PSYCHOLOGY (PSYU)

PSYU 101 Introduction to Psychology
Introduction to the processes, principles, and problems and applications of psychology. Topics include the brain and nervous system, sensation and perception, consciousness, learning and memory, personality, social psychology and psychopathology. 3 credits.

PSYU 301 Scientific Writing in Behavioral Social Sciences
This course introduces students to effective writing skills in the field of social and behavioral sciences. Emphasis will be placed on scholarly scientific writing. American Psychological Association (APA) format, summarizing current research findings in written form, and critical analysis of research. 3 credits.

PSYU 304 Research Methods for the Behavioral Sciences
Prerequisites: PSYU 101, MATU 203, PSYU 301 (or equivalent).
May be taken concurrently with MATU 203. An introduction to the principles and procedures involved in behavioral sciences research. The scientific method and its application to psychological inquiry are emphasized. A student successfully completing this course will possess: (1) a broad understanding of the process and outcomes of psychology; (2) an appreciation of the strengths and limitations of psychological science; (3) an understanding of the ethical considerations inherent in psychological science; and (4) the ability to consume and communicate the process and outcomes of psychological science using the publication format of the American Psychological Association. 3 credits.

PSYU 306 Critical Thinking
In this course, students will reflect on their own critical thinking skills and apply them to challenges in the field of psychology and everyday life. They will analyze ways of thinking, perceiving, and feeling that can influence behavior and impede or support sound judgment and decision making. Students will demonstrate their ability to use well-reasoned evidence to argue multiple perspectives and propose solutions to complex and controversial issues in psychology. 3 credits.

PSYU 310 Psychology of Learning
This course provides a survey of major perspectives and theories of human learning and their importance historically as well as in current practice. Students will explore and evaluate learning paradigms and research methods and apply them to real world situations, such as child rearing, education, and psychotherapy. 3 credits.

PSYU 317 Cognitive Psychology
A survey of the discipline of cognitive psychology, the study of mental processes and their underlying biology. Students examine attentional processing, encoding, memory, mental imagery and decision-making processes. Other topics addressed include consciousness, creativity, and methods for measuring information processing. 3 credits.

PSYU 320 Human Development across the Lifespan
This course covers physical, cognitive and psychosocial development from conception through old age. Death and dying are also addressed. Research and theories related to the entire life span are reviewed. 3 credits.

PSYU 322 Theories of Personality
This course provides an evaluative review of the major theories of personality, emphasizing the structure, dynamics, behavior and development of the normal and abnormal personality. Theories include Freudian, neo-Freudian, cognitive, somatic, social learning, and humanistic explanations for individual differences. 3 credits.

PSYU 323 Child Development
This course covers physical, cognitive and psychosocial development from conception to adolescence. Both theoretical and applied aspects of development, parenting and teaching children are emphasized. 3 credits.

PSYU 324 Adolescence
This course presents the major theoretical models of adolescent development and biological maturation, while addressing the issues of identity, peers, family, school, sexuality, morality, substance abuse and psychological problems. The historical nature of adolescent experience is contrasted with the experience of today's teenager. 3 credits.

PSYU 328 Abnormal Psychology
A systematic study of emotional disturbance and the major classifications of mental illness from the perspective of symptoms/behaviors, etiology, diagnosis and treatment. 3 credits.

PSYU 333 Physiological Psychology
Prerequisite: PSYU 101.
An investigation of the relationship between brain and behavior. Students will study the structure and function of the nervous system, including the biological bases of psychopathology and normal function. 3 credits.

PSYU 336 Social Psychology
Discussion and analysis of the relationship between culture, group life, social structure, and human behavior; emphasis upon the dialogue between the individual and the social collective. Topics include group behavior, attitudes, stereotypes, nonverbal communication, health psychology, aggression, social perceptions, relationships and helping behavior. 3 credits.

PSYU 351 History and Systems of Psychology
Discussion and evaluation of psychology's historical roots and the influences and the people that have contributed to its present form. 3 credits.

PSYU 355 Media Psychology
In this course, students will consider the interrelationship between media and psychology. They will examine the effects of various forms of media (such as social media, television, and music) on human behavior and cognition. They will also consider how human thought and behavior affect individual and group use and consumption of media. Students will have an opportunity to apply media psychology theories, concepts, and methods to real world situations. 3 credits.

