

# Counseling Psychology Master's Program

## Program Information & Application Instructions

Fall 2005

We are pleased that you are interested in the Counseling Psychology Master's Program at the University of Southern Mississippi. The Counseling Psychology Master's Program is a 60-hour, 2 year graduate program providing training in the knowledge and skills necessary to become a professional counselor and/or pursue additional graduate study. We are proud that the Counseling Psychology Master's Program is nationally accredited by the Council on Accreditation of Counseling and Related Programs (CACREP), an affiliate of the American Counseling Association (ACA). As an accredited Community Counseling program, we provide training to individuals interested in engaging in counseling services in community settings as well as a starting point for additional graduate study.

Making the decision to continue your academic training is a difficult one. Having a clear picture about what your career goals are and what specific programs have to offer allows you to make a good decision about the fit between your personal and professional goals and those of the program you are seeking admission to. For information on the counseling profession in general we strongly encourage you to investigate the American Counseling Association website ([www.counseling.org](http://www.counseling.org)) and the CACREP website for specific information about coursework and credentialing ([www.cacrep.org](http://www.cacrep.org)). Further, you may seek information on licensure and certification by contacting the National Board for Certified Counselors ([www.nbcc.org](http://www.nbcc.org)) and your state licensing agency.

This handbook provides both program information and application instructions. Please review this document carefully and contact the Program Director (see below) with specific questions. Application to graduate school in psychology is a competitive process. You should seek the advice of a trusted academic mentor with questions related to an evaluation of your application materials, however the Program Director is happy to respond to questions regarding the program requirements or application process.

Best of luck to you,

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## **CPY Master's Program**

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### **Mission Statement**

The mission of the M.S. Program in Counseling Psychology/Community Counseling is to provide the knowledge, disposition and skills necessary to become a competent professional counselor. Our program prepares counselors through academic and experiential learning to the highest professional standards of the Council on Accreditation of Counseling and Related Programs (CACREP) and the American Counseling Association (ACA). We train students to utilize sound diagnostic and evidenced-based interventions from a multicultural, developmental, preventative and strength-based approach for service to their clients, their community and their profession.

We are committed to:

- comprehensive training which prepares students for both professional practice and doctoral level study
- lifelong learning and professional growth
- an integration of contextually-based research, theory and practice
- collaborative partnerships among students, faculty, academic and private institutions to inform research and practice

## **Program Objectives**

Modeled after CACREP standards, the Counseling Psychology/ Community Counseling Master's Program seeks to train professional counselors who:

1. Have a strong identity as a professional counselor and aspire to be leaders in their community and profession.
2. Contribute to the development of the profession through active membership in local, state and national counseling organizations.
3. Are sensitive to the unique ways in which diversity impacts their own development as well as the way in which it impacts the worldview of those around them and act as advocates for social change.
4. Work to develop a solid understanding of themselves and their impact on others.
5. Understand the contextual, linear and nonlinear influences which effect development across the lifespan.
6. Integrate the knowledge and history of vocational counseling to understand the personal, social, and economic factors related to the world of work for clients throughout the lifespan.
7. Respect the process of counseling as it relates to instilling hope and fostering growth for a diverse client population.
8. Develop knowledge of professional ethics and standards based on the ethics of the American Counseling Association and related entities.
9. Employ theory-based case conceptualization and intervention skills with individuals, groups and communities utilizing diagnostic and developmental assessment approaches.
10. Utilize sound individual and vocational assessment and intervention techniques which are informed by research yet equally maintain a respect for client strengths and developmental issues.
11. Respect the influence of science on the art of counseling and the influence of art on the science of counseling and are critical consumers of the empirical literature.

