



## California Institute of Integral Studies

### **Master of Arts (MA) in Counseling Psychology with a concentration in Expressive Arts Therapy**

#### **Program Learning Outcomes – MCP EXA MA**

#### **Expressive Arts Therapy (EXA) - Learning Outcomes**

##### ***1.0 Students will be able to evaluate and apply expressive arts therapy approaches in working with clients.***

- 1.1 Capacity to integrate a range of expressive arts practices into psychotherapy with individuals, couples, families and groups with sensitivity to differences of gender, race, ethnicity, physical, psychological and neurological differences, socioeconomic status, spiritual and religious practices, sexual orientation and gender identification
- 1.2 Ability to translate expressive arts interventions and processes into standard psychological language and vice versa
- 1.3 Demonstrated personal growth and development through the use of expressive arts practices
- 1.4 Ability to conceptualize and intervene holistically (addresses body, heart, mind, spirit)

#### **Masters in Counseling Psychology (MCP) – Clinical Skills**

##### ***1.0 Students will develop the clinical and personal skills to serve as professional therapists at the MA level.***

- 1.1 Create a working therapeutic relationship (can bridge to world of client, create sense of safety, and can self disclose or not as appropriate).
- 1.2 Demonstrate empathic sensitivity (can empathically connect to clients, communicate this connection and understand why such empathic contact is important and how it is different from emotional fusion or merging).
- 1.3 Embody a clinical presence that meets the client in their wholeness (including their difference as well as their spiritual, emotional, and intellectual development).

- 1.4 Conceptualize his/her work in multiple contexts (can connect interventions to meaningful frameworks, shows movement toward integrating his or her own style).
- 1.5 Diagnose and assess effectively (can assess for ego strength, impulse control, psychosis, suicide potential, mood disorders, personality disorders, trauma, alcohol and substance abuse, and is able to diagnose accurately using the DSM).
- 1.6 Design practical treatment plans (based on assessment and diagnosis, trainee can create useful, flexible strategies individually matched to clients' issues, and understands the principles and practices of case management).
- 1.7 Maintain authority within sessions (can take charge if necessary, set and hold limits, challenge for missed sessions and payments).
- 1.8 Work productively with the process dimension (can respond effectively to non-content cues, can allow, and when appropriate, deepen feelings).
- 1.9 Work productively with cognitive dimension (understands client, works with cognitions and beliefs, as appropriate, helps with problem-solving when called for).
- 1.10 Work productively with existential and spiritual dimensions (help integrate existential, essential and personal realities, identify and work with person's systems of meaning).
- 1.11 Utilize transference and countertransference dynamics appropriately.
- 1.12 Apply major theoretical constructs of psychotherapy appropriately, including psychodynamics, systems thinking, attachment theory, and transpersonal concepts to families, couples, and individuals.
- 1.13 Attune to the needs and therapeutic objectives of the client.
- 1.14 Identify and balance recognition of clients' areas of distress and trauma with their strengths, resilience, worldview, wishes, and resources.
- 1.15 Work effectively with trauma and abuse (understand current best practices, utilize community resources, know about disaster response).
- 1.16 Evaluate the strengths and limitations of psychopharmacology and apply this knowledge to major DSM IV categories (includes understanding the major categories of psychoactive drugs, the disorders they tend to be used for, and treatment issues such as medication compliance, dosage, and side and interactive effects).
- 1.17 Integrate feedback from supervision into a reflective practice of continuous improvement (seek input and receive feedback non-defensively in class and in practica, and be able to integrate such feedback into clinical practice and interpersonal relations).

### **Masters in Counseling Psychology (MCP) – Understanding the Field**

***2.0 Students will demonstrate a broad and deep knowledge of the scholarship associated with the field of psychotherapy, including an introductory***

***understanding of a broad range of topics, theories and approaches and an in- depth mastery of a selection of these.***

- 2.1 Articulate a deep and critical understanding of the psychodynamic roots of contemporary psychotherapy.
- 2.2 Apply principles of human development throughout the lifespan with cultural variations and considerations to work as a therapist (*including grief and end of life issues, and an understanding of human behavior and cultural context of California*).
- 2.3 Situate and articulate their personal vision of integral psychology within relevant theoretical approaches and scholarship.
- 2.4 Critically assess key theories and practices that focus on how therapists can work with specific demographic groups (*adults, children, couples and groups*).
- 2.5 Apply relevant theories and models of practice to work with diverse populations (*including, but not limited to factors of ethnicity, culture, sexual orientation, gender identification, physical ability, age, size, religion, and social economic status*).
- 2.6 Reflect critically as a practitioner in the field and continually reexamine theoretical biases and practice in light of new information and experience.
- 2.7 Develop and evaluate therapeutic interventions for clients with substance abuse and addictions (*recognition of symptoms and patterns, interface with community resources, understand co-occurring disorders, know recovery model*).
- 2.8 Recognize and address the impacts of extra-therapeutic influences on therapy, and the impact of therapy on extra-therapeutic factors (*impact of community variables*).
- 2.9 Incorporate knowledge of the special needs of the severely mentally ill into treatment plans (*understand current systems of care, know specific public and private services available and methods to collaborate with them, apply basic advocacy skills*).
- 2.10 Apply and communicate California laws and ethics regarding psychotherapy (*including being able to explain practice setting rules, fees, rights, and responsibilities of each party, including privacy, confidentiality policies, and duty to care in regard to client or legal guardian*).

**Masters in Counseling Psychology (MCP) – Bridging Personal Experience to Professional Development as a Therapist**

***3.0 Students will be able to actively bridge their personal experience to their development as therapists***

- 3.1 Regulate emotional reactivity and take responsibility for themselves (own their projections, emotional triggering, role in conflict, etc.).
- 3.2 Become aware of and hold with self-compassion their own subjective realities, internal dynamics, and processes of growth and healing.

- 3.3 Listen to others with openness and communicate their own internal reality of feelings and moods sensitively with regards to the receiver.
- 3.4 Apply basic skills in the areas of self-care and non-defensive communication (*receive feedback non-defensively, be able to self-soothe, ground, and center themselves*).
- 3.5 Actively reflect on their own challenges and resources through a therapeutic lens.

**Masters in Counseling Psychology (MCP) – Diversity Awareness.**

***4.0 Students will demonstrate multicultural competence in clinical practice and an understanding of persons and groups in their environmental contexts.***

- 4.1 Critique the fundamentally Eurocentric context within which most Western therapeutic models developed.
- 4.2 Inform therapeutic practice with a sensitivity to the impacts of power and privilege on those from non-dominant cultures or groups.
- 4.3 Evaluate the dimensions and intersections of difference as they are relevant to therapy (*including, but not limited to factors of ethnicity, culture, sexual orientation, gender identification, physical ability, size, religion, age, and socioeconomic status*).
- 4.4 Engage respectfully and in a spirit of humility the diverse backgrounds and ways of being of other students and clients (*and actively seek helpful resources such as trainings, diversity meetings, books, videos, and community involvement*).
- 4.5 Integrate a positive understanding of difference into all aspects of clinical practice informed by an understanding of multiculturalism as a part of integral psychology.
- 4.6 Design, implement, and evaluate culturally-based interventions in clinical practice when appropriate.