## COUNSELING PSYCHOLOGY PROGRAM DOCTORAL INFORMATION PACKET

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## COUNSELING PSYCHOLOGY: AN ORIENTATION

In the 4th edition of The Handbook of Counseling Psychology, Brown and Lent (2008) repeated the definition of the specialty developed by the Division of Counseling Psychology in 1985, "Counseling psychologists utilize scientific approaches in their development of solutions to the variety of human problems resulting from interactions of intrapersonal, interpersonal, and environmental forces. Counseling psychologists conduct research, apply interventions, and evaluate services in order to stimulate personal and group development, and prevent and remedy developmental, educational, emotional, health, organizational, social, and/or vocational problems." (p. 21). The field of counseling psychology has been significantly influenced by the following factors: vocational-guidance, mental health, psychometrics, a non-medical approach to counseling, and the social/economic climate following WW II (Whiteley, 1984). In 1952, the Veteran's Administration created the position of counseling psychologist to assist veterans in their readjustment to society and to help them train for future careers.

Counseling psychologists are both scientists and practitioners of psychology (Gelso & Fretz, 1992). “The practice of Counseling Psychology encompasses a broad range of culturally- sensitive practices that help people improve their well-being, alleviate distress and maladjustment, resolve crises, and increase their ability to function better in their lives” (Div. 17 webpage). Counseling Psychologists are employed in a wide variety of service and research settings including university settings (either in academic programs or counseling centers),private practice, public schools, community mental health, prisons, businesses, employee assistance programs, drug and alcohol treatment centers, psychiatric hospitals and veterans administration medical centers.

It is expected that upon completing the Counseling Psychology program at NMSU, graduates will be involved in research and practice which promote: 1) enhancement of optimal human development, 2) prevention of personal and interpersonal problems through client education and training, and 3) assistance with the remediation of existing psychological problems. In addition to therapeutic interventions, counseling psychologists make unique contributions to the research base of the field.

Division 17 of the American Psychological Association (APA) is the primary professional organization for Counseling Psychologists. *The Counseling Psychologist* and *The Journal of Counseling Psychology* are the two principal journals. Listed below are references prospective students may find helpful for developing a full understanding of the profession of counseling psychology.

## Suggested Readings

Barlow, D.H. (Ed.). (2010). *The Oxford handbook of clinical psychology.* New York, NY: Oxford University Press, Inc.

Brown, S.D. & Lent, R.W. (Eds). (2008). *Handbook of counseling psychology* (4th ed.). New York: Wiley.

Fouad, N.A., Carter, J.A., & Subich, L.M. (Eds.). (2012). *APA handbook of counseling psychology*. Washington, DC: American Psychological Association.

Division 17 of APA, Society of Counseling Psychology website: <http://www.div17.org/about-> cp/what-is-counseling-psychology/

## COUNSELING PSYCHOLOGY DOCTORAL PROGRAM

**Department of Counseling and Educational Psychology Mission Statement**

The mission of the Department is to promote social justice/advocacy through the cultivation and preparation of professionals in school and mental health counseling, school psychology, counseling psychology, and medical psychology. Our programs emphasize ethical responsibility and the development of multicultural competencies to work effectively with diverse populations and systems. We create collaborative relationships with educational, health/mental health, and community settings to reduce health and educational disparities, conduct relevant high-quality research, and nurture active learners and critical thinkers.

## Counseling Psychology Program at NMSU

The Counseling Psychology program at New Mexico State University is accredited by the American Psychological Association (For more information on accreditation contact the Office of Program Consultation and Accreditation, APA, 750 First Street, NE, Washington, DC 20002, 202.336.5979, [http://www.apa.org/ed/accreditation).](http://www.apa.org/ed/accreditation%29) The program, housed within the College of Education, offers educational experiences in the foundations of scientific psychology (history and systems of psychology: biological, cognitive/affective, individual and social basis of behavior). These educational experiences prepare our students for a career in health service psychology within the practice area of counseling psychology. The program is based on the scientist-practitioner model and stresses the integration of theory, research, and practice.

Through course work and supervised practice, students develop knowledge and skills in the following areas: appraisal; diagnosis; treatment planning; individual and group counseling, career counseling, behavioral health consultation and supervision. Course work on research design and statistics, combined with supervised research projects and dissertations, refine students' research skills. As scientists, counseling psychologists possess the expertise to evaluate the degree to which clients are achieving their goals, and to conduct research increasing the body of knowledge on the theory and practice of counseling psychology.

The Counseling Psychology program at New Mexico State University fosters increased sensitivity to cultural diversity within our society. Cross-cultural components of theory, practice, and research are stressed in both course work and research opportunities. The ethics and standards of practice for psychologists are stressed throughout the program. Self-exploration through in-depth supervision and personal awareness activities are integral elements in classes and practica. Individuals admitted to the program are expected to maintain high standards of personal and professional conduct. Annual progress reviews for students in the program include not only consideration of academic performance, but also reviews of personal attributes that reflect upon students' ability to effectively and ethically function as professional counseling psychologists.

The knowledge base of counseling psychology forms the foundation of the program. This knowledge base is demonstrated in students’ course work, experiences in psychological assessment, techniques of intervention, practicum placements, internship, qualifying and comprehensive examinations, and the doctoral dissertation. The required internship, 1500-2000 hours (preferably in an APA approved site), must be approved by the Director of Training and the Counseling Psychology Training Committee Faculty. The doctoral dissertation is an empirical investigation which, when completed, adds to the knowledge base of counseling psychology. Dissertations may emphasize particular assessments, populations, and/or interventions. The dissertation is conducted under the supervision of the faculty advisor, who possesses expertise in the area being investigated.