*Adapted from: Engels, D.W. & Associates. (2004). The Professional Counselor: Portfolio, Competencies, Performance Guidelines and Assessment (3<sup>rd</sup> Ed). Alexandria, VA: American Counseling Association.*

## **Program of Study**

The Counseling Psychology Master's Program is designed to be a full-time program for students interested in a career in Community Counseling and/or pursuing additional graduate coursework. As a full-time program, students are expected to enroll in 12 hours of graduate coursework during the Fall and Spring semesters, and at least 9 graduate hours during the Summer semesters. Students are admitted once annually and all begin in the Fall semester. Courses are sequenced as to best prepare students for their clinical practicum experiences beginning in their second year; exceptions to this sequence are rarely granted. Graduate training is concluded by a 600-hour, full-time internship during the second Summer semester at a community agency under the supervision of a professional counselor.

- Foundations: Sociocultural/Human Growth & Development (6 – 12 hours)

PSY 613 - Cultural Bases of Behavior (Required - 3 hours)

PSY 717 – Theory and Practice of Developmental Counseling (Required - 3 hours)

Students who have not completed an undergraduate major or minor in psychology should also take the following courses for graduate credit:

Abnormal Psychology

Psychology of Personality

- Basic Professional Core Studies (18 hours)

PSY 630 - Introduction to Counseling in the Community

PSY 614 - Testing and Individual Analysis<sup>2</sup>

PSY 650 - Microskills Laboratory

PSY 710 - Group Counseling and Psychotherapy

PSY 713 - Intermediate Counseling Theory<sup>1</sup>

PSY 714 – Psychology of Vocational Development<sup>5</sup>

- Advanced Professional Core Studies (12 hours)

PSY 727 – Counseling Supervision

PSY 720 – Psychological Interventions with Families and Children

PSY 712 – Assessment and Diagnosis<sup>5</sup>

PSY 738 – Alcoholism and Drug Abuse Seminar

- Practica (6 hours)

PSY 652 - Counseling Psychology Practicum I<sup>3</sup>

PSY 762 - Counseling Psychology Practicum II<sup>4</sup>

- Internship (6 hours)

PSY 796 - Field Internship

- Research and Evaluation (3-6 hours)

REF 602 - Introduction to Statistics (If completed at undergraduate level, substitute a course from the "Environmental and Specialized Studies" list below).

PSY 659 - Research Design<sup>2</sup>

Environmental and Specialized Studies Electives (up to 9 hours)

Congruent with the individual student's career objectives and in consultation with the Program Director, additional courses may be approved. Students select courses such as, but not limited to, the following:

PSY 763 - Group Counseling Practicum<sup>4</sup>

PSY 835 – Parent & Child Prac/ Anger Management Prac<sup>6</sup>

FAM 655 – Theories of Marital and Family Therapy

FAM 665 – Sex Therapy

**CHS – Human Sexuality**

REF 761 - Experimental Design<sup>2</sup>

REF 762 - Advanced Regression<sup>2</sup>

**Minimum Requirement for Degree: 60 Semester Hours**

<sup>1</sup> prerequisite: PSY 630 (or concurrent enrollment)

<sup>2</sup> prerequisite: REF 602 or an undergraduate statistics course

<sup>3</sup> prerequisites: PSY 713, PSY 614, PSY 650 & PSY 630

<sup>4</sup> prerequisites: PSY 652 & faculty permission; also PSY 710 for PSY 763

<sup>5</sup> prerequisite: PSY 614

<sup>6</sup> prerequisite: PSY 652 and instructor permission

Transfer Credit

Following admission into the Counseling Psychology Master's Program, students may transfer no more than six hours of graduate coursework. Requests for course transfers are made in writing to the Program Director during the first semester. Requests should include a copy of the syllabus and bulletin description of the course. You will need to obtain approval from the instructor of record at the University of Southern Mississippi who teaches the comparable class in writing in order for your transfer to be approved. Transfers are only granted when classes are comparable in rigor and content and are up to the discretion of the USM instructor of record and program director.

