

Addendum (11/16/2016)

Integral Counseling Psychology

MA in Counseling Psychology with a concentration in Integral Counseling Psychology

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About the Integral Counseling Psychology Concentration

Founded in 1973 on the recommendation of Dr. Haridas Chaudhuri, the Integral Counseling Psychology (ICP) program was the first transpersonally oriented, East-West psychology graduate program in the world. The program has evolved a vision of psychotherapy practice that draws upon the major spiritual traditions of the East and West; recent cultural and social sciences research; and the innovations made by contemporary psychoanalytic, humanistic, systemic, and transpersonal psychologies.

The Integral Counseling Psychology program is unique in that it adheres to the guidelines of the major professional organizations in the field, while at the same time incorporating the integral philosophy of the late Haridas Chaudhuri. Integral means “essential to wholeness.” According to this view, all aspects of a person’s being are important and to be valued. Integral psychology holds that the individual can and should turn inward in the search for wisdom and effective energy, and then share this wisdom with the broader community to advance the evolutionary process. The curriculum integrates a spiritual perspective with actual psychotherapy practice. The transpersonal orientation provides an overarching framework for clinical work, supporting an increased emphasis on training in depth therapy.

Key criteria for the selection of faculty are the quality of teaching, an ability to establish rapport with students, and a capacity to support students’ personal and professional development. In the context of a supportive community of faculty and students, the program offers rigorous clinical training and psychotherapy practice, and it integrates experiential and theoretical approaches to learning in order to promote deepening personal awareness. Graduates earn a Master of Arts in Counseling Psychology, and the degree program fulfills all academic requirements for Marriage and Family Therapy (LMFT) licensure in the state of California. Students wishing to additionally apply for the LPCC license can do so by taking extra courses beyond our curriculum’s requirements.

Educational Goals

A general goal is for students to become sophisticated in the dynamics of transference and psychoanalytic theory as well as to have training in the more experiential therapies such as Gestalt and existential psychotherapy.

The program has three specific objectives. The first is to provide beginning students with a variety of learning experiences designed to develop the clinical skills necessary to be a psychotherapist. Basic courses impart foundational knowledge of behavior, consciousness, and the growth processes; courses and workshops foster personal development; and carefully supervised counseling experience at the practicum level provides an opportunity for skill development. The second objective is to advance a view that places psychological growth and healing into a larger context of spiritual unfolding. Classes explore the integration of spiritual and psychological approaches to development, personality, and society. The third objective is to

join and participate in the work of a mental health agency during students' practicum year, where students at various levels of experience are given an opportunity to apply their counseling skills.

Admissions Requirements

Applicants must meet the general admissions requirements of the University. These include academic transcripts, an autobiographical statement, a statement of goals, and two letters of recommendation. A grade point average of 3.0 or higher from previous academic institutions is required. A GPA of 2.9 or lower may still be considered with an accompanying letter of explanation.

In selecting candidates for admission, the program considers the following factors to be desirable: a background or interest in East-West philosophy and psychology; a view of human nature compatible with the program's orientation and emphasis; pursuit of a path of personal growth (e.g., yoga, meditation, psychotherapy); sufficient personal stability and energy to become an effective helper; demonstrated commitment to the field (e.g., volunteer or paid experience in a psychologically oriented community service agency); and present interests and past academic records that indicate probable success in completing graduate studies. The statement of professional goals and objectives submitted with the application form should address these issues.

In addition to the above considerations, the program seeks individuals who exhibit the interpersonal communication skills required of psychotherapists. These include a congruence of feelings and action, an ability to listen and attend, a willingness to be self-reflective, and an openness to evaluating and changing behaviors and attitudes.

About the Weekend Program Cohort Program

The Integral Counseling Psychology Program at CIIS also offers a weekend format designed to accommodate the needs of students with heavy workloads, families, and/or other commitments challenged by a weekday school schedule. This option is based on a strict cohort model, which means that students enter and complete the program as a group. This creates not only a network of support that facilitates learning during study, but also one that continues when graduates transition into their counseling careers. Students attend 10 weekend sessions from September through May, and one weeklong retreat in August.

Please refer to the ICP program description in this catalog, as the educational goals, personal psychotherapy requirement, and admissions criteria are identical for the weekend program.

Personal Therapy Requirement

Students must complete at least one year (50 sessions) of weekly in-person individual therapy with a licensed clinician (LMFT, LCSW, or PsyD) during practicum. Advisors can assist students with the choice of a therapist, and the program maintains a resource directory of area therapists who work with students.

Practicum

The University's Field Placement Office offers a comprehensive list of approved sites in the community for students ready to begin practicum. The three CIIS Integral Counseling Centers (ICCs) listed below are also placement sites but have a limited number of openings. Students applying to practicum at one of the Counseling Centers should also apply to five or six external sites, as acceptance at a CIIS Counseling Center is not guaranteed.

Roughly 50 percent of ICP students complete practicum at the ICCs. While the ICCs are geared toward a private-practice model

and offer training in depth psychotherapy, some students may be more drawn to a variety of other practicum formats. These include schools, hospitals, hospice, community mental health, child/family, etc. Students may also be more drawn to working with a particular population or in a particular location that the ICCs do not serve, or to learning a theoretical orientation not taught at the ICCs. The CIIS Field Placement Office and the ICP advising and supervision coordinator offer support for finding and securing placements that match students' interests.