The CEP faculty believe that the goals of the program strongly reflect both the definition and identity of counseling psychology, and that accomplishing the program goals empowers graduates to find success and fulfillment in the field of counseling psychology. Collegial learning manifested through mentorship opportunities, a strong commitment to the scientist- practitioner model, and extensive work and study in all areas relevant to the counseling psychology profession characterize the program. Some CEP graduates may choose to primarily engage in research, others service provision, and others teaching, but all will have been trained to be scientist-practitioners. The mission, goals, and objectives of the counseling psychology program are identified below so that prospective students may compare them with their own interests and aspirations.

## Counseling Psychology Program Mission Statement

The NMSU doctoral program in Counseling Psychology is based on the Model Training Program in Counseling Psychology (Scheel, Stabb, Cohn, Duan, & Sauer, 2018). Our philosophy in implementing this scientist-practitioner model stresses an integration of theory, research, and practice in a pluralistic society. The faculty are role models of psychology professionals who are actively involved in the integration of science and service. The program produces well-trained generalists who will meet the needs of the citizens of NM and the United States, through the use of thorough assessment, a variety of intervention modalities, and the dissemination of psychological knowledge from a developmental and multiculturally-sensitive perspective. Training occurs via a developmentally sequenced, multiculturally-focused curriculum of didactic coursework, experiential training, and graduate assistantships that expose the students to basic psychological foundations and specialized training in Counseling Psychology. Throughout all aspects of the program two qualities are instilled in our students: self-reflection and critical thinking (e.g., application of theory and hypothesis generation), particularly as these qualities relate to greater multicultural awareness and competence, and to optimal ethical decision-making and professional behavior.

##  Aims of NMSU Counseling Psychology Program

1. To prepare entry level counseling psychologists who are self-reflective and competent in both the practice and science of the profession.
2. To prepare counseling psychologists who critically think about the sociocultural context of their work and promote social justice.

## APA Profession-Wide Competencies Addressed in the NMSU Counseling Psychology Program

**Research**

* + Demonstrate the substantially independent ability to formulate research or other scholarly activities (e.g., critical literature reviews, dissertation, efficacy studies, clinical case studies, theoretical papers, program evaluation projects, program development projects) that are of sufficient quality and rigor to have the potential to contribute to the scientific, psychological, or professional knowledge base.
	+ Conduct research or other scholarly activities.
	+ Critically evaluate and disseminate research or other scholarly activity via professional publication and presentation at the local (including the host institution), regional, or national level.

## Ethics and legal standards

* + Be knowledgeable of and act in accordance with each of the following:

the current version of the APA Ethical Principles of Psychologists and Code of Conduct; relevant laws, regulations, rules, and policies governing health service psychology at the organizational, local, state, regional, and federal levels; and relevant professional standards and guidelines.

* + Recognize ethical dilemmas as they arise, and apply ethical decision-making processes in order to resolve the dilemmas.
	+ Conduct self in an ethical manner in all professional activities.

## Individual and cultural diversity

* + An understanding of how their own personal/cultural history, attitudes, and biases may affect how they understand and interact with people different from themselves;
	+ Knowledge of the current theoretical and empirical knowledge base as it relates to addressing diversity in all professional activities including research, training, supervision/consultation, and service;
	+ The ability to integrate awareness and knowledge of individual and cultural differences in the conduct of professional roles (e.g., research, services, and other professional activities). This includes the ability apply a framework for working effectively with areas of individual and cultural diversity not previously encountered over the course of their careers. Also included is the ability to work effectively with individuals whose group membership, demographic characteristics, or worldviews create conflict with their own.
	+ Demonstrate the requisite knowledge base, ability to articulate an approach to working effectively with diverse individuals and groups, and apply this approach effectively in their professional work.

## Professional values and attitudes

* + Behave in ways that reflect the values and attitudes of psychology, including integrity, deportment, professional identity, accountability, lifelong learning, and concern for the welfare of others.
	+ Engage in self-reflection regarding one’s personal and professional functioning; engage in activities to maintain and improve performance, well-being, and professional effectiveness.
	+ Actively seek and demonstrate openness and responsiveness to feedback and supervision.
	+ Respond professionally in increasingly complex situations with a greater degree of independence as they progress across levels of training

## Communication and interpersonal skills

* + Develop and maintain effective relationships with a wide range of individuals, including colleagues, communities, organizations, supervisors, supervisees, and those receiving professional services.
	+ Produce and comprehend oral, nonverbal, and written communications that are informative and well-integrated; demonstrate a thorough grasp of professional language and concepts.
	+ Demonstrate effective interpersonal skills and the ability to manage difficult communication well.

## Assessment

* + Select and apply assessment methods that draw from the best available empirical literature and that reflect the science of measurement and psychometrics
	+ Collect relevant data using multiple sources and methods appropriate to the identified goals and questions of the assessment as well as relevant diversity characteristics of the service recipient.
	+ Interpret assessment results, following current research and professional standards and guidelines, to inform case conceptualization, classification, and recommendations, while guarding against decision-making biases, distinguishing the aspects of assessment that

are subjective from those that are objective.

* + Communicate orally and in written documents the findings and implications of the assessment in an accurate and effective manner sensitive to a range of audiences.
	+ Demonstrate current knowledge of diagnostic classification systems, functional and dysfunctional behaviors, including consideration of client strengths and psychopathology.
	+ Demonstrate understanding of human behavior within its context (e.g., family, social, societal and cultural)

## Intervention

* + Establish and maintain effective relationships with the recipients of psychological services.
	+ Develop evidence-based intervention plans specific to the service delivery goals.
	+ Implement interventions informed by the current scientific literature, assessment findings, diversity characteristics, and contextual variables.
	+ Demonstrate the ability to apply the relevant research literature to clinical decision making.
	+ Modify and adapt evidence-based approaches effectively when a clear evidence-base is lacking,
	+ Evaluate intervention effectiveness, and adapt intervention goals and methods consistent with ongoing evaluation.