PSYU 398 Pediatric Neuropsychology
An introduction and overview of pediatric neuropsychology emphasizing brain-behavior relationships in children. Biological, environmental, psychological, and developmental variables that affect neurobehavioral outcomes will be addressed. The following childhood disorders will be covered: Hydrocephalus, epilepsy, Tourette's syndrome, brain tumors, closed-head injury, meningitis, diabetes, leukemia, sickle cell disease, autism, and human immunodeficiency. 3 credits.

PSYU 418 Community Mental Health
Community mental health agencies play an essential role in providing mental health services to the un-served and underserved populations. This course provides an overview of emerging issues in mental health counseling, environmental challenges, and current approaches to comprehensive treatment and support services. Students will examine the foundations of community mental health counseling, the people served, and the history and current state of public and private systems of care. Students will also apply theories to community mental health and the Recovery Oriented Care model. Online Only. 3 credits.
PSYU 421 Cross-Cultural Psychology
In our world today, we have more than 6 billion people and many of our psychological constructs are primarily developed in the western region of our world. This course is designed to examine individual psychological functioning across and within various cultures beyond the western scope. Students will examine the impact of culture on human behavior and review such topics as the cultural impact on gender, health, emotions, language, and personality, enculturation, the developmental processes of culture, cultural influence on abnormal psychology, and the development of the self. The intent is for students to gain a wider appreciation of culture and begin to identify how culture is a part of our everyday experience. 3 credits.

PSYU 428 Introduction to Clinical Psychology
Overview of the profession and practice of clinical psychology. The course will survey the field’s history, clinical training, assessment procedures, therapeutic interventions, research approaches, ethical and legal issues, areas of specialization (i.e. forensic, behavioral medicine and child), and current issues and trends. Online only. 3 credits.

PSYU 432 Introduction to Psychological Measurement
Prerequisite: MATU 203.
This course serves as an introduction to the principles and procedures involved in psychological measurement. Emphasis will be place on concepts of test construction, standardization, validity, and reliability as applied to a wide range of psychological instruments of intelligence, interests, values, and personality. In addition to discussion of theoretical concepts, students will learn about the history of psychological testing and how theories, principles and concepts are both used in psychometric assessment and applied in educational, clinical and employment settings. Online only. 3 credits.

PSYU 437 Spirituality and Mental Health
A systematic study of the participation of religion and spiritual practices in the cultural construction of mental health, illness, diagnosis, and treatment. The course will present various models of consciousness and examine the reductionist, humanistic, dualistic, and monistic paradigms for mental health. Psychosomatic effects of spiritual systems and practices such as Shignon, Buddhism, Taoism, Vedanta, Yoga, Zen etc., will be analyzed in the context of the emerging reform in counseling and community mental health. Online only. 3 credits.

PSYU 450 Introduction to Counseling
An introduction and overview of professional counseling. Selected theories will be evaluated briefly and methods of their application to specialties such as group, family, marriage, child chemical dependence and crisis intervention will be emphasized. Attention will be given to specific communicative skills in counseling, to ethical and legal issues and to strategies for counselor self-care. 3 credits.

PSYU 455 Family Systems and Dynamics
An exploration of a variety of theoretical orientations in the study of family systems. The theoretical foundations of such approaches to family counseling as structural, strategic, transgenerational, experiential and behavioral are studied. 3 credits.

PSYU 460 Introduction to Career Development
This course provides a comprehensive overview of career counseling theories and techniques and addresses diverse client populations who benefit from career counseling services. Topics include career decision making, ethical issues in career counseling, researching career opportunities, employability skills, and counseling strategies in various settings. Students will develop the ability to assess interest, values and skills for their own career development and for client needs. Online only. 3 credits.

PSYU 462 Personnel Psychology
In this course, students will study the application of psychological theory, research, and practice to personnel selection decisions, performance management, and employee training. Students will consider the influence of environmental, organizational, legal, ethical and individual factors on workplace and employee effectiveness. Online only. 3 credits.

PSYU 464 Applied Behavioral Analysis
Prerequisite: PSYU 310.
This course focuses on applied behavioral analysis, which is based on the belief that human behavior, no matter how questionable, can be explained. Students will learn about behavioral principles and their application to a wide range of societal situations. They will explore how behavior is developed and how to identify, evaluate, and measure behavioral transformation. Students will also learn how the use of reinforcement and punishment influence an individual's motivation to alter an identified behavior and examine the ethical practices imbedded in the application of behavioral analysis. Online only. 3 credits.

PSYU 466 Preferred Behavior Enhancement
Prerequisite: PSYU 310.
The purpose of this course is to learn how to evaluate behavioral patterns and apply standardized strategies to help shape, change, or eliminate undesired identified behaviors. Students will consider the history of behavior modification and explore principles that govern the act of modifying behavior. Topics include practical methodologies, such as observation and record keeping, which assist in identification of changeable behavior and development of a modification plan. Online only. 3 credits.

