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Acting Chair

Ashley Coleman, PsyD

Adjunct Faculty

Jennifer Beckwith, MMFT
Noel Brown, PhD
Ven. De Hong, PhD
Shadeiyah Edwards, PsyD
Margaret Hickman, MA
David Horner, PhD
Carey Incedon, PsyD
Wenli Jen, EdD
Tom Moritz, MLS
Erika Nanes, PhD, LMFT
Francesca Parker, PsyD
Lara Shaw Strannahan, MA
Brock Tuller, MA
Rain E. Wald, MA, LMFT
Terry Wells, MMFT



Psychology is the study of human experience across the lifespan including individual (cognition, emotion, behavior) and family/community systems.. The psychology program at University of the West emphasizes the dimensions of multicultural and cross-cultural influence. Course offerings in psychology include introductory and advanced instruction in both Western and Eastern systems of psychological theory and practice.

Philosophy and Objectives

UWest's psychology program prepares students to be innovative critical thinkers, ready to meet the needs of a dynamic and complex global community. Consistent with the university's mission, the department not only aims to cultivate leading edge awareness, knowledge, and skills, but also aspires to educate the whole person by nurturing social responsibility and integrity. The culturally diverse faculty and staff contribute to awakening an appreciation of cultural differences.

Bachelor of Arts in Psychology

The learning outcomes for the BA Psychology degree are informed by the American Psychological Association's 10 Optimal Guidelines for the Undergraduate Psychology Major as well as the university's institutional learning outcomes. These outcomes reflect the knowledge and skills undergraduates are expected to acquire during their studies at UWest.

Program Learning Outcomes

Wisdom & Skillful Means

Students are thoroughly prepared for academic and professional success.

Knowledge	Students summarize the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.
	Students describe how psychology utilizes the scientific method, research design, and data analysis.
	Students demonstrate information competency and can explain how technology is used in the field of psychology.
	Students express realistic ideas on how to implement their psychological knowledge, skills, and occupational pursuits in a variety of settings.
Praxis	Students apply psychological principles to personal, social, and organizational issues.
Ethics	Students weigh evidence, tolerate ambiguity, act ethically, and reflect the values that are the underpinning of the discipline of psychology.
Critical Thinking	Students apply critical and creative thinking, skeptical inquiry and, when possible, the scientific method to discern, evaluate, and criticize specific issues in psychology.
Communication	Students clearly articulate their study of psychology in speech and writing.

Self-Awareness

Students are prepared to engage in an ongoing-process of self-understanding that enables them to lead happy, purposeful lives characterized by healthy relationships to self and others.

Character	Students relate their training in psychology to their own self-exploration and character development.
Expression	Students apply their knowledge of psychology to explore and express ideas about themselves.
Relationship	Students demonstrate effective teamwork skills.

Liberation

Students recognize the diversity and dignity of all human beings and understand their own role in the pursuit of social justice.

Pluralism	Students recognize, understand, and respect sociocultural and international diversity, especially its impact on psychology.
Liberation from Suffering	Students relate issues in psychology to social, economic, and environmental issues.
Service	Students recognize their ability to increase wellness and reduce suffering of self and others through service-oriented activities.

Interdependence

Students possess a holistic understanding of global interdependence in order to cultivate compassionate thought, speech, and action in service to themselves, others, and the environment.

Culture	Students demonstrate an understanding and respect for eastern and other diverse contributions to western psychology theory, research, and practice.
Interconnectedness	Students demonstrate compassionate sensitivity toward themselves and others.

Program Requirements

Area	Required Units
General Education	51
General Electives	24
Core Courses	45
Lower Division	9
Upper Division	21
Psychology Core Electives	12
Capstone for Psychology	3
Total	120

General Education Courses (51 units): All undergraduates must complete 51 units of general education, including nine units at the upper-division level, as described in the General Education section of this catalog. This requirement is an integral part of UWest's mission to produce well-informed, balanced, versatile, intellectually capable, socially sensitive, and ethically committed graduates in all fields of study.

Psychology majors must select PSYCH 100 Introduction to Western Psychology as one of their two requirements in GE Category 5: Social and Behavioral Sciences.

General Electives (24 units): Students have the opportunity to select 24 units of undergraduate courses from all majors, including general education or psychology courses that have not been applied to other requirements.

Lower Division Core Courses (9 units): All students complete the three lower-division courses below. A minimum grade of C minus is required in all Psychology core courses.