## Supervision

* + Demonstrate knowledge of supervision models and practices.
	+ Demonstrate a variety of appropriately used supervision interventions
	+ Accurately assess supervisee’s abilities and developmental level

## Consultation and interprofessional/interdisciplinary skills

* + Demonstrate knowledge and respect for the roles and perspectives of other professions.
	+ Demonstrates knowledge of consultation models and practices.

## Program Specific Social Justice Competency of the NMSU Counseling Psychology Program

* + Identify disparities and demonstrate an understanding of how they impact individuals and communities.
	+ Identify potential actions that can be taken to ameliorate disparities.

## Doctoral Curriculum and Residency Requirements

The counseling psychology program at New Mexico State University is open to individuals who have completed a bachelor’s degree in Psychology, or a Master’s degree in Counseling or a related specialty requiring equivalent course work. Please refer to the “Admissions Process” section for further details regarding differential admission requirements for Masters vs.

Bachelor-level applicants.

Students enroll for a minimum of three years of full-time study at New Mexico State University. Students are also required to complete a one-year pre-doctoral internship after they complete all course work.

## Please note: coursework or minimum competencies in the following areas will enhance an applicants’ ranking:

* + Counseling Practicum
	+ Counseling Theory & Technique
	+ Group Work Theory and Technique
	+ Human Development
	+ The Psychology of Multiculturalism
	+ Career/Life Planning & Vocational Assessment
	+ Appraisal Theory and Technique
	+ Counseling Research & Statistics
	+ Diagnosis and Treatment Planning

***Counseling Psychology Doctoral Curriculum Listed by APA Standards of Accreditation***

## for Discipline-Specific Knowledge

**Category 1: *History and Systems of Psychology***

CEPY 6160: History and Systems of Psychology

**Category 1: Basic content areas in scientific psychology** Biological aspects of behavior:

CEPY 6180: Clinical Psychopharmacology, CEPY 6280: Primary Care Psychology

Cognitive aspects of behavior:

CEPY 6140: Cognitive & Affective Bases of Behavior

Developmental aspects of behavior:

CEPY 5/6120: Human Development, CEPY 5/6320: Career Life Planning & Vocational Assessment

Affective aspects of behavior:

CEPY 6140: Cognitive & Affective Bases of Behavior, CEPY 6350: Appraisal of Personality, CEPY 5/6270: Diagnosis and Treatment Planning

Social aspects of behavior:

CEPY 6150: Psychology of Social Identities

## Category 2: Advanced Integrative Knowledge of Basic Discipline-Specific Content Areas

CEPY 6140: Cognitive and Affective Bases of Behavior

**Category 2: *Research and Quantitative Methods*** Psychometrics:

CEPY 6420: Psychometrics, CEPY 6425: Counseling Psychology Research, CEPY 6340: Appraisal of Intelligence, CEPY 6350: Appraisal of Personality

Research methods:

CEPY 6425: Counseling Psychology Research, CEPY 6410 or EDUC 6440: Qualitative Research; CEPY 6450: Dissertation Seminar/Educational Experimentation, CEPY 7000: Doctoral Dissertation

Quantitative methods:

CEPY 6430: Advanced Statistics, CEPY 6440: Multivariate Statistics

## NMSU Counseling Psychology Doctoral Curriculum Listed by APA Standards of

**Accreditation for Profession-Wide and Program-Specific Competencies**

## Research:

CEPY 6425: Counseling Psychology Research, CEPY 6440: Qualitative Research; CEPY 693: Educational Experimentation, CEPY 7000: Doctoral Dissertation; CEPY 6430: Advanced Statistics, CEPY 6440: Multivariate Statistics. Also see next section on Research experiences.

## Ethical and legal standards:

CEPY 6190: Ethical/Professional Issues in Counseling Psychology, all practica (see below).

## Individual and cultural diversity:

CEPY 6130: Psychology of Multiculturalism, and CEPY 6150: Psychology of Social Identities, and it is addressed in most courses to some degree.

## Assessment and diagnosis:

CEPY 5/6270: Diagnosis and Treatment Planning, CEPY 6340: Appraisal of Intelligence, CEPY 6350: Appraisal of Personality, all practica (see below).

## Intervention:

CEPY 6550: Counseling Psychology Theory/Practicum; CEPY 6560: Group Work Theory/ Practicum; CEPY 6590: Behavioral Health Practicum; CEPY 6570: Advanced Counseling Psychology Practicum; CEPY 6220/6630: Internship in Counseling Psychology.

## Supervision:

CEPY 6580: Supervision Theory and Practicum.

## Consultation and interprofessional/interdisciplinary skills:

CEPY 6580: Supervision Theory and Practicum; CEPY 6280: Primary Care Psychology; CEPY 6590: Behavioral Health Practicum

## Professional values and attitudes/ Communication and interpersonal skills

These competencies are addressed in all practica and internship, as well as a focus in the annual evaluation process.

## Program-Specific Competency on Social Justice:

CEPY 6150: Psychology of Social Identities

Additional Specialty Areas/Modalities:

CEPY 5/6320: Career Life Planning & Vocational Assessment, CEPY 5/6240: Child and Adolescent Counseling, CEPY 5180: Addictions Counseling, CEPY 5250: Family Therapy Theory & Technique, CEPY 5150: The Art & Science of Mindfulness.