PSYU 468 Case Management
In this course, students will explore case management skills in the field of human services, with an emphasis in psychology. Essential topics include ethics and professional responsibilities, standards of best practice, communication, cultural values, and conflict clarification. Additionally, students will study assessment, treatment planning, documentation, and supervision and consultation, among other important topics. Online Only. 3 credits.

PSYU 470 Psychology of Aging
This course will explore mental health issues as they relate to the geriatric population. Topics may include but are not limited to: Common psychological disorders of aging, substance abuse in the elderly, suicide risk, sexual issues, psychological issues related to end of life, effects of elder abuse, and ageism and stigma. Online Only. 3 credits.

PSYU 471 Issues in Aging
This course examines interaction of physical, psychological, emotional, socio-economic, and environmental factors affecting older adults. Gerontological issues related to mental health of the elderly will be examined. Topics include ageism, quality of life, health and wellness, retirement planning, community support programs, end of life issues, and predictors of successful aging. Online Only. 3 credits.
PSYU 472 Health Care and Aging
This course will provide an overview of physical and psychological changes in the aging process during and after middle age. The course will focus on personal strategies and social support programs to promote successful aging, as well as programs that are in place for support when health, psychological, and social problems occur. Governmental public health policies and their impact on diverse populations will be addressed. Online Only. 3 credits.

PSYU 473 Social Aspects of Aging
This course will explore social aspects and constructs that affect, and are affected by, the experience of aging. Topics may include but are not limited to: Dimensions of aging, aging research, social constructions of aging, aging and family/romantic relationships, work and retirement, social/political policies related to aging, and gender differences related to aging. Students will explore societal myths about aging and the elderly. Online Only. 3 credits.

PSYU 480 Psychology Capstone
Prerequisites: PSYU 101, PSYU 301, PSYU 304 and Senior standing in psychology major or approval of the instructor.
This course is designed to provide a capstone experience for the undergraduate psychology degree. Students will create a personal reflection focusing on purpose, future goals, strengths and weaknesses, values, and opportunities and challenges. Students will use critical and creative thinking to explore global issues and apply psychological theory and research. 3 credits.

PSYU 481 Organizational Psychology
The application of psychological methods and techniques to understand, evaluate, and maximize human behavior in industrial and other organizations. Online only. 3 credits.

PSYU 492 Intern Program: Fieldwork Practicum in Psychology
Prerequisites: Approval of academic advisor and internship supervisor, and University contract must be signed prior to enrollment in internship.
Supervised experience in an approved setting where psychological services are provided. Additional meetings, assigned readings and written evaluations of related readings and the field experience are required. Graded pass/no pass. A student may take a maximum of six credits. Blended only. 1-3 credits.

PSYU 496 Survey of Forensic Psychology
This course introduces the student to the complex field of forensic psychology. The course focuses upon how the law has affected the practice of psychology, psychological research on legal issues and processes, and the functioning of psychology in a legal environment. The student will learn fundamental distinctions between psychology and law in areas such as epistemology, behavioral causation, methodology, criteria, principles, and expert approach to data. Numerous landmark cases will be reviewed that demonstrate the psychologist’s role as expert witness, consultant, and amicus curiae. Special sections will focus upon the law in mental health practice as well as assessment of simulation and deception. 3 credits.

PSYU 499 Independent Study
Prerequisites: Approval of instructor, academic advisor, and Dean.
Supervised independent study or research on a special problem or in a selected area of psychology. Open to junior and senior psychology majors who have a 3.0 GPA. A student may take a maximum of six credits. 1-3 credits.

PSYU 501 The Counseling Process
The counseling process is a complex and fascinating phenomenon that encompasses varying social and relational concepts of human engagement. Students completing this course will be introduced to the interpersonal developments in the field of counseling. They will learn about the stages of counseling, and how each stage comprises of a vast group of constructs that allow for clinicians to assist client(s). Ethical practices, along with multicultural understanding, and the demonstration of cultural aptitude will be paramount to this course. Furthermore, students will learn and practice basic counseling skills to enhance their ability to remain genuine, empathetic, accepting, and helpful while in a therapeutic environment. 3 credits.

