



# California Institute of Integral Studies

## Master of Arts (MA) in Integral Counseling Psychology

### Program Learning Outcomes – MCP ICP MA

#### Clinical Skills

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

- 1.01 Create a working therapeutic relationship (can bridge to world of client, create sense of safety, and can self disclose or not as appropriate).
- 1.02 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*).
- 1.03 Embody a clinical presence that meets the client in their wholeness (*including their difference as well as their spiritual, emotional, and intellectual development*).
- 1.04 Conceptualize his/her work (*can connect interventions to meaningful frameworks, can formulate a case, shows movement toward integrating his or her own style*).
- 1.05 Diagnose and assess effectively (*can assess for ego strength, impulse control, psychosis, suicide potential, mood disorders, personality disorders, severe mental disorders, trauma, alcohol and substance abuse, and is able to diagnose accurately using the DSM, also understands contemporary evidence-based practices*).
- 1.06 Make practical treatment plans (*based on assessment and diagnosis, trainee can create useful, flexible strategies individually matched to clients' issues, write clear progress notes and documentation, understands the principles and practices of case management, can co-create collaborative treatment plans, and connect people with resources that deliver services and support*).
- 1.07 Maintain authority within sessions (*can take charge if necessary, set and hold limits, challenge for missed sessions and payments*).
- 1.08 Work productively with process dimension (*can respond effectively to non-verbal cues, can allow, and when appropriate, deepen feelings and mind-body awareness*).
- 1.09 Work productively with cognitive dimension (*understands client, works with cognitions and beliefs, as appropriate, helps with problem-solving when called for, understands and can apply basic CBT principles and interventions*).
- 1.10 Utilize transference and countertransference dynamics. (*can name and discuss the current or past interaction between themselves and the client*).

- 1.11 Understand and apply systems thinking, attachment theory, and transpersonal concepts to families, couples, and individuals.
- 1.12 Attune to the needs and therapeutic objectives of the client. *(This includes being able to identify client strengths, resilience, worldview, areas of distress, wishes, and resources).*
- 1.13 Work effectively with trauma and abuse *(understand current best practices, utilize community resources, know about disaster response).*
- 1.14 Understand the strengths and limitations of psychopharmacology and be able to 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).*
- 1.15 Constructively use supervision *(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).*
- 1.16 Understands basic practices of community mental health *(understand systems of care for the severely mentally ill, knows advocacy strategies for the mentally ill, can access community resources, and private services for persons with mild or severe mental illness and for abuse victims)*

## **Understanding the Field**

**2.0 Students will gain a broad and deep knowledge of the scholarship associated with the field of psychotherapy, including an introductory understanding of a variety of topics, theories and approaches with an opportunity for more in-depth mastery of a selection of these.**

- 2.01 Understand deeply and thoroughly the psychodynamic roots of contemporary psychotherapy.
- 2.02 Understand human development with cultural variations and considerations throughout the lifespan as it relates to work as a therapist. *(including grief and end of life span issues, and an understanding of human behavior and cultural context of California)*
- 2.03 Apply theoretical knowledge from Humanistic, Contemporary Psychoanalytic Approaches, Transpersonal Perspectives and System Theories to issues that emerge in the clinical relationship, including transference and counter-transference and treatment planning.
- 2.04 Situate and articulate their personal vision of integral psychology within relevant theoretical approaches and scholarship.
- 2.05 Understand, and reasonably integrate the principles of Gestalt therapy.

- 2.06 Describe and critically assess key theories and practices that focus on how therapists can work with specific demographic groups (*families, adults, children, couples and groups*).
- 2.07 Reflect critically as a practitioner in the field and to continually reexamine theoretical biases and practice in light of new information and experience.
- 2.08 Demonstrate understanding of substance abuse and addictions (*recognition of symptoms and patterns, and medical aspects, interface with community resources, understand co-occurring disorders, know major treatment approach approaches including recovery model, know current theories of etiology, prevention and the role of persons and systems that affect substance abuse and addiction*).
- 2.09 Understand the impact of extra-therapeutic influences on therapy, as well as therapies impact on extra-therapeutic factors (*impact of community variables*).
- 2.10 Understand the special needs of the severely mentally ill (*understand current systems of care, know specific public and private services available, and methods to collaborate, have basic advocacy skills*).
- 2.11 Understand 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*).

### **Personal Growth**

**3.0 Students will experience significant personal growth in the context of the program and will actively bridge their inner experience and development as people with their preparation to work as therapists.**

- 3.1 Take responsibility for themselves (*take responsibility for their own projections, emotional triggering, role in conflict, etc.*).
- 3.2 Access and have empathy for their own internal reality (*including internalized family dynamics, from childhood wounding through to superconscious states across sensate, emotional, mental and transpersonal realms and their developmental process*).
- 3.3 Communicate this internal reality of feelings and moods sensitively with regards to the receiver.
- 3.4 Manage one's reactivity (*receive feedback non-defensively, be able to self-soothe, center themselves*).
- 3.5 Be open to and respectful of the diverse backgrounds and ways of being of other students and clients.

### **Diversity Awareness**

**4.0 Students will actively engage in an exploration of their own filters and biases, seek to understand those who are different, and develop competencies in applying diversity sensitivity to their clinical practice.**

- 4.1 Understand the fundamentally Eurocentric context within which most Western therapeutic models developed.
- 4.2 Understand impact of power and privilege on those in the dominant and non-dominant culture.
- 4.3 Explore and gain greater insight on their "diversity lenses" (*including, but not limited to ethnicity, culture, sexual orientation, gender identification, physical ability, age, and socioeconomic status*).
- 4.4 Understand the relativity of cultural lenses.
- 4.5 Understand those populations who are different in terms of the categories listed above (*and actively seek helpful resources such as trainings, books, videos, and community involvement*).
- 4.6 Integrate an understanding of difference into all aspects of the clinical practice and understand how multiculturalism is a part of psychology.
- 4.7 Apply relevant theories and models of practice to working with diverse populations. (*including, but not limited to ethnicity, culture, sexual orientation, gender identification, physical ability, age, size, religion, and social economic status*).