Pre-practicum Coursework

Before beginning practicum, students must complete the following courses with a passing grade:

Weekday Program

ICP 5606	Gestalt Therapy
MCP 5101	Professional Ethics and Family Law*
MCP 5108	Psychopathology and Psychological Assessment*
MCP 5201	Human Development Across the Lifespan
MCPI 5501	Psychodynamics
MCPI 5602	The Clinical Relationship
MCPI 5604	Group Dynamics and Facilitation
MCPI 5615	Family Dynamics and Therapy
MCPI 5610	Therapeutic Communication
MCPI 6603	Multicultural Counseling and the Family

Weekend Cohort Program

ICPW 5606	Gestalt Therapy
ICPW 5103	Professional Ethics and Family Law I*
ICPW 5104	Professional Ethics and Family Law II*
ICPW 5108	Psychopathology and Psychological Assessment*
ICPW 5201	Human Development and the Family
ICPW 5508	Psychodynamics I
ICPW 5509	Psychodynamics II
ICPW 5602	The Clinical Relationship
ICPW 5604	Group Dynamics and Facilitation
ICPW 5615	Family Dynamics and Therapy
ICPW 5610	Therapeutic Communication
ICPW 6603	Multicultural Counseling and the Family

* Professional Ethics and Family Law and Psychopathology and Psychological Assessment may be taken while applying for practicum approval but must be successfully completed before starting practicum.

After completing the pre-practicum courses, students must apply for practicum approval. Students may be fully approved, provisionally approved, or not approved. Students who are provisionally approved or not approved will receive clear instruction regarding further steps that are recommended or required in order to receive or reapply for approval, as determined by the Integral Counseling Psychology Program Committee. Recommendations or requirements may include the Clinical Practice Lab class, a request for therapy, and/or a request to demonstrate clinical skills. Once approval is granted, students may submit applications to our Integral Counseling Centers or external sites. The Field Placement Office is available for questions regarding

external practicum sites and applications.

Students are required to take a minimum of 6 practicum semester units. Students register for practicum units via either group or individual supervision, which is provided through the ICP program and is a requirement in addition to supervision that may be provided on-site. Students who complete practicum at an external site (not an Integral Counseling Center) have the option of taking group supervision, taught on the CIIS campus, for all three semesters of practicum should they so choose. Students at an ICC may register for group supervision for only one of their three semesters of practicum. All students in practicum, whether they are at an external site or an ICC, can elect to receive individual supervision for any or all semesters of practicum. A list of approved supervisors is maintained by the ICP program office.

Additional LPCC Requirements

CIIS has been approved by the BBS as offering a qualified degree for those interested in pursuing licensure as an LPCC. The education and practicum requirements are quite specific and will require students to take courses (and semester units) beyond the standard curriculum of this department. Each student must select his or her license specialization(s) by the end of his or her first semester. Your academic advisor and the MCP staff will be happy to work with as you make this decision, which should be documented in writing. The LPCC Track is open to students in both the ICP weekday and weekend programs.

Please refer to the CIIS website for up-to-date LMFT and LPCC licensure requirements in California.

Integral Counseling Centers

Three Integral Counseling Centers serve as professional training facilities for students in the Integral Counseling Psychology program. The ICCs offer growth counseling services to the local community based on an integral perspective. Using didactic and experiential training sessions and group process exploration, the ICCs offer students the opportunity to explore different therapeutic modalities.

The staff of each ICC is composed of a director, an administrative coordinator, and approximately 20 student counselors who are enrolled in either group or individual supervised practicum at the University. The time commitment for staff counselors is approximately 15 to 20 hours per week. This includes intake interviewing, client contact, phone shifts, committee work, case notes, training, and general staff meetings.

Each student counselor works with a minimum of five clients (the mean is about seven) in individual, couples, family, or group counseling situations. Students work at the ICCs for at least three consecutive semesters and may petition for a fourth. Licensed counselors and psychotherapists from the professional community and University staff provide supervision. Counselors adhere to the licensing laws of the State of California and the ethical practices of relevant professional organizations.

The Integral Counseling Centers are at the following San Francisco locations:

- Church Street ICC
1782 Church Street (415.648.2644)
- Pierce Street ICC
2140 Pierce Street (415.776.3109)
- Golden Gate ICC
507 Polk Street, Suite 450 (415.561.0230)

Curriculum

MA in Counseling Psychology with a concentration in Integral Counseling Psychology (weekday program)

MFT Track—60 units

I. Common Core Courses—16 units

MCP 5101	Professional Ethics and Family Law
MCP 5108	Psychopathology and Psychological Assessment
MCP 5201	Human Development Across the Lifespan
MCP 6102	Alcohol and Chemical Dependency Counseling
MCP 6233	Community Mental Health and the Recovery Model
MCP 6401	Research Methods
MCP 6502	Child Therapy

II. Counseling Courses with emphasis in Integral Counseling Psychology—27 units

The following courses have equivalents in the Community Mental Health, Drama Therapy, Expressive Arts Therapy, and Somatic Psychology concentrations. These equivalent courses cover the same content, but from the perspective of their own concentrations.

MCPI 5501	Psychodynamics
MCPI 5602	The Clinical Relationship
MCPI 5604	Group Dynamics and Facilitation
MCPI 5615	Family Dynamics and Therapy
MCPI 5610	Therapeutic Communication
MCPI 6601	Couples Counseling
MCPI 6603	Multicultural Counseling and the Family
MCPI 7601	Supervised Clinical Practicum: Individual*
MCPI 7602	Supervised Clinical Practicum: Group*
MCPI 7604	Supervised Clinical Practicum: Individual (School Setting)*

III. Integral Counseling Psychology Concentration Courses—14 units

These courses do not have equivalents in the other concentrations.

ICP 5606	Gestalt Therapy
ICP 5621	Cognitive Behavioral Therapy
ICP 6501	Transpersonal Psychotherapy*
ICP 6577	Psychopharmacology and Human Sexuality
ICP 6830	Trauma
ICP 7702	Integrative Seminar
ICP 8606	Integral Psychology*

*Note: Students may choose to take one or both of these courses.

IV. Electives—3 units

Any CIIS course or approved independent study.

