



# Psychology-Counseling, M.A.

The Master of Arts in Counseling Psychology program at Cal Poly Humboldt prepares individuals for the independent professional practice of psychological counseling, which includes providing therapeutic services to individuals and groups experiencing psychological distress. Our program is accredited by the California Board of Behavioral Sciences and provides the educational requirements for the Marriage and Family Therapist (MFT) license in the state of California. Successful completion will allow the candidate to apply for Associate (AMFT) status with the Board to accrue the post-degree hours of supervised practice necessary for state licensure.

## Experience Your Learning

As a student you will work directly with clients of diverse backgrounds either on campus or in the local community, building critical clinical and personal skills necessary to become a psychotherapist.

**First year:** Begin establishing a counseling relationship with one to three clients at Counseling & Psychological Services (CAPS), the program's on-campus training clinic for Psychology graduate students in the Counseling program.

**Second year:** Develop and acquire skills in individual, child, family, and group counseling. You will be placed in CAPS or a community agency with primary counselor responsibilities.

Start earning supervised hours necessary to meet the state's requirements for the Licensed Marriage & Family Therapist (MFT).

If you choose to complete a master's thesis you can work side-by-side with faculty conducting research.

### X Did you know?

- **Counseling & Psychological Services supports Cal Poly Humboldt students and serves as a training clinic for Counseling program students; it includes interviewing and counseling rooms with video equipment and one-way mirrors.**
- **Complete the coursework necessary to meet the educational requirements for the Marriage & Family Therapist (MFT) license in the state of California.**



# Academics & Options

## Psychology, M.A.

### Psychology–Counseling, M.A.

Supervised fieldwork/practica is a required part of the program, including experience in our campus counseling clinic. Students are required to either pass a cumulative exam or complete a master's thesis.

**In accordance with our core values, the objectives of our program are to assist students in reaching the following:**

- Gaining a knowledge-base and counseling skills for working with a diverse array of clients and from a wide variety of theoretical orientations
- Achieving competence in applying evidence-based tools and techniques
- Forging a professional role and identity as a counselor that is grounded intra- and interpersonal awareness
- Developing a commitment to social justice and multicultural counseling principles
- Attaining a strong ethical stance and applying effective ethical decision-making

## Careers

Counseling Psychology is more than a career – it's a calling. When you graduate from Cal Poly Humboldt's Counseling Psychology graduate program, you enter the workforce prepared with clinical, theoretical, and research skills that are essential to becoming a professional psychotherapist.

- **Group Therapy Facilitator**
- **Marriage/Couples Therapist**
- **Family Therapist**
- **Child Therapist**
- **Substance Use Counselor**
- **Conflict Resolution Mediator**
- **Trauma Specialist**
- **University Faculty**