## **The University**

The University of Southern Mississippi is one of three comprehensive universities, along with the University of Mississippi and Mississippi State University in the state system of higher education. Although the "youngest" of the three major universities (university status granted in 1962), enrollments at Southern Miss have steadily grown to become one of the state's larger institutions with a combined enrollment (Hattiesburg and Gulf Coast campuses) of 14,533 students in 1998-99. The majority, 12,896 students, were enrolled on the Hattiesburg campus. The student body is diverse with ethnic minorities constituting 23% of the Hattiesburg student body. The University of Southern Mississippi offers 90 bachelor's degree programs, 61 master's degree programs, two specialist's degree programs, and 19 doctoral degree programs. Southern Miss is one of the few universities nationwide, and certainly the Department of Psychology is one of the very few departments nationwide, currently offering three APA-accredited programs (Clinical, Counseling, and School Psychology).

## **The Department of Psychology**

The Department of Psychology is administratively housed in the College of Education and Psychology and is located in the Owings-McQuagge Building near the center of the Southern Miss campus. The Department offers advanced degrees in four areas: Clinical, Counseling, General Experimental, and School Psychology. The School, Clinical, and Counseling doctoral training programs are fully accredited by the American Psychological Association. The Counseling Psychology Master's Program is CACREP accredited under the Community Counseling specialty. The Department is composed of 36 full time faculty members. Twenty-four of the departmental faculty are men, and 12 are women. Seven faculty members' primary appointment is at the Gulf Coast campus. The core faculty members for the Counseling Psychology Program provide primary leadership and direction for that program. However, other departmental faculty members may teach foundations courses and/or serve on research committees, broadening the scope of mentors and faculty resources available to students.

The total number of departmental graduate students in residence at any given time is approximately 120-125 with 25-30 of these individuals enrolled in the Counseling Psychology Master's program. The department currently operates clinic facilities for the Clinical, Counseling (see description of the Community Counseling and Assessment Clinic below), and School Psychology Programs. Clinics are staffed by graduate students, working under faculty supervision, and serve both students as well as citizens from the surrounding communities.

### **Departmental Research Facilities**

Recent renovations in the Department ensure that adequate research facilities are available to support faculty and graduate student research. Graduate students who are not associated with a permanent faculty laboratory are assigned study carrels within the Department. The Department supports a small-animal colony for biopsychology research, and two permanent state-of-the-art psychophysiology laboratories are available: The Psychophysiology Research Laboratory and The Sleep Research Laboratory. Clinic facilities and local agencies may, at times, be used as research sites, and more general research needs may be accommodated in multi-use sites located in the departmental suite.

### Community Counseling and Assessment Clinic

One of three departmental clinics, the Community Counseling and Assessment Clinic is the primary training site for the beginning and intermediate practica that are completed by Master's students in counseling psychology. Clientele include university students as well as children, families and adults from the Hattiesburg community. All practicum supervision will be done by Counseling Program faculty and doctoral supervisory assistants. This is a unique aspect of our program as it provides direct, hands-on instruction from faculty and peer consultation.

Additionally, specialty clinics (Anger Management, Parenting Young Children) are run through the Community Counseling and Assessment Clinic. Students can receive specialized training in these empirically-based models and frequently see clients participating in these services.

Students may also receive specialized training in conducting assessments for clients involved with the drug courts and may include this as part of their practicum training.

The clinic is equipped for direct observation and recording of counseling sessions via an integrated closed-circuit audio and video system. Sessions are routinely tape recorded, providing both live and recorded materials for use in on-going supervision and training.

### Community Internship Placements

Relationships with area community agencies have been developed to assist students in completing the 600-hour full-time summer internship requirement in the summer of their second year. Pine Belt, a community mental health center, offers rotations in working with children and adolescents, families, alcohol and drug interventions and adult populations. Many of these positions have historically been funded. Students have also completed internship rotations with Pine Grove, a psychiatric inpatient facility, which includes child, adolescent, adult and alcohol and drug services. Similarly, in surrounding areas (e.g., Mobile, New Orleans), community mental health internships are also available.

