Counseling Psychology (Holistic) — MA DEPTH PSYCHOTHERAPY SPECIALIZATION

The Master of Arts degree in Counseling Psychology – Specialization in Depth Psychotherapy prepares students for careers as psychotherapists with a special emphasis on Depth, Jungian, and psychodynamic approaches to psychotherapy. This program is offered at our Berkeley campus only.

This degree specialization offers a strong foundation in basic counseling theory and practice. As with the other specializations in the MA Counseling Psychology — Holistic program, this specialization is built on the traditions of modern psychology, adding a holistic perspective that integrates body, mind, spirit, and culture into the curriculum. The program combines theoretical and experiential learning modalities and emphasizes personal growth and development.

Students engage in self-reflection throughout the program. Core coursework allows students the opportunity to develop awareness of their own process while developing counseling, interpersonal, and communication skills. Students also explore the therapeutic relationship, psychodynamic theory and practice, attachment theory, transpersonal counseling, Jungian psychology, and existential-humanistic psychology.

Transpersonal psychology addresses many of the same client issues and utilizes many of the same methods as more traditionally oriented therapies. However, transpersonal psychology also emphasizes the quality of presence and authenticity of the therapist, an openness to expanded states of consciousness, and a trust in the client’s innate health and inner guiding wisdom. Transpersonal therapists may also utilize meditation, breath awareness, or imagery methods.

The coursework in Jungian and depth psychology deepens students’ knowledge of the role of dreams, imagination, archetypes, myth, and ritual in fostering psychological and spiritual well-being. The coursework builds skills in conceptualization of psychological complexes and psychotherapeutic treatment in the context of the clinical relationship, psychodynamics, and dream interpretation.

The degree curriculum meets the educational requirements for the California Marriage and Family Therapist (MFT) license. With some additional coursework, students can also meet the requirements of the California Licensed Professional Clinical Counselor (LPCC) license.
Depth Psychotherapy Specialization Degree Requirements

All courses are 3 quarter units unless otherwise indicated.

- DEP 5000 Introduction to Holistic Studies Program (0)
- DEP 5010 Paradigms of Consciousness
- DEP 5100 Depth Psych Master Courses (9 total)
  May include these course titles:
  - Dreams, Archetypes & Personal Mythology
  - Spirituality, Symbols & Dreams
  - Archetypal Mythology
  - Metaphors & Symbols of Transformation
- DEP 5115 Fundamentals of Transpersonal Psychology
- DEP 5220 Jungian Psychology
- DEP 5101 Group Process A (2)
- DEP 5102 Group Process B (2)
- DEP 5103 Group Process C (2)
- DEP 5105 Therapeutic Communication A
- DEP 5106 Therapeutic Communication B
- DEP 5201 Diagnosis, Assessment and Therapeutic Strategy A
- DEP 5202 Diagnosis, Assessment and Therapeutic Strategy B
- DEP 5520 Psychopharmacology (3)
- DEP 5120 Individual Development and Family Life Cycle A
- DEP 5121 Individual Development and Family Life Cycle B
- DEP 5126 Cross-Cultural Issues in Counseling
- DEP 5210 Child Therapy
- DEP 5215 Marriage and Family Counseling A
- DEP 5216 Marriage and Family Counseling B
- DEP 5225 Basic Addiction Studies
- DEP 5230 Sexuality (2)
- DEP 5235 Ethics and the Law
- DEP 5243 Community Mental Health
- DEP 5620 Approaches to Trauma and PTSD (2)
- DEP 5313 Advanced Clinical Skills: Depth Psych (2)
- DEP 5315 Counseling Case Seminar
- DEP 5330 Clinical Skills: Partner & Spousal Abuse, Elder Care (2)
- DEP 9005 Personal Psychotherapy (0)
- DEP 5301 Supervised Field Practicum A
- DEP 5302 Supervised Field Practicum B
- DEP 5303 Supervised Field Practicum C
- DEP 5304 Supervised Field Practicum D
- DEP 5350 Final Integrative Project A (1)
- DEP 5351 Final Integrative Project B (2)

Total units required: 91 — 105