Courses	Prerequisite(s)	Units
PSYCH 150 Introduction to Buddhist Psychology	ENGL 101	3
PSYCH 210 Eastern & Western Perspectives on Cognitive Psychology	ENGL 101 & PSYCH 150	3
PSYCH 220 Eastern & Western Perspectives on Affective Psychology	ENGL 101 & PSYCH 150	3

Upper Division Core Courses (21 units): All students complete the 7 upper division core courses below. A minimum grade of C minus is required in all Psychology core courses.

Courses	Prerequisite(s)	Units
PSYCH 300 Research Design & Data Analysis in Psychology	ENGL 101, PSYCH 100 & MATH 205	3
PSYCH 310 Physiological Psychology	PSYCH 300	3
PSYCH 320 Psychology of Learning	ENGL 101 & PSYCH 210	3
PSYCH 330 Developmental Psychology	ENGL 101 & PSYCH 220	3
PSYCH 340 Psychology of Personality	ENGL 101 & PSYCH 220	3
PSYCH 350 Social Psychology	ENGL 101 & PSYCH 100	3
PSYCH 415 Abnormal Psychology	ENGL 102 & PSYCH 100	3

Upper Division Core Electives (12 units): Students select four courses. A minimum grade of C minus is required in all Psychology core courses.

Courses	Prerequisite(s)	Units
PSYCH 404 Introduction to Child & Adolescent Theory & Intervention	ENGL 102 & PSYCH 330	3
PSYCH 410 Introduction to Western Psychotherapy	ENGL 102 & PYSCH 100	3
PSYCH 418 Psychological Tests & Measurements	PSYCH 300	3
PSYCH 420 Cross Cultural Psychology	ENGL 102, PSYCH 100, PSYCH 150	3
PSYCH 430 Industrial & Organizational Psychology	ENGL 102	3
PSYCH 440 Psychology of Religion	ENGL 102, PSYCH 150	3
PSYCH 450 Buddhist Psychology	ENGL 102, PSYCH 150, PSYCH 210	3
PSYCH 455 Buddhist & Scientific Approaches to the Mind	ENGL 102, PSYCH 210, PSYCH 320	3
PSYCH 465 Buddhist Practices & Mental Health	ENGL 102, PSYCH 150, PSYCH 300, PSYCH 415	3
PSYCH 470 Integrative Psychology of Living & Dying	ENGL 102, PSYCH 150, PSYCH 300	3
PSYCH 490 Advanced Topics in Psychology	ENGL 102, PSYCH 150, PSYCH 300	3

Capstone (3 units): The psychology degree culminates in the course PSYCH 495 Capstone Eastern & Western Perspectives on Contemporary Issues. A minimum grade of C minus is required in all Psychology core courses.

Graduation Requirements

Students must complete 120 units as designated above with a cumulative GPA of 2.0 or higher. UWest's residency requirement for the Bachelor of Arts states that at least 30 units, including 24 upper division units, must be completed at UWest.

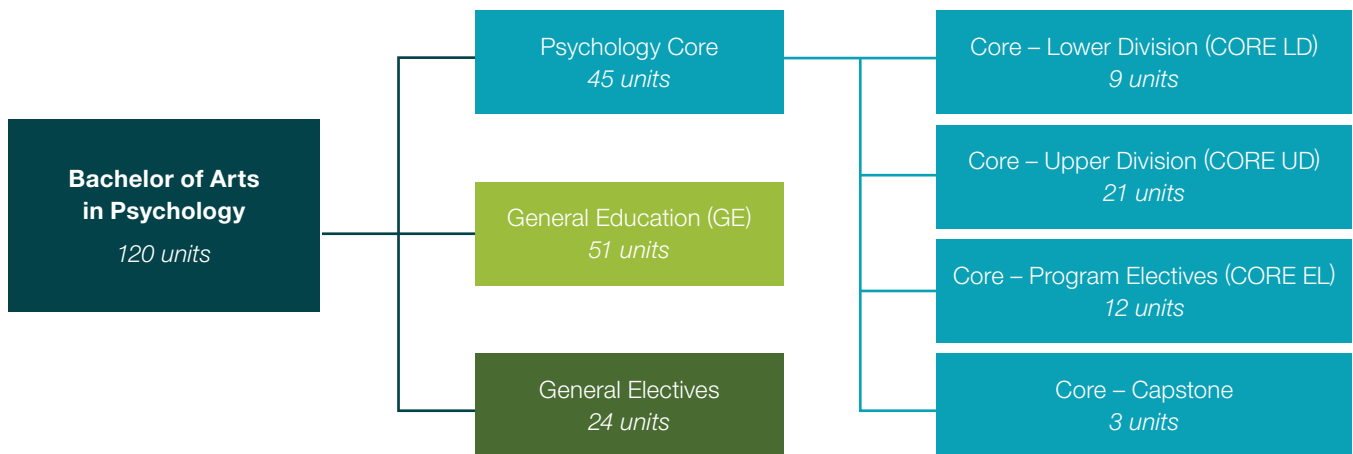
Students are required to complete their final 6 units in attendance at UWest. Any pre-approved transfer work must be completed with a C (2.0) prior to the last day of the student's last term in attendance at UWest.