Licensed Professional Clinical Counselor Track—69 units

The courses designated in I, II, and III above and the following:

MCP 5023	Diagnosis and Treatment Addictions and Co-occurring Disorders
MCP 5109	Psychopharmacology
MCP 5646	Career Counseling Theory and Practice
MCP 5651	Advanced Ethics Seminar
PSY 6331	Psychological Assessment: Psychometric Theory

MA in Counseling Psychology with a concentration in Integral Counseling Psychology

Weekend cohort program, MFT Track only—60 units

I. Common Core Courses —16 units

ICPW 5103	Professional Ethics and Family Law I
ICPW 5104	Professional Ethics and Family Law II
ICPW 5108	Psychopathology and Psychological Assessment
ICPW 5201	Human Development and the Family
ICPW 6102	Alcohol and Chemical Dependency Counseling
ICPW 6401	Research Methods
ICPW 6502	Child Therapy

II. Counseling Courses with emphasis in Integral Counseling Psychology—27 units

The following courses have equivalencies in the Community Mental Health, Drama Therapy, Expressive Arts Therapy, and Somatic Psychology concentrations. These equivalent courses cover the same content, but from the perspective of their own concentrations.

ICPW 5508	Psychodynamics I
ICPW 5509	Psychodynamics II
ICPW 5602	The Clinical Relationship
ICPW 5604	Group Dynamics and Facilitation
ICPW 5610	Therapeutic Communication
ICPW 5615	Family Dynamics and Therapy
ICPW 6601	Couples Counseling
ICPW 6603	Multicultural Counseling and the Family
MCPI 7601	Supervised Clinical Practicum: Individual*
MCPI 7602	Supervised Clinical Practicum: Group*
MCPI 7604	Supervised Clinical Practicum: Individual (School Setting)*

*Note: Students may choose to take one or both types of classes (group or individual).

III. Integral Counseling Psychology Concentration Courses—14 units

These courses do not have equivalencies in the other concentrations.

ICPW 5606	Gestalt Therapy
ICPW 5621	Cognitive Behavioral Therapy
ICPW 6577	Psychopharmacology and Human Sexuality
ICPW 6501	Transpersonal Psychotherapy
ICPW 6830	Trauma
ICPW 7702	Integrative Seminar

IV. Electives—1–2 units

Any CIIS course or approved independent study.

Licensed Professional Clinical Counselor Track—71 units

The courses designated in I, II, and III above and the following:

* MCP 5023	Diagnosis and Treatment Addictions and Co-occurring Disorders
* MCP 5109	Psychopharmacology
* MCP 5646	Career Counseling Theory and Practice
* PSY 6331	Psychological Assessment: Psychometric Theory
ICPW 5109	Professional Ethics and the Law III

*Please note that the above marked courses are NOT offered during weekend sessions, but must be taken during the regular weekday session.

Course Descriptions

MCPI 5501 Psychodynamics (3.00 Units) OP Grade Option

Presents a history of psychodynamic ideas and their application in clinical settings. Offers a historical perspective beginning with Freudian theory through the development of object relations theory. Covers basic theoretical and clinical concepts; clinical theories about the self and self-development; and the topics of transference, countertransference, and defense. Examines relationships between psychodynamic and other clinical theories. Prerequisites: ICP student; non-ICPW student.

MCPI 5602 The Clinical Relationship (3.00 Units) PF Grade Option

The relationship between therapist and client is one of the central concerns of contemporary theories of therapeutic change. This course explores the relationship between therapist and client from the perspectives of contemporary psychoanalysis, humanism, and self-psychology. Provides various perspectives on transference and countertransference, and how to work with these dynamics in the clinical setting. Prerequisites: MCPI 5501, MCPI 5610; ICP student.

MCPI 5604 Group Dynamics and Facilitation (3.00 Units) PF Grade Option

This class has two main purposes: to study itself as a group and to learn about group psychotherapy facilitation. The first focus is on addressing increasing empathy and interpersonal sensitivity in a way that will help students develop their therapeutic skills in a group context. The second focus is on learning about different kinds of therapy groups and the different kinds of

group facilitation skills necessary to lead such groups. Prerequisites: ICP student; non-ICPW student.

MCPI 5610 Therapeutic Communication (3.00 Units) PF Grade Option

This course provides an overview of key concepts and methods in therapeutic communication, integrating psychodynamic, humanistic, and other approaches. Experiential portion includes role-play and simulations. Includes the experiential portion of Therapeutic Communication. Prerequisites: ICP student; non-ICPW student.

MCPI 5615 Family Dynamics and Therapy (3.00 Units) PF Grade Option

This course explores the various schools of family therapy, including the work of Whitaker, Satir, Bowen, and Minuchin, as well as strategic, narrative, internal family systems, and core-focused family therapy. There will be a strong experiential component involving in-depth study of each student's family of origin through psychodramatic or monodramatic formats or sculpture, as well as through live demonstrations of therapy sessions with students' family members.

MCPI 6601 Couples Counseling (3.00 Units) OP Grade Option

Theoretical and therapeutic approaches to working with couples, including object relations, ego analytic, cognitive-behavioral, existential, and transpersonal perspectives, as well as family-system approaches. Students learn how to integrate the use of visual arts, music, movement, drama, and the language arts with these different theoretical approaches. Includes the experiential portion of Marriage and Couples Counseling. Prerequisites: ICP student; non-ICPW student.

MCPI 6603 Multicultural Counseling and the Family (3.00 Units) PF Grade Option

This course provides an overview of multicultural counseling through exploration of ethnic, social, and cultural mores and values of representative social groups and special populations. The content will focus on developing oneself as a student, therapist, and educator who understands the complexity of human diversity—ethnicity, race, religion, sexual orientation, gender, socioeconomic class, and color. We will look at the limitations of current psychological models in addressing the particularities of our clients' diverse familial and cultural backgrounds. Students will be asked to do mindfulness practices, inquiry, and dialogue to explore experiences and cultural backgrounds to help uncover their own beliefs, unconscious assumptions, projections, countertransference, fears, and biases. The instructor will help create a safe space and offer appropriate exercises and communication tools to encourage authentic exploration and dialogue of an emotionally charged topic. Prerequisites: MCPI 5610, MCPI 5604; ICP student; non-ICPW student.