## Research Experiences

Students take five courses specifically aimed at the development of research skills. A student desirous of rapid progress through the doctoral program should begin dissertation planning at the earliest possible date. Students begin background research in support of their dissertations by working with their adviser or a research team during their first year in the program. This work culminates in students contributing to a publishable manuscript which is completed before the end of their second Fall semester in the program. Students also present this research at a Graduate Research Symposium the Department sponsors each year. Completion of this paper or presentation is required for completion of the Qualifying Procedure.

Students are encouraged to begin formal planning of the dissertation proposal early. Most students and advisors work efficiently by pursuing some modification of the following model: First, the student identifies some broad area of research interest in common with the advisor. It is important that students choose dissertation topics which fall within their advisor's areas of interest and expertise. The student and advisor begin to develop a research question (this phase may consist of relatively informal conversation, and "brainstorming"). At some point, the advisor will request a written document; for example, a brief Dissertation Proposal (two pages or so) which consists of an abstract, a specific question, and an outline of a relevant design. Oral and written feedback from the advisor is provided to sharpen both the question and design. The

end point of this interchange between student and advisor is a formal Dissertation Proposal that both the student and the advisor agree is suitable for presentation to the Doctoral Committee.

For all research papers students are required to use the most recent edition of the Publication Manual of the American Psychological Association in preparing the Dissertation Proposal.

## Practica

Six practica (18 credits) are required of doctoral students. Students take practica in the following sequence: CEPY 6550 Counseling Psychology Theory/Practicum, CEPY 6560 Group Work Theory/Practicum, CEP 6570 Advanced Counseling Psychology Practicum (two semesters at an approved training site), CEP 6580 Supervision Theory/Practicum, and CEP 6590 Behavioral Health Practicum. Development of competence in practica is of critical importance in the program. If students need additional time to develop skills in any one of the practica, faculty may recommend they prolong or repeat that practicum before progressing to the next practicum in the sequence. Because of the extensive clinical involvement **students are required to have liability insurance throughout the program.** Student insurance is available through APA for a nominal fee. In addition, a one-time user fee ($50) for funding of the training center equipment/overhead will be assessed at the time of the first practicum.

Each practicum involves students in a minimum of 150 hours, resulting in students completing 900 hours of supervised experience prior to beginning their internships. The total number of direct service/contact hours is currently 370 hours. It is recommended that students obtain additional direct service hours through Field Experiences in the community and/or enroll for additional hours in the CEP 6996: Field Experience in Counseling Psychology.

**Clearances for Students** Certain sites or placements will require background clearance for field-based or research experience as part of the degree program for all professionals-in-training in all Counseling and Educational Psychology (CEPY) programs. Examples of such organizations include, but are not limited to, the following: civic organizations, religious organizations, youth and family service agencies, social/support groups, schools, medical and residential settings. Sites may require students to provide a written letter of intent, driver’s license record, fingerprints via CYFD, and recommendation letters. Certain placements require additional certifications and/or training to be completed prior to starting. Examples may be, but are not limited to: CPI Training, CPR Training, “NEO” Training, and RELIAS Training as conducted by the sites or offered elsewhere. Certain sites will also require medical clearances for students providing services at those sites. Medical clearances are commonly, but not limited to: TB tests, drug tests, and evidence of vaccines (MMR, Hep B, Influenza, and Varicella). If students do not have vaccine records, blood titers may be required. Sites may also require verification of student’s health insurance.

These clearance requirements are in addition to CEPY requirements and may require additional costs or fees to the student. For example, fingerprints via CYFD cost $43 and Caregivers Background Check, NMDOH costs $73.30.

Individual programs and/or child-focused settings may set more stringent clearance requirements. It is strongly advised that students verify specific site requirements in order to plan ahead for having clearances met.

## Internship

The Ph.D. program in counseling psychology includes a post-practicum, full-time equivalent of one calendar year internship. Students are expected to seek internships accredited by the American Psychological Association (APA). Students are encouraged to check requirements at potential internship sites early, in order to make themselves competitive for those positions.

Candidates' internship assignments must be approved by the Director of Training in conjunction with the Counseling Psychology Training Committee. The doctoral internship is available only to doctoral students who have successfully completed their comprehensive examination and defended a dissertation proposal. Students are required to enroll in twenty credits of Internship in Counseling Psychology during their internship year.

## APA Approved Internship Placements Attended by CEP Students

Please go to website for most current information on internship sites attended by CEP students.

https://cep.nmsu.edu/academic-programs/counseling-psychology-phd/cpinternship/

## Progress Through the Program

Doctoral study within the Department of Counseling and Educational Psychology necessitates full-time and continuous study. There are also a number of criteria students need to meet as they progress through the program. Listed below are the major criteria students need to meet, followed by a schedule of classes and activities that students typically follow. Additional information on each of the steps and the course work is provided in the Doctoral Handbook which is available from the department.