### University Library Facilities

Library functions at The University of Southern Mississippi are organized into four major units: the Joseph Cook Memorial Library (located directly across the street from OMH), the William David McCain Library and Archives, the Teaching Learning Resources Center, and the Cox Library at the Gulf Coast campus. Cook Library currently acquires over 20,000 new volumes annually. The holdings of the Library include more than 1.8 million volumes of books, bound journals, government documents, and microfilms. The Library also subscribes to more than 4,500 periodicals, and cataloging services are available by computer throughout the campus. Access to dozens of on-line databases is provided through the reference department and a variety of CD-ROM index services are available on site free of charge. Southern Miss Libraries have an on-line connection with a library service that has major journal holdings. If needed journal articles are not available on campus, a faxed copy may be obtained from the on-line service at no cost to faculty members or graduate students.

### Counseling Association of Master's Students (CAMS)

CAMS is the program's student organization. This strong group of students provides both social and professional support. Members of CAMS are elected to officer positions during the Spring semester and serve one-year terms. Meetings are held regularly; students are actively encouraged to participate on faculty committees and to act as liaisons during faculty meetings. For more

information, please see: <http://www.usm.edu/psy/dept/cams.htm>. Additionally, we maintain a chapter of Chi Sigma Iota, a Counseling Honor Society. Students are encouraged to join CSI during their second semester of graduate coursework (<http://www.csi-net.org/>).

## **The Hattiesburg Community**

Southern Miss is located in the more populous (and rapidly developing) southern half of the state and is a transportation hub with intersections of Interstate Highway 59 and state highways 49 and 98. Hattiesburg is located only 65 miles from the beaches and casinos of the Mississippi Gulf Coast, approximately 100 miles from Mobile and New Orleans, and 90 miles from the state capital of Jackson. Hattiesburg serves a regional population of over 200,000 and is a center for education, retail and commercial sales, and legal and medical services. Located in Hattiesburg are a modern library, two large general hospitals, a free-standing hospital with inpatient and outpatient psychiatric and alcohol/drug units, a community mental health complex, two institutions of higher learning, a vocational-technical complex which is a branch of a regional junior college, and a small zoo that is styled to the interests of both children and adults. There is a small art gallery at Southern Miss, and there are several art galleries in the Historic Downtown area.

The climate in Hattiesburg is typical of that found throughout the "Sun Belt" with mild winters, delightfully warm spring and fall seasons, and hot summers. The terrain is best characterized as gently rolling hills with tall pine forests. Given the moderate climate and close proximity to numerous bodies of water, parks, and golf courses, the Hattiesburg area provides an ideal setting for year-round outdoor recreational activities.

### **Housing**

Some graduate student housing is available at The University of Southern Mississippi and in the local community. Students seeking university housing must apply through the University Housing Office. An early application with the Housing Office is a good idea since there is usually a waiting list for available graduate student housing. Housing lists in the community may be obtained through real estate agents or from local papers. Current graduate students are also a good source of information about possible housing. Compared to urban areas in other parts of the U.S., Hattiesburg housing/utility costs are at a moderate level. Current information on housing availability and costs are shared during the admissions interview. Also, new students are paired with current students shortly after April 15. This match may be helpful to incoming students in locating resources needed to make the move to Hattiesburg, Mississippi. Additional information is available through the Chamber of Commerce and/or the Hattiesburg web site (<http://www.hattiesburgms.com>).

## **Counseling Psychology Faculty**

Jamie Aten, Ph.D., Indiana State University. Assistant Professor. Teaches courses in supervision and core areas of counseling psychology; supervises beginning practica. Research interests include spirituality, supervision and rural psychology.

Eric Dahlen, Ph.D., Colorado State University. Assistant Professor and Clinic Director. Teaches courses in core areas of counseling psychology and supervises beginning practica. Research and professional interests include the assessment and treatment of problematic general anger, driving anger, personality assessment, and cognitive-behavioral therapy.

