Demonstrate understanding of how to maximize psychological flourishing within individuals and across populations and settings.

## Policies

### Fieldwork Placement

Be advised that fieldwork placement facilities that provide training required for your program degree, and agencies that issue licenses for practice in your field of study, each may require you to undergo general and criminal background checks, the results of which the facility or agency must find acceptable before it will allow you to train at its facility or issue you a license. You should inform yourself of offenses or other facts that may prevent obtaining a license to practice in your field of study. NYU Steinhardt will not be responsible if you are unable to complete program requirements or cannot obtain a license to practice in your field because of the results of such background.

## STEM OPT Benefits for International Students

If you're an international student, you may be able to work in the United States after graduation for an extended period of time. Most students studying on F-1 visas will be eligible for 12 months of Optional Practical Training (OPT) off-campus work authorization. F-1 students in this program may also be eligible for the STEM (Science, Technology, Engineering, or Mathematics) OPT extension, allowing you to extend your time in the United States to pursue degree-related work experience for a total of 36 months or 3 years. For more information on who can apply for this extension visit NYU's Office of Global Services: STEM OPT (<http://www.nyu.edu/students/student-information-and-resources/student-visa-and-immigration/alumni/extend-your-opt/stem-opt.html>).

## **NYU Policies**

University-wide policies can be found on the New York University Policy pages (<https://bulletins.nyu.edu/nyu/policies/>).

## **Steinhardt Academic Policies**

Additional academic policies can be found the Steinhardt academic policies page (<https://bulletins.nyu.edu/graduate/culture-education-human-development/academic-policies/>).