Sample Road Map for the Bachelor of Arts in Psychology

The following is a sample course progression that allows students to graduate in 4 years / 8 semesters.

Students who attend part-time or require developmental coursework may take longer to graduate.

Sequence of courses may vary.



Fall Semester

Spring Semester

	Fall Semester	Spring Semester
First Year 29 units	GE CAT 1: ENGL 101 English Composition GE CAT 1: MATH 101 Intermediate Algebra GE CAT 1: ILR 101 College Success GE CAT 4A: L&C 120 Life & Culture 1: World Religion GE CAT 7: Wellness 1	GE CAT 1: ENGL 102 Advanced Composition GE CAT 1: SPCH 100 Speech Communications GE CAT 2A: US/World History GE CAT 3A: MATH 205 Statistics GE CAT 4B: L&C 121 Life & Culture 2: World Philosophy GE CAT 7: Wellness 2
Second Year 31 units	GE CAT 2B: Asian History GE CAT 3B: Science with Lab GE CAT 5: PSYCH 100 Introduction to Psychology GE CAT 6: Humanities 1 GE CAT 8: SRVLG 100 Service Learning General Elective 1	CORE LD: PSYCH 150 Intro to Buddhist Psychology CORE LD: PSYCH 210 E/W Perspectives Cognitive Psychology CORE LD: PSYCH 220 E/W Perspectives Affective Psychology GE CAT 5: Social/Behavioral Sciences, Sect. A, C, D, or E GE CAT 6: Humanities 2
Third Year 30 units	CORE UD: PSYCH 300 Research Design CORE UD: PSYCH 320 Psychology of Learning CORE UD: PSYCH 330 Developmental Psychology GE CAT 9: CAP 401 General Education Capstone General Elective 2	CORE UD: PSYCH 310 Physiological Psychology CORE UD: PSYCH 340 Development of Personality CORE EL: Program Elective 1 General Elective 3 General Elective 4
Fourth Year 30 units	CORE UD: PSYCH 350 Social Psychology CORE UD: PSYCH 415 Abnormal Psychology CORE EL: Program Elective 2 General Elective 5 General Elective 6	CORE EL: Program Elective 3 CORE EL: Program Elective 4 CORE CAPSTONE: PSYCH 490 E/W Perspectives General Elective 7 General Elective 8

Master of Arts in Psychology

The goal of UWest's Psychology Department is to reduce suffering and increase happiness in the world through the application of mental health practices. The 63-unit Master of Arts in Psychology – Marriage and Family Therapy prepares students to meet requirements for California licensure to provide psychotherapy as Marriage and Family Therapists (MFT). The program focuses on the intersection between Buddhist psychology and Western multicultural and recovery-oriented evidence-based practice in helping individuals, couples, families, and groups.

Beyond having mastered standard MFT competencies, UWest graduates are

- | grounded in Recovery-Oriented Practice, putting clients at the heart of treatment, focusing upon co-creating a life worth living;
- | well-practiced at making ethical decisions from the overlapping lenses of multiculturalism, Buddhist psychology, and biomedical/behavioral health law and ethics;
- | clinically and personally skilled in contemplative practice;
- | versed in effective practices that borrow heavily from Buddhist psychology, such as Mindfulness-Based Stress Reduction, Mindfulness-Based Cognitive Therapy, Acceptance and Commitment Therapy, Compassion Focused Therapy, and Dialectical Behavioral Therapy Skills Training;
- | trained in the fundamentals of Emotionally Focused Therapy for couples; and
- | experienced in the applications of Interpersonal Neurobiology from the inside out.

The university takes pride in offering small teacher-student ratio, diversity, and individual attention in the classroom as the faculty nurtures all aspects of the therapist's personhood, particularly intrapersonal awareness, interpersonal and multicultural knowledge, and the skills to turn this awareness and knowledge into helpful interactions with others. In 2015, UWest's MA in Psychology was ranked as the 9th most affordable graduate psychology program in the United States.