MCPI 7601 Supervised Clinical Practicum: Individual (2.00 Units) PF Grade Option

Presentation and discussion of case material. Emphases upon case formulation, the therapeutic relationship, and the development of clinical skills. Online registration not possible. Submit the "Individual Practicum Registration Form." An "NP" grade will be given if the "Supervised Fieldwork Agreement" is not on file in the Field Placement Office by semester's end. Prerequisite: ICP or ICPW student.

MCPI 7602 Supervised Clinical Practicum: Group (2.00 Units) PF Grade Option

Presentation and discussion of case material in a group setting. Emphases upon case formulation, group processing of clinical material, and the development of clinical skills. An "NP" grade will be given if the "Supervised Fieldwork Agreement" is not on file in the Field Placement Office by semester's end. Prerequisite: ICP or ICPW student.

MCPI 7604 Supervised Clinical Practicum: Individual (School Setting) (3.00 Units) PF Grade Option

For MCP Practicum students working in schools. Presentation and discussion of case material. Emphases upon case formulation, the therapeutic relationship, and the development of clinical skills. Prerequisite: ICP or ICPW student.

MCPI 7605 Supervised Clinical Practicum: Group (School Setting) (3.00 Units) PF Grade Option

Presentation and discussion of case material. Emphasis upon case formulation, the therapeutic relationship, and the development of clinical skills. We will be looking at clients from both a systems and a self-psychology understanding. This course will have an emphasis on students who are working with clients who are children or adolescents and their families. Students working with individual clients or couples are also welcome. Prerequisite: ICP student or ICPW student.

ICP 5606 Gestalt Therapy (3.00 Units) PF Grade Option

Gestalt therapy will be presented as an adjunct to existential philosophy and therapy, and as a natural reflection of humanities psychology. The elements of Gestalt therapy will be demonstrated—i.e., contact boundaries, awareness, figure formation, the Gestalt theory of neurosis, and disturbances at the boundaries. The primary emphasis will be on working in the “here and now” with a process-oriented focus. Prerequisite: ICP student.

ICP 5621 Cognitive Behavioral Therapy (1.00 Units) PF Grade Option

Cognitive behavioral therapy (CBT) has been so effective in clinical trials that it is the standard of care for many psychiatric disorders, including depression and anxiety, and all therapists are now expected to have at least some familiarity with it. This course provides an overview of CBT from its origins in Pavlov and Skinner, though its therapeutic success in Beck and Ellis, and its inclusion of mindfulness in third-wave behavioral treatments such as dialectical behavior therapy (DBT) and acceptance and commitment therapy (ACT). This class will combine theory presented in lectures and readings with experience in role-plays, demonstrations, and mindfulness exercises. Prerequisites: Non-ICPW student; priority to ICP students.

ICP 6395 Spousal, Elder, and Child Abuse (0 Units) P/NP Grade Option

This online-only abuse training is a zero-unit course intended to supplement content covered throughout the ICP/ICPW program curriculum regarding spousal, elder, and child abuse. It is a requirement for all ICP and ICPW students who began the program in or after Fall 2012.

ICP 6396 Human Sexuality (0 Units) P/NP Grade Option

This online-only Human Sexuality course is a zero-unit course intended to supplement human sexuality content offered throughout the ICP/ICPW curriculum. It is an encouraged, but optional, course for all ICP and ICPW students.

ICP 6397 Psychopharmacology (0 Units) P/NP Grade Option

This online-only Psychopharmacology course is a zero-unit course intended to supplement the psychopharmacology content offered throughout the ICP/ICPW curriculum. It is required for all students who began the program between Fall 2012 and Spring 2014 and who have not already taken a Psychopharmacology course or an approved Psychopharmacology training.

ICP 6488 Clinical Practice Lab (1.00 Units) PF Grade Option

This course is a practical exploration of the clinical relationship and employs hands-on learning techniques to build clinical skills. We will explore and deepen listening skills and empathy, working with feelings, and examining personal issues related to transference and countertransference. In addition, we will focus on working in the present moment, intention, and how it supports the therapeutic relationship. Prerequisites: MCPI 5610 or ICPW 5610; ICP or ICPW student.

ICP 6501 Transpersonal Psychotherapy (3.00 Units) OP Grade Option

An overview of transpersonal psychology with an emphasis upon integral approaches to psychotherapy. Focus upon specific clinical issues in the field and methods for working with clients. Prerequisites: Non-ICPW student; priority to ICP students.

ICP 6577 Psychopharmacology and Human Sexuality (1.00 Units) PF Grade Option

Various specialized topics and themes relevant to the practice of psychotherapy will be presented and explored. Examples of subjects that may be covered include human sexuality, psychopharmacology, and particular modalities of psychotherapy.

ICP 6579 Inquiry into True Nature: Exploring Body, Personality, and the Soul (2.00 Units) PF Grade Option

In this experiential, spiritual elective, you will learn and practice ways to more deeply explore, understand, and optimize your psychospiritual unfoldment. This course will introduce the idea of a multidimensional soul with essential qualities such as compassion, joy, strength, and love. In addition to meditative practices and somatic exercises, students will learn how to actively open these inner states through inquiry (sensing, feeling, speaking, hearing, and moving with the arising of one's inner experience) to accelerate the inner journey. Inquiry also assists in clearly seeing and metabolizing our childhood experiences and personality patterns to help us mature into our unique wholeness. We will draw from various Jungian authors, A.H. Almaas, Ramana Maharshi, Krishnamurti, and possibly others to learn the art of deep listening, seeking intuitive guidance, and opening to the moment-to-moment shifts in our consciousness. The Enneagram of personality types will assist us in recognizing personality structures. The practices and perspectives taught in this course will have direct application to psychotherapeutic work. The instructor will do clinical demonstrations with students. Students will practice these methods with each other for personal growth and clinical development. Prerequisite: Priority to ICP students.

