

Psychology (B.A.)

Clinical and Counseling Psychology Track

This document has been created for advising purposes only. Please contact the department for major and/or graduation requirements.

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Potential Career Paths

- Clinical Psychologist (M.A., M.S., Ph.D., & Psy.D.)
- Counseling Psychologist (M.A., M.S., & Ph.D.)
- Clinical Research Assistant (B.A. or B.S.)

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What is Clinical Psychology? What is Counseling Psychology?

Clinical Psychology

Clinical psychologists assess and treat mental, emotional, and behavioral disorders. These disorders can range from short-term issues, such as child misbehavior, to chronic conditions, such as schizophrenia. Some clinical psychologists specialize in the treatment of a specific problem, such as eating disorders, posttraumatic stress disorder, or depression. Further, many clinical psychologists will focus on treating specific populations, such as children, ethnic minorities, couples, or the elderly. However, many clinical psychologists, especially those who are more practice-oriented, focus more broadly in terms of the problems they treat and populations with whom they work.

There are a variety of career paths one may choose within clinical psychology. Although most people think that clinical psychologists only conduct therapy, many clinical psychologists conduct research or function as consultants, supervisors, or administrators. Clinical psychologists work in a variety of settings, including academic institutions and healthcare settings such as clinics, hospitals, community mental health centers, and in private practice.

Counseling Psychology

Counseling psychology is similar to clinical psychology. Graduates of doctoral-level clinical and counseling psychology programs are generally eligible for the same professional positions. The primary difference is that counseling psychology focuses more on life span issues such as career development and adjustment, and less severe psychological disorders.

Graduate Training

With the exception of obtaining a position as a clinical research assistant, a graduate degree is necessary to be a clinical or counseling psychologist. There are many options for graduate degrees in clinical and counseling psychology, ranging from masters (M.A. or M.S.) to doctorate degrees (Ph.D. or Psy.D.). The type of degree you will need depends on your career goals.

The purpose of the clinical and counseling psychology track is to provide students with a comprehensive understanding of psychology, while preparing students for graduate school in clinical or counseling psychology.

Additional Resources

To learn more about clinical and counseling psychology, here is what you can do.

- 1 Visit the website of Division 12 (Society of Clinical Psychology) of the American Psychological Association: <http://www.div12.org/>
- 2 Visit the website of Division 17 (Society of Counseling Psychology) of APA: <http://www.div17.org/>
- 3 Read Getting In: A Step-By-Step Plan for Gaining Admission to Graduate School in Psychology published by the American Psychological Association.
- 4 Schedule a meeting with a clinical and/or counseling psychologist to learn more about the profession.
- 5 Visit the Department of Psychology's Advising and Resource Center where there are many resources available to students about clinical and counseling psychology.

If you are interested in pursuing a career in clinical or counseling psychology be sure to work with an advisor to develop an academic plan that is tailored to your interests. Your plan should lead to the completion of coursework that is useful for admission to a graduate program in clinical or counseling psychology.

University and College Requirements

In addition to the suggestions for the clinical and counseling psychology track, which are listed below, be sure to complete all other university and college requirements, including the foreign language requirement.

If you are planning to start college-level foreign language with a course beyond 111, you are advised to begin foreign language in your first year. If you are starting foreign language with 111, begin language courses no later than the junior year.

Required Courses in Psychology

PSY 101	General Psychology (5)	Developmental—at least two of the following:	Social/Organizational—at least two of the following:
PSY 221	Statistics (5)	<i>PSY 273 Child & Adolescent (4)</i>	PSY 261 Industrial and Org (4)
PSY 226	Research Methods (4)	PSY 315 Behavior Genetics (5)	PSY 310 Motivation (4)
Biological—at least one of the following:		<i>PSY 374 Adulthood & Aging (4)</i>	<i>PSY 336</i> Social Psychology (4)
PSY 201 Sensation & Perception (4)		<i>PSY 376</i> Disorders of Childhood (4)	PSY 337 Social Psych of Justice (4)
PSY 203 Learning (4)		PSY 378 Psychology of Gender (4)	PSY 361 Adv Org Psychology (4)
<i>PSY 312</i> Physiological Psych (4)		PSY 470 Prenatal Infl on Dev (4)	PSY 362 Personnel Psychology (4)
PSY 314 Comparative Psych (5)		Clinical—at least two of the following:	Note. Courses in bold are required for the clinical & counseling track and courses in <i>italics</i> are recommended.
PSY 327 Human Psychophys (4)		PSY 233 Psych of Personality (4)	
PSY 380 Psy of Health & Ill (4)		PSY 332 Abnormal Psych (4)	
Cognitive—at least one of the following:		PSY 341 Tests and Measures (4)	
<i>PSY 304</i> Learning & Cog Proc (4)		PSY 351 Intro to Clinical & Couns (4)	
PSY 305 Human Memory (4)		PSY 430 Psychoactive Drugs (4)	
PSY 307 Psycholinguistics (4)			
PSY 308 Human Judgment (4)			

Extra-Departmental Required Courses

Psychology majors must complete three courses in ONE of the following natural science areas: Biological Sciences, Chemistry, Environmental and Plant Biology, Geography, Geology, or Physics. It is highly recommended that students interested in clinical and counseling psychology complete three courses in Biological Sciences.

Courses that fulfill this requirement are listed under the Natural Sciences Area Requirement in the College of Arts and Sciences section of the catalog. The three courses that you choose must have the same departmental prefix, with the following exception: BIOL 101 may be combined with either two Environmental/Plant Biology (PBIO) courses or two Biological Sciences (BIOS) courses.

Psychology majors must complete two courses in either mathematics or computer science. Students may select any two courses in Mathematics (MATH) 113 or above except (251) OR any two courses in Computer Science (CS) 200 or above.

Additional Recommendations

It is recommended that all students interested in clinical or counseling psychology complete the following coursework:

PSY 321	Advanced Statistics (5)
PSY 418	History & Systems of Psy (4)
PSY 390	Research in Psychology (1-5, 15 max)
PSY 489	Fieldwork in Psychology (1-5, 5 max)

*It is strongly advised that you participate in Psy 390 and 489 if you plan to pursue graduate level work in clinical or counseling psychology.

There are several different Minors and Certificates that are related to the field of clinical and counseling psychology.

Minors

- Biological Sciences
- Hearing, Speech, and Language Sciences
- Social Services
- Sociology

Certificates

- Gerontology
- Women's Studies

*Discuss with your advisor which minor is most conducive to your career goals and plans for graduate school.

Students interested in graduate school in clinical or counseling psychology are also strongly encouraged to complete the Honor's Program in Psychology if requirements are met. More information about the Honor's Program in Psychology is available in the Advising Center or by discussing it with your academic or research mentor.