The program is aligned to the requirements of California Business and Professions Code Section 4980.37, as regulated by the California Board of Behavioral Sciences (BBS). Coursework prepares students for the California MFT license examinations, and to meet best practices outlined by the American Association for Marriage and Family Therapy and the California Association of Marriage and Family Therapists. More information about the MFT license can be found at <http://www.bbs.ca.gov>.

UWest also maintains a 42-unit Master of Arts degree in Multicultural Counseling specifically for students enrolled in the 63-unit program who, after beginning their studies, find they are not a good fit for the profession or whose life circumstances prevent them from currently engaging in supervised clinical work. New students are not admitted into the 42-unit program, and transfer into the program is at the discretion of the chair. It is important to note that the 42-unit Master of Arts in Psychology does not meet the requirements to sit for a license in Marriage and Family Therapy (MFT) or Licensed Professional Clinical Counselor (LPCC) in any state. In accordance with California State regulations, students who complete and receive the 42-unit master's degree cannot, post-graduation, transfer or apply those credits toward the completion of an MFT license program. Additional details about the 42-unit master's program may be found in the 2015-2016 Academic Catalog and the UWest MFT Student Handbook.

Fostering Professionalism

This is a professional training program and students are expected to consistently demonstrate professional behavior. This includes but is not limited to:

- | Being on time to class and with assignments
- | Respectfully interacting with students and faculty
- | Proactively engaging in learning process and assignments
- | Being organized and prepared
- | Managing paperwork and technology effectively
- | Managing personal crises effectively
- | Managing personal information (own and others') appropriately (e.g., confidentiality)

These standards pertain to all Psychology graduate courses. Students who fail to meet these standards may be unable to progress in the program.

Program Learning Outcomes

Wisdom & Skillful Means

Students are thoroughly prepared for academic and professional success.

Knowledge	Students demonstrate the knowledge needed to synthesize various psychotherapeutic approaches. Students describe and explain the ethics and laws pertaining to mental health services for MFTs. Students list and discuss the various psychotherapeutic theoretical approaches and corresponding diagnostic and intervention techniques.
Praxis	Students conduct thorough intake interviews including suicide assessments, summarize the themes of the interview, and identify goals and potential treatment plans for therapy. Students demonstrate competency in the assessment, detection, and intervention for spousal abuse as well as for abuse reporting for all categories.
Ethics	Students effectively apply MFT field ethics, and state and federal laws to case vignettes and in vivo counseling sessions.
Critical Thinking	Students apply critical and creative thinking, skeptical inquiry and, when possible, the scientific method to discern, evaluate, and criticize specific issues in psychology.
Communication	Students clearly articulate their study of psychology in writing and speech.

Self-Awareness

Students are prepared to engage in an ongoing process of self-understanding that enables them to lead happy, purposeful lives characterized by healthy relationships to self and others.

Character	Students are fully present, mindfully aware of the moment, during client sessions.
Expression	Students express an increased level of self-awareness as it applies to their role as therapists, including an understanding of and ability to articulate their own cultural values and biases.
Relationship	Students demonstrate case conceptualizations that reflect a refined understanding of the impact that their own cultural identities and related values have on the therapeutic process (specifically the therapeutic alliance/relationship).

Liberation

Students recognize the diversity and dignity of all human beings and understand their own role in the pursuit of social justice.

Pluralism	Students develop cultural responsiveness in terms of intake, diagnosis, treatment planning, and intervention selection.
Liberation from Suffering	Students discuss the various types of privilege and oppression that often arise for select cultural identities, such as select racial and ethnic groups, socioeconomic status, gender, sexual orientation, age, and physical and mental ability.

Interdependence

Students possess a holistic understanding of global interdependence in order to cultivate compassionate thought, speech, and action in service to themselves, others, and the environment.

Service	Students recognize their ability to increase wellness and reduce suffering of self and others through service-oriented activities.
Culture	Students demonstrate an appreciation for diverse cultures as it applies to the therapeutic process and outcome and can identify potential limitations in mainstream Western psychological practices.
Interconnectedness	Students demonstrate an awareness of the impact their thought, speech, and behavior have on others, especially on their clients.

Program Requirements

Area	Required Units
Introduction	3
Foundation	18
Core	18
Advanced Level	18
Fieldwork/Practica	6
Total	63

Introduction (3 units): All students complete the introductory course below.