ICP 6763 Psychotherapy for Men (1.00 Units) PF Grade Option

The particular gender-based training and roles that boys and men undergo can sometimes leave them struggling around intimacy and expression of feelings, out of touch with themselves, and overly, if secretly, reliant on external validation and support—all while having to appear independent, invulnerable, and in control. The underlying shame and blockages to the authentic self that men experience may then express themselves in ways that cause suffering to others as well as themselves. It can make them reluctant to engage in psychotherapy deeply or at all, and bring particular challenges and opportunities when the work takes place. This course will help students to explore their potential strengths and needed areas of growth in working with men, and specific nuances and techniques that they can utilize to be most effective. Special attention will be paid to the intersection of gender considerations with sexual orientation, race and ethnicity, country of origin, and other factors.

ICP 6830 Trauma (3.00 Units) PF Grade Option

Assuming that “trauma is in the nervous system and not in the event,” this course will introduce students to the basic neuropsychology and treatment of trauma. The work of Bessel Van der Kolk, Judith Herman, Daniel Goleman, Peter Levine, Jim Kepner, and others will be summarized. Principles and methodology for treating trauma from a somato-emotional framework, based on understanding of the triune brain and ANS functioning, will be emphasized. Assessment and reporting of child abuse, and of elder and dependent adult and spousal / intimate partner abuse, will be covered.

ICP 7599 Clinical Practice Lab (2.00 Units) PF Grade Option

The focus of this course is to provide in-depth practical exploration of the clinical relationship and how it can deepen and enrich the therapeutic process. We will practice listening skills and working with feelings as well as examining personal issues related to transference, countertransference, and the deepening of empathy. The learning outcomes will be to recognize personal qualities in oneself that might contribute to a more effective clinical relationship, as well as those that could be problematic. In addition, students will learn how to work with one's strengths and challenges to support the therapeutic process. We will be addressing how to identify specific ways of working in the clinical relationship that are useful to one's practice. There will be mostly dyad work to facilitate the process of deepening the clinical relationships in this class.

Prerequisites: MCPI 5610; ICP or ICPW student.

ICP 7702 Integrative Seminar (3.00 Units) PF Grade Option

This culminating course provides an opportunity for students to reflect on their processes of personal and academic integration in the ICP program. Equal attention is given to the deepening of one's unique process of personal integration and to the integration of key learning from theoretical and conceptual standpoints and clinical experience. Prerequisites: Practicum; ICP student.

ICP 8601 Hakomi (2.00 Units) PF Grade Option

Hakomi body-centered psychotherapy is an elegant, deep, and gentle experiential and somatic approach to working with clients. The course, through both didactic and experiential material, will provide the basic knowledge and skills necessary to apply a variety of Hakomi interventions and principles to therapeutic encounters that will immediately inspire, enliven, and deepen your work. Prerequisites: Non-ICPW student; priority to ICP students.

ICP 8602 Psychosynthesis (3.00 Units) PF Grade Option

The basic principles of psychosynthesis, such as the dynamics of self-realization, the will, and the natural multiplicity and harmonization of the personality, will be taught. We will work with the translation of these principles into counseling practice, working with guided imagery, the therapeutic practice of presence, the role of intention and intentionality in the guiding process, and the steps in working with subpersonalities. Prerequisite: ICP student.

ICP 8606 Integral Psychology (3.00 Units) PF Grade Option

Sri Aurobindo's Integral Yoga and integral philosophy, including Haridas Chaudhuri's contributions, form the spiritual foundation of the Institute. As an integration of the major schools of Vedanta, yoga, and tantra, Integral philosophy provides an integrative framework for the many divergent schools of Western psychology as well as a synthesis of Eastern psychological perspectives. Integral psychotherapy is a psycho-spiritual method of working that is relational, embodied, and transformational. Prerequisite: Priority to ICP students.

ICP 8799 Independent Study (1.00–3.00 Units) PF Grade Option

Coursework that extends a student's field of inquiry beyond current CIIS courses. Requires a syllabus and contract signed by the student and faculty member, and approved by the program chair.

ICP 8888 Special Topics (1.00–3.00 Units) LG Grade Option

A course of study not currently encompassed in the curriculum but relevant to evolving topics of growing importance in psychology.

Curriculum

MA in Counseling Psychology with a concentration in Integral Counseling Psychology

Weekend cohort program, MFT Track only—60 units

I. Common Core Courses—16 units

ICPW 5103	Professional Ethics and Family Law I
ICPW 5104	Professional Ethics and Family Law II
ICPW 5108	Psychopathology and Psychological Assessment
ICPW 5201	Human Development and the Family
ICPW 6102	Alcohol and Chemical Dependency Counseling
ICPW 6401	Research Methods
ICPW 6502	Child Therapy

II. Counseling Courses with emphasis in Integral Counseling Psychology—27 units

The following courses have equivalencies in the Community Mental Health, Drama Therapy, Expressive Arts Therapy, and Somatic Psychology concentrations. These equivalent courses cover the same content, but from the perspective of their own concentrations.

ICPW 5508	Psychodynamics I
ICPW 5509	Psychodynamics II
ICPW 5602	The Clinical Relationship
ICPW 5604	Group Dynamics and Facilitation
ICPW 5610	Therapeutic Communication
ICPW 5615	Family Dynamics and Therapy
ICPW 6601	Couples Counseling
ICPW 6603	Multicultural Counseling and the Family
MCPI 7601	Supervised Clinical Practicum: Individual*
MCPI 7602	Supervised Clinical Practicum: Group*
MCPI 7604	Supervised Clinical Practicum: Individual (School Setting)*

*Note: Students may choose to take one or both types of classes (group or individual).

III. Integral Counseling Psychology Concentration Courses—14 units

These courses do not have equivalencies in the other concentrations.