PSYU 508 Life Span Development/Aging and Long Term Care
Theories related to the entire life span from conception through childhood, adolescence, young adulthood, middle age, and late adulthood are reviewed. Students focus on issues of healthy development at different ages in domains such as play, school, relationships, parenting, work and retirement. Students also focus on issues that are salient to the aging population, including long-term care. In depth interviewing of one developmental stage is required. Meets legal requirements for Aging and Long Term Care (10 hours). 3 credits.

PSYU 511 Psychological Assessment
This course provides a study of the theory and practice of psychological assessment. Students will be introduced to several instruments used to assess intelligence, achievement, aptitude, personality and relationship satisfaction. Basic test construction, interviewing techniques and testing procedures will be addressed as well as report writing and interpretation guidelines. Experiential opportunities will allow students an opportunity to see how various instruments are used to assist in diagnostic assessment. 3 credits.

PSYU 532 Research and Bibliographic Methods
This course provides an overview of research methods and techniques that are used in explaining human behavior. The class will focus on understanding, interpreting, and evaluating research, applying evidence-based practice research to therapy, and practicing research skills that are applicable in a therapeutic setting. 3 credits.

PSYU 533 Psychopharmacology
An in-depth examination of the behavioral and central nervous system effects of pharmacologic substance use and abuse and the application of such substances to the prevention and treatment of psychopharmacological and psychopathological dysfunction. 3 credits.

PSYU 541 Family Therapy Theories and Techniques: A Modern Emphasis
This advanced graduate marriage and family therapy course is designed to study the major systemic theoretical approaches linked to marriage and family therapy. A major focus on cybernetics family systems theory and therapy will be emphasized. In addition, students will study therapy from Structural, Strategic, and Experiential approaches, with a focus toward integration of these approaches in the conduct of therapy as a marriage and family therapist. 3 credits.

PSYU 556 Family Systems Theories and Techniques: A Postmodern Emphasis
This advanced graduate marriage and family studies course provides fundamental introduction to the study of marriage and family systems theory. Theories and techniques of family therapy from a postmodern perspective will be reviewed and practical applications discussed. Major postmodern family therapy models such as Collaborative Language System, Narrative therapy, and Solution Focused therapy will be studied in depth. 3 credits.
PSYU 561 Marital Systems and Studies and Domestic Violence
This advanced marital systems and studies course is designed to focus upon the systems approach to marriage therapy. Major marriage therapy theories will be studied and discussed. The structure of the marital therapy process, the role of the therapist, and techniques of marital therapy will be studied. The relation between marital dysfunction and other forms of psychopathology will be studied with particular emphasis placed on the unique assessment strategies necessary for conjoint evaluation and treatment. Clinical strategies, assessment, and intervention techniques for working with domestic violence will be studied. Students will master systems theory, assessment and treatment of marital dysfunction, diagnostic and treatment planning techniques. Meets legal requirements for Domestic Violence Training (15 hours). 3 credits.

PSYU 565 Child/Adolescent Psychopathology and Child Abuse Reporting
This course examines psychopathology in childhood and adolescence, focusing mainly on assessment and diagnosis. An overview of different therapeutic techniques that can be used with children and adolescents will be provided. This course provides more than 7 hours of training in Child Abuse Assessment and Reporting. 3 credits.

PSYU 570 Advanced Psychopathology and Diagnosis
Students take an empirical approach to the etiology and diagnosis of psychopathological disorders. 3 credits.

PSYU 575 Advanced Individual Counseling I
Prerequisite: PSYU 570 or instructor's approval.

A comprehensive overview of assessment strategies, counseling techniques, and behavioral strategies typically used in the individual counseling setting. Lecture topics include intake evaluations, treatment plan, proficient listening and counseling skills and effective behavioral and cognitive interventions. Video demonstrations will also be presented to enhance student understanding of applications and relevance to the counseling process. 3 credits.

PSYU 576 Advanced Individual Counseling II
Prerequisite: PSYU 575 or instructor's approval.

This course is a continuation of Advanced Individual Counseling I. In this course students will continue to hone skills in individual counseling and will learn techniques from evidence-based/empirically supported individual therapies. Covered therapies may include but are not limited to Acceptance and Commitment Therapy, Interpersonal Therapy, and Dialectical Behavior Therapy. Other therapies may also be covered at the instructor's discretion. Students will also learn to determine which techniques/therapies to employ based on clinical judgment and client characteristics and problems/diagnoses. 3 credits.

PSYU 578 Ethical and Professional Issues
This course examines ethical, legal and professional issues relevant to the practice of marriage and family therapy, professional clinical counseling, and counseling psychology. Depending on the student’s state of residence, ethical responsibilities, legal responsibilities and liabilities are discussed within the context of California or Washington state law and regulations. Professional ethical codes and the importance of interdisciplinary cooperation will also be discussed. Ethical decision-making, commitment to the profession, and other socialization issues are emphasized. 3 credits.