Courses	Prerequisite(s)	Units
PSYCH 505 Buddhist & Multicultural Community Mental Health	None	3

Foundation Courses (18 units): All students complete the six foundation courses below. A minimum grade of B is required for each foundation course. Students who do not earn a B or higher in a core course may repeat that course one time only to achieve a passing grade.

Courses	Prerequisite(s)	Units
PSYCH 501 Experimental Design & Statistical Analysis	None	3
PSYCH 505A Pre-Practicum	None	0
PSYCH 530 Psychopathology	None	3
PSYCH 531 Theories I	None	3
PSYCH 532 Law & Ethics	None	3
PSYCH 533 Multicultural Counseling	None	3
PSYCH 536 Marriage & Family Therapy I: Families	None	3

Core (18 units): All students complete the six core courses below. A minimum grade of B is required for each core course. Students who do not earn a B or higher in a core course may repeat that course one time only to achieve a passing grade.

Courses	Prerequisite(s)	Units
PSYCH 504 Counseling Children & Adolescents	None	3
PSYCH 538 Psychological Testing	None	3
PSYCH 540 Counseling Across the Lifespan	None	3
PSYCH 545 Psychopharmacology	None	3
PSYCH 551 Theories II: Buddhist-Inspired Evidence-Based Practice	PSYCH 531	3
PSYCH 556 Marriage & Family Therapy II: Couples	PSYCH 536	3

Advanced (18 units): All students complete the six advanced courses below. A minimum grade of B is required for each advanced course. Students who do not earn a B or higher may repeat the course one time only to achieve a passing grade.

Courses	Prerequisite(s)	Units
PSYCH 600 Group Psychotherapy	18 units	3
PSYCH 607 Advanced Seminar in Culture & Psychotherapy	18 units	3
PSYCH 623 Poverty, Dislocation & Stigma	18 units	3
PSYCH 633 Sex, Sexuality, & Gender	18 units	3
PSYCH 643 Trauma & Resiliency	18 units	3
PSYCH 651 Buddhist Psychology & Addiction <i>may substitute PSYCH 529 Drug & Alcohol Theory & Intervention for PSYCH 651</i>	18 units	3

Internship/Clinical Education (6 units): Students are required to gain 6 units of fieldwork (practicum) at an approved practicum site. Upon completion of 18 units of coursework students may seek the chair's approval to pursue a practicum. All fieldwork and practica placements must be approved by the department chair and training director before training begins.

Training sites must have a written contract with UWest indicating the commitment to abide by the supervisory conditions required for the pre-MFT licensure requirements, as guided by California's Board of Behavioral Sciences (BBS).

Students entering an approved practicum must enroll in PSYCH 700 and PSYCH 710 in consecutive terms. Students collecting supervised hours for graduation and for licensure must maintain continuous enrollment by enrolling in PSYCH 702 (during summer sessions) or PSYCH 712 (following completion of PSYCH 710).

Courses	Prerequisite(s)	Units
PSYCH 700 Practicum	18 units and chair's approval	3
PSYCH 702 Intersession Practicum	18 units and chair's approval	1
PSYCH 710 Advanced Practicum	PSYCH 700	3
PSYCH 712 Continuing Practicum	PSYCH 710	1-3

Comprehensive Exam or Thesis: All students are required to pass a comprehensive exam in their final semester.

Upon recommendation of the department chair, students who would like to pursue a PhD upon completion of the MA may be permitted to complete a thesis rather than the comprehensive exam. While the thesis is usually completed in one term, with the chair's approval students may apply for an extension of one additional term. Students must maintain continuous enrollment in PSYCH 699A until the thesis is submitted to and accepted by the library. Credit for PSYCH 699A is not applicable to graduation.

Courses	Prerequisite(s)	Units
PSYCH 699B Comprehensive Exam	Completion of all coursework; Chair's approval	0
PSYCH 699A Thesis	Completion of all coursework; Chair's approval	3

Specialization Courses (Optional): While specialization courses are not degree applicable, students may choose to take these courses to increase expertise, expand their CV/resume, and acquire training unavailable elsewhere. Chair's approval is required. Units earned for these courses will not be applied to graduation requirements.

To ensure that enrollment in specialization courses does not interfere with sequenced completion of required coursework, most specialization courses are offered only during summer sessions. If taken during the fall or spring semester, the specialization course must be in addition to all courses required for that term.

In addition to the courses listed below, students may select specialization courses from other offerings in MA Religious Studies and MDiv Buddhist Chaplaincy.