ICPW 5606	Gestalt Therapy
ICPW 5621	Cognitive Behavioral Therapy
ICPW 6577	Psychopharmacology and Human Sexuality
ICPW 6501	Transpersonal Psychotherapy
ICPW 6830	Trauma
ICPW 7702	Integrative Seminar

IV. Electives—1–2 units

Any CIIS course or approved independent study.

Course Descriptions

ICPW 5103 Professional Ethics and Family Law I (1.00 Units) LG Grade Option

Ethical standards for the practice of counseling and psychology. Review and discussion of ethical and legal aspects of marriage and family therapy practice. This course is restricted to Integral Counseling Psychology Weekend Program students.

Prerequisite: ICPW student.

ICPW 5104 Professional Ethics and Family Law II (1.00 Units) LG Grade Option

Ethical standards for the practice of counseling and psychology. Review and discussion of ethical and legal aspects of marriage and family therapy practice. Prerequisites: ICPW 5103; ICPW student.

ICPW 5108 Psychopathology and Psychological Assessment (3.00 Units) LG Grade Option

Comparative historical and contemporary views of the development of adult psychopathology and the categorization system of the Diagnostic and Statistical Manual. Prerequisite: ICPW student.

ICPW 5109 Professional Ethics and the Law III (1.00 Units) LG Grade Option

Professional Ethics and the Law III is a vignette-based course encouraging advanced ethical thinking and decision making. Issues of diversity, complex family and couple issues (including same sex couples, issues with children, issues of divorce), working in a variety of clinical settings (nonprofits, community-based centers, schools), issues of erotic transference and countertransference, and issues that therapists have difficulty discussing will be the focus of the class. Knowledge of California's BBS licensing laws and MFT ethical standards is a prerequisite for this class. Prerequisite: ICPW 5104 or MCP 5101.

ICPW 5201 Human Development and the Family (3.00 Units) LG Grade Option

Theories and research in life transitions, stages of development, and rites of passage from prenatal conditions to adult experience to dying. Prerequisite: ICPW student.

ICPW 5302 Jungian Dreamwork and Psychotherapy (1.00 Units) PF Grade Option

This course is an introduction to Jung's analytical psychology and the practice of Jungian psychotherapy. Topics include Jung's childhood and student years; the relationship between Freud and Jung; Jung's "confrontation with the unconscious"; the personal and collective unconscious; the libido (psychic energy); archetypes and myth; ego and complex; persona and shadow; anima and animus; the process of individuation; Jungian dream interpretation; psychological types; and Jung's views on religion, myth, and alchemy. Students learn basic Jungian concepts and develop a deepening relationship to their own unconscious through dreamwork, mandala drawing, and reflection on personal myths and symbols. Prerequisite: ICPW student.

ICPW 5311 Sexuality and Spirituality (1.00 Units) PF Grade Option

This course honors the sacredness of sexual, creative energy and explores a wide range of sexual expressions, behaviors, and concerns. The intent is to provide an overview of the subjects of adult human sexuality, sexual development, and sexuality and spirituality, in addition to current trends in sex therapy. The class is designed to assist student therapists to get in touch with themselves in order to facilitate the sexual health of their clients. Through lecture, video, discussion, and experiential exercises, students will gain a basic understanding of sexuality. The topics of sexual physiology, social and multicultural issues associated with sexual identity, and behaviors and sexual disorders will be discussed. A primary focus of the class, sexuality and spirituality, will be explored. (This course meets and exceeds the requirement for 10 hours of training in human sexuality for California BBS licensure.)

ICPW 5508 Psychodynamics I (2.00 Units) LG Grade Option

Presents a history of psychodynamic ideas and their application in clinical settings. Offers a historical perspective, beginning with Freudian theory through the development of object relations theory. Examines relationships between psychodynamic and other clinical theories. This course is restricted to Integral Counseling Psychology Weekend Program students.

Prerequisite: ICPW student.

ICPW 5509 Psychodynamics II (1.00 Units) OP Grade Option

Presents a history of psychodynamic ideas and their application in clinical settings. Offers a historical perspective, beginning with Freudian theory through the development of object relations theory. Examines relationships between psychodynamic and other clinical theories. Prerequisites: ICPW 5508; ICPW student.

ICPW 5602 The Clinical Relationship (3.00 Units) PF Grade Option

The relationship between therapist and client is one of the central concerns of contemporary theories of therapeutic change. This course explores the relationship between therapist and client from the perspectives of contemporary psychoanalysis, humanism, and self-psychology. Provides various perspectives on transference and countertransference, and how to work with these dynamics in the clinical setting. Prerequisites: ICPW 5610; ICPW student.

ICPW 5604 Group Dynamics and Facilitation (3.00 Units) PF Grade Option

This class has two main purposes: to study itself as a group and to learn about group psychotherapy facilitation. The first focus is on addressing increasing empathy and interpersonal sensitivity in a way that will help students develop their therapeutic skills in a group context. The second focus is on learning about different kinds of therapy groups and the different kinds of group facilitation skills necessary to lead such groups. Prerequisite: ICPW student.

ICPW 5606 Gestalt Therapy (3.00 Units) PF Grade Option

Gestalt therapy will be presented as an adjunct to Existential Philosophy and Therapy, and as a natural reflection of humanities psychology. The elements of Gestalt therapy will be demonstrated—i.e., contact boundaries, awareness, figure formation, the Gestalt theory of neurosis, and disturbances at the boundaries. The primary emphasis will be on working in the “here and now” with a process-oriented focus. Prerequisite: ICPW student.

ICPW 5610 Therapeutic Communication (3.00 Units) PF Grade Option

This course provides an overview of key concepts and methods in therapeutic communication, integrating psychodynamic, humanistic, and other approaches. Experiential portion includes role-play and simulations. Includes the experiential portion of Therapeutic Communication. Prerequisite: ICPW student.