Students will do the following in order to graduate:

1. Successfully complete 9-15 graduate hours per each Fall and Spring semester
2. Qualify for doctoral study by completing a qualification procedure during the Fall semester of their 2nd year. This requires that they earn a 3.0 GPA separately in practica (CEPY 6550 & 6560), and research/statistics course work (CEPY 6420, 6425, 6430, 6410), (students may be asked to repeat course work in these areas if faculty believe further development is needed), and completing a research presentation or a manuscript under the direction of their faculty advisor.
3. Obtain a grade of B or better in each class, as well as competency ratings or 3 or better, by professors in each class.
4. Decide on a dissertation topic which incorporates the student's interests and the advisor's expertise, and choose their doctoral committee in consultation with advisor
5. Submit an approved comprehensive portfolio and successfully pass the oral exam.
6. Complete a dissertation proposal and have it approved by the doctoral committee
7. Obtain placement in an APA-accredited or APPIC-equivalent internship
8. Complete the dissertation working with the faculty advisor and graduate committee
9. Pass a final examination which includes defense of the dissertation
10. Successfully complete the internship

## CEP FACULTY

Please go to website for the most current information on departmental and other program faculty https://cep.nmsu.edu/faculty/

# Five-Year Schedule for Counseling Psychology PhD Program

|  |  |  |
| --- | --- | --- |
| **Year** | **Semester** | **Course and Activities** |
| Year One | Summer | CEPY 5/6120 Human Development\*\*\* |
| CEPY 6130 Psychology of Multiculturalism |
| Doctoral Student Orientation/Teaching of Teaching Seminar |
| Fall | CEPY 6420 Psychometrics\*\*\* |
| CEPY 5/6270 Diagnosis and Treatment Planning\*\*\* |
| CEPY 6190 Ethical/Professional Issues in Counseling Psychology |
| CEPY 6550 Counseling Psychology Theory/Practicum |
| Spring | CEPY 6430 Advanced Statistics\*\*\* |
| CEPY 6560 Group Work Theory/Practicum |
| CEPY 6425 Counseling Psychology Research |
| CEPY 5/6320 Career Life Planning & Vocational Assessment\*\*\* |
| **Select a doctoral committee in consultation with advisor** |
| Year Two | Summer | CEPY 5180 Addictions Counseling\*\*\* |
| CEPY 6150 Psychology of Social Identities (odd years) |
| Fall | CEPY 6410 or EDUC 6440 Qualitative Research\*\*\* (even years) |
| CEPY 6570 Advanced Counseling Psychology Practicum |
| CEPY 6180 Clinical Psychopharmacology\*\*\* (even yrs.) |
| **Qualifying Project data are submitted** |
| Spring | CEPY 6440 Multivariate Statistics\*\*\* |
| CEPY 6350 Appraisal of Personality\*\*\* |
| CEPY 6570 Advanced Counseling Psychology Practicum |
| CEPY 6450 Dissertation Seminar |
| **File a program of study** |
| Year Three | Summer |  *(1 of 2 electives)* |
| CEPY 6140 Cognitive & Affective Bases of Behavior\*\*\* (even years) |
| Fall | CEPY 6580 Supervision Theory and Practicum |
| CEPY 6280 Primary Care Psychology |
| CEPY 6340 Appraisal of Intelligence\*\*\* |
| **Dissertation Proposal** |
| Spring | CEPY 6590 Behavioral Health Practicum |
| CEPY 7000 Dissertation (4 credits) |
|  *(1 of 2 electives)* |
| **Comprehensive Examination** |
| Year Four | Fall | CEPY 6160 History and Systems of Psychology\*\*\* (odd years) |
| CEPY 7000 Dissertation (7 credits) |
| CEPY 6996 Field Experience in Counseling Psychology |
| **Apply for Internship placement:**APPI, signed practicum logs, dissertation proposal |
| Spring | CEPY 6996 Field Experience in Counseling Psychology |
| CEPY 7000 Dissertation (7 credits) |
| *CEPY 5/6240 Child and Adolescent Counseling\*\*\* (can be taken as 1 of 2 electives)* |
| Summer | CEPY 6630 Internship in Counseling Psychology (1 credit) |
| Year Five | Fall | CEPY 6220 Internship in Counseling Psychology (9 credit) |
| Spring | CEPY 6220 Internship in Counseling Psychology (9 credit) |
| Summer | CEPY 6630 Internship in Counseling Psychology (1 credit) |
| GRADUATE!! |
| \*\*\*These courses may be waived if taken previously at the graduate level |
| Students have to take 6 credit hours of electives as part of their course curriculum. Additional courses may be considered as electives if they at least 5000 level CEP courses that fit into their desired minor or area of emphasis. Students who take courses in other departments outside CEP must get prior approval by the CPTC. |

