



# California Institute of Integral Studies

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

### **Program Learning Outcomes – SPHS MCP SOM MA**

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

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

- 1.01 Be able to create a working therapeutic relationship (attune to world of client, create sense of safety, warmth, 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, can convey emotional presence).
- 1.03 Apply theory critically to their clinical practice (can connect interventions to meaningful models, can formulate a reasonable treatment plan, shows movement toward integrating his or her own style).
- 1.04 Diagnose and assess effectively (can assess for somato-psychological structures and dynamics, developmental organization, relational capacities, ego strength, impulse control, psychosis, suicide potential, mood disorders, personality disorders, trauma, alcohol and substance abuse).
- 1.05 Make practical treatment plans (based on assessment and diagnosis, trainee can create useful, flexible strategies individually matched to clients' issues, the population, clinical setting and cultural context).
- 1.06 Be able to maintain professional role and responsibilities in a collaborative and respectful manner.
- 1.07 Work productively with process dimension (tracking non-verbal communication, arousal states, recognize emotional and relational markers, be responsive to feelings and interpersonal and mutual effects).
- 1.08 Work productively with cognitive dimension (understands client's thought process and thinking style, evaluates reflective capacity, works with cognitions and beliefs, helps with problem-solving when called for).
- 1.09 Utilize the dynamics of the therapy relationship in working with clients, (such as examining transference and counter-transference dynamics, enactments, and interpersonal themes).
- 1.10 Understand and apply systems thinking to families and individuals.
- 1.11 Attune to the life needs and therapeutic objectives of the client.

- 1.12 Work productively with affect dimension.
- 1.13 Work productively with bodily dimension and somatic process.
- 1.14 Be able to apply culturally specific, socio-cultural understandings in clinical practice.
- 1.15 Be familiar with and be able to apply developmentally specific approaches in working with infant-parent dyads, children, adolescents, adults, elders, couples and families.

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

### ***2.0 Students will gain a broad and deep knowledge of the scholarship associated with the fields of counseling and 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 Evaluate the interaction of psychological life with the social, political, cultural, biological and historical dimensions in which it is embedded.
- 2.02 Apply a critical understanding of the historical roots and contemporary models of psychodynamic psychotherapy and their application to contemporary issues and clinical case practice.
- 2.03 Integrate the relational context of human development in culturally specific terms throughout the lifespan into work as a therapist.
- 2.04 Integrate and apply theoretical knowledge from contemporary views of relational psychodynamic psychology and somatic psychology to issues that emerge in the clinical relationship, including transference, counter-transference, enactment and engagement in the inter-subjective field.
- 2.05 Situate and articulate their personal vision of integral psychology within relevant theoretical approaches and scholarship.
- 2.06 Describe and critically assess key theories and practices that focus on how therapists can work with specific demographic groups (adults, children, couples and groups) in specific settings (outpatient, schools, hospitals).
- 2.07 Apply relevant theories and models of practice to working with diverse populations.
- 2.08 Apply a working knowledge of the literature and theory of major content areas required by the BBS (psychopathology, spousal abuse, assessment, alcohol and chemical dependency, professional ethics and law, human sexuality).
- 2.09 Reflect critically as a practitioner in the field and to continually reexamine theoretical biases and practice in light of new information and experience and to write cogently about the field.

- 2.10 Integrate critical thinking into writing that effectively engages research, theory and clinical practice in the field of somatic psychotherapy.

### **Masters in Counseling Psychology (MCP) – Personal Growth**

#### ***3.0 Students will integrate significant personal growth in the context of the program with their preparation to work as therapists and will commit to personal development for effective self-use in clinical practice.***

- 3.1 Assess the impact of their behaviors and communications and recognize the subjective dimensions of their point of view.
- 3.2 Hold their own personal history with compassion, and understand their own development as a relational being.
- 3.3 Express their thoughts and feelings in professional relations, to collaborate with colleagues and clients, and repair conflicts and breaks in relationships.
- 3.4 Experience and tolerate strong feelings in self and others, and regulate emotional responses during clinical interactions.
- 3.5 Integrate a deep respect for the diverse backgrounds and ways of being of other students and clients into all aspects of practice (e.g., cultural humility).
- 3.6 Engage as critical practitioner in personal somatic self-knowing and development.

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

#### ***4.0 Students will actively engage in an exploration of their own social attitudes and beliefs, seek to understand differences and their attending power dynamics, and develop competencies in applying diversity sensitivity to their clinical practice.***

- 4.1 Critique the fundamentally Eurocentric context within which most Western therapeutic models developed.
- 4.2 Assess the impact of power and privilege with all clients and specifically on those in a non-dominant culture.
- 4.3 Appreciate the uniqueness of each individual in the context of their culture, family background, gender, race, class, religion, sexualities, age, physical ability.
- 4.4 Evaluate the implications of the relativity of cultural lenses.
- 4.5 Participate actively in the ongoing social discourse on diversity and educate themselves as lifelong learners about the populations with whom they work.
- 4.6 Integrate an understanding of difference into all aspects of their clinical practice.

## **Somatic Psychotherapy (SOM) - Specific Learning Outcomes**

***5.0 Students will gain a broad and deep knowledge of the scholarship associated with the field of Somatic Psychology, including an understanding of historical and contemporary issues, theories and approaches. In addition, students will gain an in depth understanding and capacity to apply Somatic Psychology theory to the clinical practice of Somatic Psychotherapy***

- 5.01 Situate critically the genealogy of the field of Somatic Psychology and its contemporary models, clinical theories and practices of mind/body integration.
- 5.02 Discern nonverbal dimensions of expression and communication in clinical practice, tracking observable manifestations of internal states and somatic assessment skill.
- 5.03 Apply a dialectic and recursive understanding of the relation between psycho-emotional function and physical structure to clinical practice (so that the meaning and content of bodily experience, forms, and tonus are psychophysically engaged).
- 5.04 Incorporate the use of movement in somatic psychotherapy (based on knowledge of theory and practice) for psychophysical expression, self-development and creativity, and to support the clinical process.
- 5.05 Inform clinical practice with an approach that foregrounds the embodied nature of the clinical relationship in the dynamic inter-subjective field.
- 5.06 Apply theories and approaches from research on body-mind processes and their role in psychological functioning, behavior and health to clinical practice. (e.g. Gestalt, regulation theory, Reichian, dynamic systems theory).
- 5.07 Appreciate the relevance of vitality and arousal states as points of psychological expression and intervention.
- 5.08 Integrate the holistic nature of somatic psychotherapy in clinical work by responding to indications of psychosomatic health, such as life style, behavior, stress and self-care of clients.
- 5.09 Evaluate the implications for practice of the ways in which cultural and somatic experience reciprocally shape each other.
- 5.10 Articulate for multiple audiences the significance of a "somatic worldview": one that holds the interplay between embodied experience and subjectivity as central to understanding psychological life and culture.