Mark M. Leach, Ph.D., University of Oklahoma. Associate Professor and Doctoral Training Program Director. Teaches courses in multicultural counseling, counseling psychology seminar and supervision; supervises individual and group practica. Research and professional interests include multicultural issues, counselor development and supervision, racial identity models, and training issues.

William J. Lyddon, Ph.D., University of California, Santa Barbara. Professor. Teaches courses in counseling theory, group counseling and supervises counseling practica. Research and scholarly interests include the study of theoretical and philosophical issues in counseling theory and practice, cognitive theory and therapy, attachment theory, and basic processes in psychological development.

Michael B. Madson, Ph.D., Marquette University. Assistant Professor. Teaches courses in alcohol and drug abuse, supervises beginning practica. Research interests include substance abuse, supervision and training issues, and empirically based interventions.

Bonnie C. Nicholson, Ph.D., Marquette University. Assistant Professor and Counseling Psychology Master's Program Director. Teaches courses in core areas of counseling psychology and supervises practica. Research and professional interests include research with young children and families.

William G. Wagner, Ph.D., University of Florida. Professor and Undergraduate Program Coordinator. Teaches courses in counseling theory, supervision, research and child and family interventions. Specialized training in child/adolescent interventions with research interests in enuresis, child sexual abuse, and counseling process with children and adolescents.

## **Admissions Procedures**

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Admission to the Counseling Psychology Master's Program is offered only once annually with an application deadline of **March 1<sup>st</sup>**. ALL application information should be received by this time. Please note that application to graduate programs is a time-consuming and lengthy process – you should plan ahead as incomplete applications cannot be considered. Below you will find specific application requirements as well as information about our application procedure.

### Application Materials

Information and application materials for Graduate Studies can be found online at:  
<http://www.usm.edu/graduatestudies/>.

The following should be sent directly to:

The University of Southern Mississippi  
Office of Graduate Studies  
118 College Drive, #10066  
Hattiesburg, MS 39406

1. Application for Graduate Admission (complete online or send **two** hard copies)  
Note – please indicate Counseling Psychology MS when completing this form
2. Official undergraduate transcripts
3. Official Graduate Record Examination (GRE) scores
4. Application fee

The following should be sent to:

The University of Southern Mississippi  
Counseling Psychology Master's Program Director  
118 College Drive, #5025  
Hattiesburg, MS 39406-5025

5. Program application cover sheet (see below)
6. Three letters of recommendation: please see the attached form; letters mailed by the applicant must be sealed and signed across the seal to be accepted
7. Resume´ or curriculum vita
8. Personal statement: Your application should include a 3-5 page, typed statement which addresses your interest in the field of Counseling and the Counseling Psychology Master's Program at the University of Southern Mississippi specifically. Your personal statement is your opportunity to demonstrate your writing ability as well as speak to your personal and professional goals and fit with our program.

### Application Review Process

It is to your advantage to submit all application materials directed to the Counseling Psychology program in one envelope to ensure prompt processing of your application. Please be sure all correspondence and application materials include your name. Email communication will update you as to the status of your application (whether complete or incomplete) – please be sure to regularly access your email during the application process. Application review will begin

promptly on **March 1<sup>st</sup>**. Incomplete applications will not be considered. It is the applicant's responsibility to ensure that all materials delivered to Graduate Studies are copied and sent to the Counseling Psychology Master's Program Director.

All application material received in the Graduate Studies office will be copied to the Department and forwarded to the Counseling Psychology Master's Program Director. Applications are reviewed based on a number criteria including review of previous coursework, examination scores, letters of recommendation, resume and personal statement and fit. A three-member committee of Counseling Psychology faculty reviews each component of the application and based on this review, a limited number of students are invited for an on-campus interview. Those interviewed will be assessed for professionalism and program fit. Students will be notified both by telephone and in writing of the Program's admission recommendation – a formal letter of acceptance comes from Graduate Studies. Some students are placed on an alternate list. In conjunction with ethical standards, students should not hold more than one admission offer – therefore the Program faculty ask that you notify us immediately if your application should no longer be considered or if your graduate plans change.