Four-Year Schedule for Counseling Psychology PhD Program

|  |  |  |
| --- | --- | --- |
| **Year** | **Semester** | **Course and Activities** |
| Year One | Summer | CEPY 6120 Human Development\*\*\* |
| CEPY 6130 Psychology of Multiculturalism |
| Doctoral Student Orientation/Teaching of Teaching Seminar |
| Fall | CEPY 6420 Psychometrics\*\*\* |
| CEPY 6270 Diagnosis and Treatment Planning\*\*\* |
| CEPY 6190 Ethical/Professional Issues in Counseling Psychology |
| CEPY 6550 Counseling Psychology Theory/Practicum |
| Spring | CEPY 6430 Advanced Statistics\*\*\* |
| CEPY 6560 Group Work Theory/Practicum |
| CEPY 6425 Counseling Psychology Research |
| CEPY 6320 Career Life Planning & Vocational Assessment\*\*\* |
| **Select a doctoral committee in consultation with advisor** |
| Year Two | Summer | CEPY 5180 Addictions Counseling\*\*\* |
| CEPY 6150 Psychology of Social Identities (odd years) |
| Fall | CEPY 6340 Appraisal of Intelligence\*\*\* |
| CEPY 6410 or EDUC 6440 Qualitative Research\*\*\* (even years) |
| CEPY 6570 Advanced Counseling Psychology Practicum |
| CEPY 6180 Clinical Psychopharmacology\*\*\* (even yrs.) |
| **Qualifying Project data are submitted** |
| Spring | CEPY 6350 Appraisal of Personality\*\*\* |
| CEPY 6440 Multivariate Statistics\*\*\* |
| CEPY 6570 Advanced Counseling Psychology Practicum |
| CEPY 6450 Dissertation Seminar |
| **File a program of study** |
| Year Three | Summer |  *(1 of 2 electives)* |
| CEPY 6140 Cognitive & Affective Bases of Behavior\*\*\* (even years) |
| Fall | CEPY 6580 Supervision Theory and Practicum |
| CEPY 6160 History and Systems of Psychology\*\*\* (odd years) |
| CEPY 6280 Primary Care Psychology |
| CEPY 7000 Dissertation (4 credits) |
| **Comprehensive Examination** |
| **Dissertation Proposal** |
| **Apply for Internship placement:*** APPI, signed practicum logs, dissertation proposal
 |
| Spring | CEP 6590 Behavioral Health Practicum |
|  *(1 of 2 electives)* |
| CEPY 7000 Doctoral Dissertation (4 credits) |
| Year Four | Fall | CEPY 6220 Internship in Counseling Psychology (9 credits) |
| CEPY 7000 Doctoral Dissertation (5 credits) |
| Spring | CEPY 6220 Internship in Counseling Psychology (9 credits) |
| CEPY 7000 Doctoral Dissertation (5 credits) |
| Summer | CEPY 6330 Internship in Counseling Psychology (2 credit) |
| GRADUATE!! |
| \*\*\*These course may be waived if taken previously at the graduate level |
| Students have to take 6 credit hours of electives as part of their course curriculum. Additional courses may be considered as electives if they at least 5000 level CEP courses that fit into their desired minor or area of emphasis. Students who take courses in other departments outside CEP must get prior approval by the CPTC. |

## ADMISSIONS APPLICATION PROCESS

**Apply to the NMSU Graduate School by completing their online application at:**

# https://gradschool.nmsu.edu/.

The CEP department processes doctoral applications once a year. Online applications must be complete by **December 15** to be recommended for acceptance to the Graduate School for the following **summer enrollment**. Students are expected to **begin the program in Summer Session II** (around July 4th). In order to apply to the program, the following steps are required.

1. One **unofficial transcript from each college or university** previously attended.
2. Your most current **curriculum vitae**.
3. A **letter of intent**, requesting admission to the Counseling Psychology doctoral program. This letter should give a sense of who you are and the ways in which the NMSU Counseling Psychology Program will meet your professional goals.
4. **A sample of your recent undergraduate or graduate writing** that demonstrates critical thinking and analytical writing skills. This sample should not be co-authored or edited by someone else, as we are looking to see your own writing capability. Ideally, the sample should also demonstrate utilization of research (e.g., citing current research) or conducting original research (e.g., professional publications). The sample can be a version of a paper you wrote for a class, but it need not be; you may just write about a topic that interests you.
5. The names and contact information of **three (3) recommenders who will provide a letter of reference** concerning your competency to complete doctoral level work. These recommenders should be **former instructors and counseling supervisors.**

Applications may be strengthened by submitting additional evidence of aptitude for graduate study (for example, reprints or other publications, grant proposals, relevant work samples, senior or master’s thesis, or additional support letters).

At least one interview will be required of finalists. This could include individual and/or group interviews. While students are encouraged to come visit the campus in order to get a better sense of the area and program, applicants may request to be interviewed through a series of conference calls.

Various non-objective admissions criteria are weighed as follows:

* + Letter of Intent High
	+ Letters of recommendation High
	+ On-campus interview/phone interview High
	+ Previous research activity High
	+ Counseling experience Medium
	+ Extracurricular activities Medium
	+ Related public service Medium
	+ Teaching experience Medium

Additional information can be obtained by visiting the program website at the following address: <http://education.nmsu.edu/cep/phd/application_process.html>or contacting the Coordinator of Doctoral Admissions: Sarah Ramos, Ph.D. at: sramos90@nmsu.edu or 575-646-3755.

## Admissions Criteria for Masters- vs. Bachelors-level Applicants

Bachelors-level applicants must have an undergraduate degree in Psychology or a related degree. Bachelors-level applicants must have a minimum undergraduate **major** GPA of 3.4.

Masters-level applicants must have a graduate degree in Counseling or a related field and a minimum graduate GPA of 3.3.

## Recruitment of Culturally Diverse Applicants

In 2004 our doctoral program was presented with the APA Richard Suinn Award for the Recruitment and Retention of the Ethnic Minority Students. New Mexico State University is committed to increasing the enrollment and professional representation of culturally diverse students. A wide variety of cultures, nationalities, and ethnic groups are currently represented at NMSU. Minority students make up one-half of the university student body. NMSU faculty and staff value the university's diverse student population and strive to promote both academic and personal growth in every student.

New Mexico State University has consistently provided support services for minority students and has had an affirmative action plan in place for many years. Since 1988, a university-wide committee has developed specific strategies to further increase the number of minority students and faculty. Some of the minority recruitment and retention programs currently operating at the graduate level include: Ronald E. McNair Program (funded by the U.S. Department of Education); The Minorities Biomedical Research Support Program (funded by the National Institutes of Health): Minority Access to Research Careers Program (funded by the National Institute of Health); Commission on Higher Education Minority and Women Fellowships (funded by the Commission on Higher Education); and The Minority Doctoral Assistance Loan Program (funded by the state with matching funds from NMSU).