Buddhist Psychology Specialization Courses

Courses	Prerequisite(s)	Units
CONT 510 Topics in Comparative Contemplative Practice Psychotherapy	None	3
CONT 550 Contemplation in Mahayana Traditions	None	3
MDIV 646 Spiritual Care & Counseling	None	3
MDIV 655 Spiritual Formation for Buddhist Chaplains	None	3
MDIV 670 Spiritual Leadership	None	3
PSYCH 617 Application of Mindfulness in Western Therapy	None	3
REL 521 Buddhist Meditation Practicum	None	3
REL 530 Topics in Buddhist Meditation	None	3

Multicultural Generalist Specialization Courses

Courses	Prerequisite(s)	Units
PSYCH 537 Motivational Interviewing	None	3
PSYCH 602 Advanced Couples Counseling	18 units of graduate coursework in psychology	3
PSYCH 604 Advanced Child & Adolescent Interventions in Therapy	PSYCH 531	3
PSYCH 614 Religion & Psychotherapy	None	3
PSYCH 650 Directed Reading	None	3

Sample Course Progression - Full Time Enrollment

First Year

Term 1 Fall Semester

PSYCH 505 Multicultural/Buddhist
Community Mental Health
PSYCH 532 Law & Ethics
PSYCH 533 Multicultural Counseling
PSYCH 531 Theories I

Term 2 Spring Semester

PSYCH 530 Psychopathology
PSYCH 501 Experimental Design &
Statistical Analysis
PSYCH 536 MFT I: Family
PSYCH 505A Pre-practicum

Term 2.5 Summer Session (Optional)

PSYCH 702 Intersession Practicum
*(required if supervised clinical training
spans or begins during summer session)*
PSYCH 537 Motivational Interviewing
*(specialization course: not degree
applicable)*

Second Year

Term 3 Fall Semester

PSYCH 538 Psychological Testing
PSYCH 540 Counseling Across the
Lifespan
PSYCH 551 Theories II: Buddhist-Inspired
Evidence-Based Practice
PSYCH 700 Practicum

Term 4 Spring Semester

PSYCH 504 Counseling Children &
Adolescents
PSYCH 556 MFT II: Couples
PSYCH 600 Group Psychotherapy
PSYCH 710 Advanced Practicum

Term 4.5 Summer Session (Optional)

PSYCH 702 Intersession Practicum
*(required if supervised clinical training
begins during or spans summer session)*
PSYCH 651 Buddhist Psychology &
Addiction *(required course offered during
summer session)*

Third Year

Term 5 Fall Semester

PSYCH 545 Psychopharmacology
PSYCH 623 Poverty, Dislocation, &
Stigma
PSYCH 643 Trauma & Resiliency
PSYCH 712 Continuing Practicum
*(required if collecting supervised clinical
hours after completing PSYCH 710)*

Optional Specialization Course

CONT 510 Topics in Comparative
Contemplative Practice

Term 6 Spring Semester)

PSYCH 607 Advanced Seminar in Culture
& Psychotherapy
PSYCH 633 Sex, Sexuality, & Gender
PSYCH 651 Buddhist Psychology &
Addiction *(required if not completed
during summer session)*
PSYCH 699B Comprehensive Exam
PSYCH 712 Continuing Practicum
*(required if collecting supervised clinical
hours after completing PSYCH 710)*
Optional Specialization Course
REL 530 Topics in Buddhist Meditation

Graduation Requirements:

Students are expected to complete graduation requirements in a timely manner and to maintain good standing.

Students must complete course and program requirements as listed for a total of 63 units with a minimum cumulative GPA of 3.0 and pass a comprehensive exam or thesis. A minimum grade of B is required for all courses applied to graduation. Students who do not earn a passing grade as specified may repeat that course one time only to achieve a passing grade. All coursework must be at the graduate level; graduate courses previously applied to a bachelor's degree cannot be applied to graduation.

Students may apply no more than 6 units (two courses) of Directed Reading & Research and 6 units (two courses) of independent study towards graduation. Students are allowed no more than 12 units of unfinished coursework (i.e. incompletes and withdrawals) over the duration of the program.

Up to 6 units may be fulfilled through the transfer of credit from another institution.

Degrees are awarded at the close of the semester in which all degree requirements have been completed, the comprehensive exam has been passed or the thesis has been submitted to and accepted by the library (if applicable), the Petition to Graduate form has been filed with the Registrar's office, and the graduation fee has been paid.