### **Financial Aid**

Prior to application, all students are strongly encouraged to go online to [www.fafsa.ed.gov](http://www.fafsa.ed.gov) and complete the Free Application for Federal Student Aid. This will assist the Office of Financial Aid in determining your eligibility for graduate work-study and other loan information should you be accepted into the program. A limited number of assistantship and work-study positions are available across campus. These are competitively awarded and typically include a small monthly stipend and tuition voucher. Assistantship and work-study searches begin after you have accepted an offer to attend the Counseling Psychology Master's Program – additional information is available from the Program Director.

**COUNSELING PSYCHOLOGY MASTER'S PROGRAM**  
**Application Cover Sheet**

**Due March 1st**

Name: \_\_\_\_\_ SS#: \_\_\_\_\_

Current Address: \_\_\_\_\_ Permanent Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone number: \_\_\_\_\_ Email address: \_\_\_\_\_

GRE: Verbal \_\_\_\_\_ Undergraduate GPA: \_\_\_\_\_  
Quantitative \_\_\_\_\_  
Total \_\_\_\_\_

Please list the names of those individuals who will be submitting letters of recommendation on your behalf (3 required): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Application Checklist

Submit the following to the Office of Graduate Studies:

The University of Southern Mississippi  
Office of Graduate Studies  
118 College Drive, #10066  
Hattiesburg, MS 39406

- Graduate Application
- Undergraduate Transcripts
- Graduate Record Examination (GRE) Results
- Application Fee

Submit the following to:

The University of Southern Mississippi  
Counseling Psychology Master's Program Director  
118 College Drive, #5025  
Hattiesburg, MS 39406-5025

- Application cover sheet
- Personal Statement
- Curriculum Vita/ Resume
- 3 Letters of Recommendation

Please also indicate that you have complete the FAFSA online: \_\_\_\_\_ (*initial here*)

**COUNSELING PSYCHOLOGY MASTER'S PROGRAM**  
**Reference Form**

Applicant's Name: \_\_\_\_\_ SS# \_\_\_\_\_

Applicant's Address: \_\_\_\_\_

Name, address, and phone number of the person completing this form for the applicant:  
 \_\_\_\_\_  
 \_\_\_\_\_

Applicant, please indicate your preference for whether this report will be confidential or not by checking one of the following choices:

- \_\_\_\_\_ I waive the rights to see this form and any supplementary notes or letter from the person named below.
- \_\_\_\_\_ I do not waive my rights to see this form and any supplementary notes or letter.

Applicant's Signature \_\_\_\_\_ Date \_\_\_\_\_

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(This section to be completed by the reference writer)

How long have you known the applicant? \_\_\_\_\_  
 In what capacity? \_\_\_\_\_

Please estimate the applicant's ability to succeed in a master's program.

	Low Ability			High Ability			Can't Say
1. Motivation for graduate work	1	2	3	4	5	6	CS
2. Intellectual	1	2	3	4	5	6	CS
3. Creativity	1	2	3	4	5	6	CS
4. Willingness to work as a team member	1	2	3	4	5	6	CS
5. Interpersonal skills	1	2	3	4	5	6	CS
6. Breadth of general knowledge	1	2	3	4	5	6	CS
7. Oral expressiveness	1	2	3	4	5	6	CS
8. Written expressiveness	1	2	3	4	5	6	CS
9. Ability to work independently	1	2	3	4	5	6	CS
10. Emotional maturity	1	2	3	4	5	6	CS

**Please write any additional comments on the back or attach a separate letter of reference.**

Rater's Signature \_\_\_\_\_ Title/Position \_\_\_\_\_

Please mail to (if given to applicant, please seal and sign across the seal):

The University of Southern Mississippi  
 Counseling Psychology Master's Program Director  
 118 College Drive, #5025  
 Hattiesburg, MS 39406-5025