In 2013, our doctoral program was awarded HRSA funding for our program, “Scholarships for Disadvantaged Students for Primary Care Behavioral Health Training.” The purpose of the project is to increase the number of disadvantaged and underrepresented minority students in the discipline of counseling psychology (CP) to provide integrative, comprehensive primary care in medically underserved communities (MUCs). This goal will be obtained by providing financial support for disadvantaged and underrepresented minority students to engage in coursework and practical experiences in which trainees learn about and work collaboratively with underserved populations in New Mexico. Las Cruces is located in Dona Ana County, which has been designated as both a Primary Care and Mental Health HPSA. This SDS HRSA grant will help to recruit and retain doctoral students in the APA accredited Ph.D. Program in CP at New Mexico State University (NMSU), who will be involved in the interdisciplinary HRSA Graduate Psychology Education grant with primary care sites located in Las Cruces.

## Valuing Diversity Training Statement

Self-exploration through in-depth supervision and personal awareness activities are integral elements in classes and practica. Individuals admitted to the program are expected to maintain high standards of personal and professional conduct. Annual progress reviews for students in the program include not only consideration of academic performance, but also reviews of personal attributes that reflect upon students' ability to effectively and ethically function as professional counseling psychologists. In particular, the training values of the NMSU counseling psychology program reflects the APA’s statement on “Preparing Professional Psychologists to Serve a Diverse Public.” For a copy of the statement go to: [**http://www.apa.org/ed/graduate/diversity-preparation.aspx.**](http://www.apa.org/ed/graduate/diversity-preparation.aspx)

## Demographics of Doctoral Students and Faculty (2022-2023)

The Counseling Psychology doctoral program has a current enrollment of 22 students where the majority identifying as women. There are 11 (50%) ethnic minority students currently enrolled in the program. In 2004 we were awarded the APA Richard Suinn Award for the Recruitment and Retention of the Ethnic Minority Students for excellence and recruitment of ethnic minority in doctoral students in psychology. Regarding program faculty there are 100% ethnic minorities and 100% are women.

The department annually reviews approximately 80 completed applications and makes offers to approximately 12 students each year until our six slots are filled (acceptance rate of 15%).

Please refer to Student Outcomes Data on the Counseling Psychology program website for additional data.

## International Student Applications

Applicants from other countries or individuals who live in the U.S. but are not American citizens are encouraged to contact the International Students and Scholar Services for more information by emailing isss@nmsu.edu or calling 575-646-2834.

As part of the NMSU undergraduate and graduate admissions process, students submitting foreign post-secondary level transcripts are required to have their credentials evaluated by a recognized member of the National Association of Credential Evaluation Services: [http://www.naces.org/members.htm.](http://www.naces.org/members.htm) NMSU requires a Comprehensive Course by Course evaluation be completed by the credentialing service for each foreign institution the student has attended. Evaluations and transcripts received directly from the credentialing service will be accepted as official documents. Foreign post-secondary transcripts that have not been evaluated will be not be accepted by the Office of University Admissions.

Students for whom English is not their native language are required to submit an official score for the Test of English as a Foreign Language (TOEFL) or the International English Language Testing System (IELTS). The required TOEFL score for regular NMSU admission to graduate degree programs is 79 on the iBT or 550 on the paper-based test. The required IELTS scores for regular NMSU admission is 6.5 for graduate applicants.

## Rules of Acceptance of Offers for Admission and Financial Aid

In 1965, the Council of Graduate Schools in the United States, supported by 317 universities and colleges and by the directors of four granting agencies, both public and private, passed the following resolution:

Acceptance of an offer of financial aid (such as graduate scholarship, fellowship, traineeship, or assistantship) for the next academic year by an actual or prospective graduate student completes an agreement which both student and graduate school expect to honor. In those instances in which the student accepts the offer before April 15, and subsequently desires to withdraw, the student may submit in writing a resignation of the appointment at any time through April 15. However, an acceptance given or left in force after April 15 commits the student not to accept another offer without first obtaining a written release from the institution to which a commitment has been made. Similarly, an offer by an institution after April 15 is conditional on presentation by the student of the written release from any previously accepted offer. It is further agreed by the institutions and organizations subscribing to the above Resolution that a copy of this Resolution should accompany every scholarship, fellowship, traineeship and assistantship offer.

In 1981, the Council of Graduate Departments of Psychology (COGDOP) modified the resolution regarding offering and accepting financial aid after April 15:

An acceptance given or left in force after April 15 commits the student not to solicit or accept another offer. Offers made after April 15 must include the provision that the offer is void if acceptance of a previous offer from a department accepting this resolution is in force on that date. These rules are binding on all persons acting on the behalf of the offering institution.

In November 1988, the Board of Directors of COGDOP passed the following motion:

That the currently prevailing procedures dealing with the offering and acceptance of financial aid are intended to cover graduate admissions as well as offers of financial aid. To protect candidates against the need to make premature decisions, graduate programs should allow applicants until April 15 to make final decisions.

The CEP Department at NMSU complies with the stated policy of the Council of Graduate Departments of Psychology.

## Financial Aid

The CEP department has half-time assistantships available. Current stipends are listed in the Graduate Catalog. Doctoral students are allotted a minimum of 10 hours per week assistantship during their first three years in the program for Fall & Spring semesters.

During their first year students’ assistantships typically are dedicated to assisting faculty in teaching. During their second year students' assistantships typically focus on independent teaching, assisting faculty in teaching graduate level courses, and/or program administration. During their third year in the program doctoral students typically have supervisory assistantships, independent teaching and/or program administration (for example, independent teaching of an introductory counseling course and administration of the Department's training clinic). **Award of a graduate assistantship makes the student immediately eligible for in- state tuition.**

It is strongly recommended that doctoral applicants to the CEP doctoral program file a “Free Application For Federal Student Aid” (FAFSA), which can be found at [http://www.fafsa.ed.gov/.](http://www.fafsa.ed.gov/) The application process will determine your eligibility for financial aid programs available to graduate students at New Mexico State University. It is important that you apply for financial aid as soon as possible after January 1 when the FAFSA forms are available. Due to the large number of graduate students applying for financial aid, it is strongly recommended that your financial aid forms be completed before March 1, since some of the programs are based on availability of funds granted through the federal financial aid programs and are based on a first come, first served basis.