ICPW 5615 Family Dynamics and Therapy (3.00 Units) PF Grade Option

This course explores the various schools of family therapy, including the work of Whitaker, Satir, Bowen, and Minuchin, as well as strategic, narrative, internal family systems, and core-focused family therapy. There will be a strong experiential component involving in-depth study of each student’s family of origin through psychodramatic or monodramatic formats or sculpture, as well as through live demonstrations of therapy sessions with students’ family members. In the lab, each student will have an opportunity to practice conducting a role-play family therapy session. Prerequisite: ICPW student.

ICPW 5620 Integral Philosophy, Meditation, and Yoga (1.00 Units) PF Grade Option

This course introduces the philosophy of Integral Yoga as taught by Sri Aurobindo and Haridas Chaudhuri, and the practices of hatha yoga and meditation. Prerequisite: ICPW student.

ICPW 5621 Cognitive Behavioral Therapy (1.00 Units) PF Grade Option

Cognitive behavioral therapy (CBT) has been so effective in clinical trials that it is the standard of care for many psychiatric disorders, including depression and anxiety, and all therapists are now expected to have at least some familiarity with it. This course provides an overview of CBT from its origins in Pavlov and Skinner, though its therapeutic success in Beck and Ellis, and

its inclusion of mindfulness in third-wave behavioral treatments such as dialectical behavior therapy (DBT) and acceptance and commitment therapy (ACT). This class will combine theory presented in lectures and readings with experience in role-plays, demonstrations, and mindfulness exercises. Prerequisite: ICPW student.

ICPW 5636 Group Facilitation and Counseling (2.00 Units) PF Grade Option

This course will study the theory and practice of group psychotherapy, focusing on the principles of group dynamics, formation and development, and understanding and developing advanced group leadership skills from various group leadership styles and approaches. Therapeutic factors of group work, group process components, developmental stage theories, and common critical incidents and special problems in group structure and development, including the recognition and management of conflict, “the antigroup,” will be addressed. Ethical, legal, and professional concerns and issues of diversity will be discussed, as well as the importance of recognizing, managing, and utilizing transference and countertransference in groups and therapist self-care during conflict and confrontation. Students will be offered both didactic and experiential presentations on group development, process, and dynamics through lecture, videos, class discussion, and demonstrations of select theoretical approaches by the instructor in which students may elect to participate as both “group members” and “co-therapists.” Among various theoretical approaches to be discussed and demonstrated will be: transpersonal, psychodynamic, Gestalt, Adlerian, psychodrama, Rogerian, somatic approaches, art therapy, active dreamwork, and clinical hypnotherapeutic approaches. Pertinent research and literature, group counseling methods, and evaluation of effectiveness will be presented. There will be a final project highlighting the development of a group of the student’s preference, due one week after the last class meeting. Prerequisite: ICPW student.

ICPW 5638 Clinical Applications of Drama and Embodied Action for Non-Drama Therapists (1.00 Units) PF Grade Option

This course provides a theoretical and practical foundation for psychotherapists and counselors of diverse training and backgrounds to understand the powerful clinical benefits of action and drama-based interventions in therapy and, very importantly, parameters for their safe usage. Key elements of such approaches—such as role play, dramatic distancing, facilitated enactment, empty chair work, free association in action, sculpting, embodiment of inner states—will be explored experientially, explained theoretically, and critiqued in relation to clinical usage with diverse populations. Participants will develop a useful introductory tool kit along with an understanding of additional training requirements needed for those seeking advanced mastery of these methods. Prerequisite: ICPW student.

ICPW 6102 Alcohol and Chemical Dependency Counseling (1.00 Units) LG Grade Option

Survey of current treatment approaches to chemical dependency and examination of humanist-transpersonal perspectives. Prerequisite: ICPW student.

ICPW 6401 Research Methods (3.00 Units) LG Grade Option

Overview of research methodologies with special focus on qualitative approaches, comparative ways of knowing, and the creation of an integral inquiry research project. Prerequisite: ICPW student.

ICPW 6501 Transpersonal Psychotherapy (3.00 Units) OP Grade Option

An overview of transpersonal psychology with an emphasis upon integral approaches to psychotherapy. Focus upon specific clinical issues in the field and methods for working with clients. Prerequisite: ICPW student.

ICPW 6502 Child Therapy (2.00 Units) LG Grade Option

Techniques to remedy or prevent problems in children and their families. Case material introduces strategies of intervention. Prerequisite: ICPW student.

ICPW 6545 Community Mental Health and the Recovery Model (2.00 Units) PF Grade Option

This course will introduce students to community mental health as expressed in the Wellness and Recovery Model and through Proposition 63, the Mental Health Services Act. Students will learn effective strategies to manage the complexities of delivering mental health services to marginalized populations in settings that go beyond private practice to include community-based clinics, hospitals, and agencies. The course will describe and evaluate service delivery using innovative approaches that engage clients where they are and how they can best integrate mental health resources. Recovery-based language, strength-based communication, resiliency, and the foundations of recovery and wellness will be discussed. Prerequisite: ICPW student.

ICPW 6546 Community Mental Health and the Recovery Model (3.00 Units) LG Grade Option

This course is designed for students in MCP concentrations other than CMH. Students will learn the basic principles of the recovery model of mental health as described and supported by the California Mental Health Services Act of 2004. Students will learn and work with the “mental health recovery” models of service and treatment delivery, including key structural components. Evidence-based treatment interventions will be demonstrated and experienced, and effective strategies for working on the integrated service teams and evaluation methodologies will be developed. Prerequisite: ICPW student.

ICPW 6577 Psychopharmacology and Human Sexuality (1.00 Units) PF Grade Option

Various specialized topics and themes relevant to the practice of psychotherapy will be presented and explored. Examples of subjects that may be covered include human sexuality, psychopharmacology, and particular modalities of psychotherapy. Prerequisite: ICPW student.