There are also Scholarships for Disadvantaged Students that any Ph.D. students who are full- time (this includes students on internship) and meet low-income criteria are eligible for up to

$30,000/year for the next 3 years. Half of the money is to cover tuition costs and the rest can cover other living expenses. To learn more about the scholarship please contact Dr. Sarah Ramos at sramos90@nmsu.edu

Additional information on student loans and part-time employment is available on request from the Financial Aid Office.

## University and Department Facilities

The Department of Counseling and Educational Psychology is housed in the College of Education in O'Donnell Hall. Most classes are taught in O'Donnell Hall and courses are offered during daytime and evening hours. The department has three conference rooms that can be used for smaller classes and doctoral committee meetings (e.g., comprehensive exam, dissertation proposal).

The department maintains a Counseling and School Psychology Training and Research Center with excellent facilities for supervised counseling and supervision-of-supervision. The Training Center consists of rooms used for counseling, paperwork and consultation, supervision/observation rooms, testing, and research. Four of the rooms are set up for digital recording. These rooms have one-way mirrors, microphone-speakers for live supervision and headsets for supervisors to listen-in on sessions. One room is designed for group work and includes a large dry-erase work board. One of the rooms serves as the office for the Graduate Student Testing Coordinators. Another room serves as the office for the Training Center Coordinators. Equipment including laptops with web-camera capabilities are available as needed for supervision outside of the Training Center.

The Graduate Student Lounge is located in O’Donnell Hall 223. It is open to all graduate students as a place to congregate. It offers a public lounge area with couch, lockers, and a table. It also contains a work area with computers and monitors. Graduate students gather here to discuss classes and study. One of the benefits of the lounge is in providing an open environment for students to work and socialize. Lockers are available to students for secure storage of books and other materials.

NMSU has two libraries with total library holdings of books or monographs are 1,823,296, and 4,402 periodical subscriptions. The library holdings specifically include 141 journals in the subject of psychology, including *The Counseling Psychologist*, the *Journal of Counseling Psychology*, and the *American Psychologist*. The library provides access to counseling and psychology research literature through PsycINFO and PsycARTICLES. The latter provides full text access to 93 journals published by the American Psychological Association and other publishers. Students can gain access to the entire DSM-IV library, as well as 6 scholarly

journals through the Psychiatry Online databases. The library also provides students online access to 61,480 full text periodicals. The library has thousands of books relating to psychology, including 1,200 electronic books devoted to psychology subjects.

## Life in Las Cruces

Las Cruces is located in southwestern New Mexico, 50 miles from the El Paso-Juarez border region. The Las Cruces area is well known for the majestic Organ Mountains, White Sands National Monument, and the Rio Grande River that winds its way through fields of chile, cotton, and pecan orchards. The mild climate allows for year-round swimming, golf, backpacking, and other outdoor activities. Cultural events include a Renaissance Arts & Crafts Festival, The Whole Enchilada Festival, Diez-y-Seis de Septiembre celebrations, Mariachi Conference, and a variety of events sponsored by the American Southwest Theatre Company and the Las Cruces Symphony. There is a vibrant community of local artists in the area that sell their products at the weekly Las Cruces Farmer’s & Crafts Market, the monthly Fine Arts Flea Market, and at shops in the nearby town of Mesilla. Concerts and larger venues tend to occur in the neighboring city of El Paso, which also hosts a wider variety of events and restaurants.

Las Cruces, hometown of the university and New Mexico's second largest city, blends Latino, American Indian, European-American and African American cultures in its colorful city life.

Desert landscape, the Rio Grande river, high forested mountains, and the proximity of the U.S.- Mexico border contribute to the rich multicultural ambience of the region. For more information about Las Cruces, visit the following website: <https://www.lascrucescvb.org/>

## Housing

For more information on graduate student housing, checking out the housing website: [http://www.nmsu.edu/~housing/graduate/qualifications.html.](http://www.nmsu.edu/~housing/graduate/qualifications.html) Off campus housing is plentiful and reasonably priced throughout the Las Cruces area. The cost of living is below the national average.

## Job Placements Sites Obtained by Our Graduates

* + Private Practice
	+ Mental Health Agencies
	+ Academic Positions
	+ University Counseling Centers
	+ Health Maintenance Organizations
	+ Medical Centers
	+ Public Schools
	+ Correctional Facilities

## In Summary, “Why NMSU?”

* + Excellent generalist training in health service psychology with a variety of training opportunities
	+ Faculty has been recognized with university or national organization teaching awards and/or research awards
	+ Research team involvement on projects related to multiculturalism; the health impact of discrimination & oppression, mindfulness, sexuality, effectiveness of interventions & behavioral health
	+ Extensive multicultural opportunities including bilingual supervision. We received the APA Suinn Award on the recruitment and retention of ethnic minority students.
	+ Recipient of a HRSA Graduate Psychology Education Program grant and the Scholarships for Disadvantaged Students grant that provide funding to be trained in providing behavioral health interventions in primary care medical settings with other healthcare disciplines
	+ NMSU is a Hispanic-serving institution and NMSU is a Top 100 Colleges and Universities for Hispanics
	+ NMSU is listed as one of the “Best Buys” in the country for tuition expenses
	+ Students consistently acquire desirable internships and post-doctoral employment
	+ Minors in Spanish Counseling and Integrated Behavioral Health available