ICPW 6579 Inquiry into True Nature: Exploring Body, Personality, and the Soul (1.00 Units) PF Grade Option

In this experiential, spiritual elective you will learn and practice ways to more deeply explore, understand, and optimize your psycho-spiritual unfoldment. This course will introduce the idea of a multidimensional soul with essential qualities such as compassion, joy, strength, and love. In addition to meditative practices and somatic exercises, students will learn how to actively open these inner states through inquiry (sensing, feeling, speaking, hearing, and moving with the arising of one’s inner experience) to accelerate the inner journey. Inquiry also assists in clearly seeing and metabolizing of our childhood experiences and personality patterns to help us mature into our unique wholeness. We will draw from various Jungian authors, A. H. Almaas, Ramana Maharshi, Krishnamurti, and possibly others to learn the art of deep listening, seeking intuitive guidance, and opening to the moment-to-moment shifts in our consciousness. The Enneagram of personality types will assist in recognizing personality structures. The practices and perspectives taught in this course will have direct application to psychotherapeutic work. The instructor will do clinical demonstrations with students. Students will practice these methods with each other for personal growth and clinical development. Prerequisite: ICPW student.

ICPW 6601 Couples Counseling (3.00 Units) PF Grade Option

Theoretical and therapeutic approaches to working with couples, including object relations, ego analytic, cognitive-behavioral, existential, and transpersonal perspectives, as well as family-system approaches. Students learn how to integrate the use of visual arts, music, movement, drama, and the language arts with these different theoretical approaches. Includes the experiential portion of Marriage and Couples Counseling. Prerequisite: ICPW student.

ICPW 6602 Gottman Couples Therapy (1 Unit) LG Grade Option

This class will cover the evidence-based Gottman Couples Therapy principles that were discovered from over 30 years of ongoing research with over 3,000 couples. The class will address the importance of using a research-based method and how

the results of this study changed some of the prior marriage-counseling assumptions of what makes couples happy and unhappy. The class will walk through how the research translates to actual assessment with the couple before treatment begins and how the research informs each therapeutic and educational intervention with the couple. Topics include Knowing Your Partner's Inner World, Dealing Effectively with Emotional Intensity and Flooding, The Four Predictors of Divorce and the Antidotes, Enduring Vulnerabilities, Working with Fixable and Perpetual Problems, Repair Conversations, Building a Friendship System, Resolving Resentment, and The Stages of Infidelity Repair.

ICPW 6603 Multicultural Counseling and the Family (3.00 Units) PF Grade Option

This course provides an overview of multicultural counseling through exploration of ethnic, social, and cultural mores and values of representative social groups and special populations. The content will focus on developing oneself as a student, therapist, and educator, who understands the complexity of human diversity—ethnicity, race, religion, sexual orientation, gender, socioeconomic class, and color. We will look at the limitations of current psychological models in addressing the particularities of our clients' diverse familial and cultural backgrounds. Students will be asked to do mindfulness practices, inquiry, and dialogue to explore experiences and cultural backgrounds to help uncover their own beliefs, unconscious assumptions, projections, countertransference, fears, and biases. The instructor will help create a safe space and offer appropriate exercises and communication tools to encourage authentic exploration and dialogue of an emotionally charged topic. Prerequisite: ICPW student.

ICPW 6669 Multicultural Counseling: Gender Considerations in Psychotherapy (1.00 Units) PF Grade Option

Is gender a cultural construction, a biological fact, or some of both? Or is it even fundamentally real? This course will look at these questions, and at how our clients are influenced by their gender-related experiences throughout their lives. Gender roles and gender training across cultures will be discussed, and special attention will be paid to the particular issues that can arise, and particular approaches that can be helpful, in psychotherapy with men, with women, and with those who identify as other categories, or no category, of gender. Prerequisite: ICPW student.

ICPW 6683 Clinical Skills (1.00–3.00 Units) PF Grade Option

This course is an opportunity for students to take a step, or even a quantum leap, forward in their counseling abilities in a safe, supportive, mentoring classroom atmosphere. It features dyad practice with intensive, individual, and specific coaching and feedback from the instructor and classmates, as well as exploration of growing-edge issues of greatest value to the student in their future work with clients. Wherever they are in their development, students are helped to strengthen and enhance their therapeutic skills and self-awareness, including building upon feedback they have received from instructors to this point.

ICPW 6830 Trauma (3.00 Units) PF Grade Option

Assuming that "trauma is in the nervous system and not in the event," this course will introduce students to the basic neuropsychology and treatment of trauma. The work of Bessel Van der Kolk, Judith Herman, Daniel Goleman, Peter Levine, Jim Kepner, and others will be summarized. Principles and methodology for treating trauma from a somato-emotional framework, based on understanding of the triune brain and ANS functioning, will be emphasized. Assessment and reporting of child abuse, and of elder and dependent adult and spousal/intimate partner abuse, will be covered. Prerequisite: ICPW student.

ICPW 6846 Applied Spirituality (1.00 Units) PF Grade Option

Integral psychotherapy includes a spiritual perspective about ourselves, our clients, and the world that informs and supports our therapeutic work. Each of us has a particular understanding and experience of, and relationship to, what we consider to

be spiritual. In this online and in-the-world course, students will further explore this relationship by creating a program of activity such as developing or deepening spiritual practices, engaging in community service, or applying spiritual attitudes and principles in daily behavior. The course will include readings and assignments to help students more fully express and embody spirituality in their lives and work. Prerequisite: ICPW student.

ICPW 7702 Integrative Seminar (3.00 Units) PF Grade Option

This culminating course provides an opportunity for students to reflect on their processes of personal and academic integration in the ICP program. Equal attention is given to the deepening of one's unique process of personal integration and to the integration of key learning from theoretical and conceptual standpoints and clinical experience. Prerequisite: ICPW student.

ICPW 8799 Independent Study (1.00–6.00 Units) PF Grade Option

Coursework that extends a student's field of inquiry beyond current CIIS courses. Requires a syllabus and contract signed by the student and faculty member, and approved by the program chair. Prerequisite: ICPW student .