PSYU 581 Assessment and Treatment of Sexual Disorders
Students examine normal sexual functioning and common types of sexual dysfunction and deviation which would be disclosed within a psychotherapy framework. Students learn counseling techniques effective in the development of satisfactory sexual functioning within a committed relationship. The criteria for appropriate choice of technique and appropriate professional consultations are particularly emphasized. 3 credits.

PSYU 582 Community and Environmental Mental Health
Community and environmental mental health are essential parts of today's mental health landscape, which make certain the provision of mental health services to the un-served and underserved populations of our cities, counties, state, and nation. These services include but are not limited to psychiatric care, case management services, individual and family therapy, group services, rehabilitation service, therapeutic behavioral services, and day treatment services. In this course you will be exposed to the general framework of community mental health agencies. You will learn about the clients/consumers and their challenges with mental health disorders. In addition, you will be introduced to environmental effects on mental health. These environmental challenges may come in many forms, including but not limited to poverty, socio-economic status, living in low income housing, living in drug and gang communities, and natural disasters. You will examine the recovery paradigm of treatment that is sweeping the field of community mental health and you will be introduced to best practice approaches while working in this domain. 3 credits.

PSYU 586 Assessment and Treatment of Substance Abuse
An overview of current theoretical and clinical approaches to the etiology, diagnosis and treatment of alcoholism and other chemical dependencies. Students review current research and program design from a clinical perspective with the goal of increasing professional awareness and skills in treating the chemically dependent individual and/or family. 3 credits.

PSYU 595 Crisis and Trauma Counseling
This course will address various issues related to crisis and trauma counseling. The effect of trauma on individuals will be analyzed. Crisis theory and responses to crises, emergencies, and disasters will also be discussed. Students will learn assessment and intervention strategies, and multidisciplinary approaches to assisting clients, including those with pre-existing or co-occurring psychological disorders, during times of crisis, emergency, or disaster. 3 credits.

PSYU 601 Family Development
This course is designed to present a historical and current epistemology of family. Familial structures will be explored along with philosophical ideas that support the notion of family as a social construction. Students will analyze the different forms of family and will closely examine the interpersonal interactive behavioral patterns that members of a family exhibit. Online only. 3 credits.

PSYU 603 Foundation of Systemic Practices
This course will explore the foundational structure of clinical systemic processes and underpinning assumptions. Students will analyze communication patterns uncovering covert messaging while assessing overt messages. Through examining traditional and contemporary familial interactive pattern of behaviors, students will critique the role of communication, power, and gender as they relate to the systemic paradigm. Online Only. 3 credits.
PSYU 605 Family Dynamics: Marriage and the Family
This course will explore the historical and current social construction of marriage and the family. Students will evaluate important contemporary issues in families such as marital patterns and behaviors, marital strife and resolution behaviors, normal family stressors, and family crises (e.g. economic uncertainty, divorce, remarriage, substance abuse, death). Students will develop understanding of societal factors that influence the construct of the family. As a result, they will analyze and critique theories used in clinical settings to assist families in reaching their desired level of functionality. Online Only. 3 credits.

PSYU 613 Clinical Issues in Human Diversity
An advanced marriage and family therapy course with study of multicultural counseling emphasizing understanding and respect for the diversity of human beings, particularly with regard to matters of race, ethnicity, gender, socioeconomic status, and sexual orientation. The course will analyze the cultural context of family, behavior, psychopathology, cultural strengths, assessment and psychotherapy. Utilization of mental health services by culture-specific groups will be addressed. Critical analysis will be given to ethnocentrism, racism, sexism, and heterosexism in society, psychology and traditional culture-bound assessment and psychotherapy approaches. The course features knowledge, skills and experiential components. 3 credits.

PSYU 617 Transition to Work and Career
This course is designed to provide an understanding of theories and models of career development. The course also addresses special issues concerning legal and ethical standards in career development, multicultural issues and the role of assessment in career counseling. Students will learn how to apply methods of career counseling and interventions through the use of clinical cases and within their own career development process. 3 credits.

PSYU 652 Theory and Practice of Group Counseling
Individually supervised master's thesis research students study the theory and procedures used in group therapy. Several major contemporary models will be examined, and both heterogeneous and homogenous therapy groups will be addressed. Both experiential and didactic methods will be used as instructional procedures. 3 credits.

PSYU 688 Practicum I
Prerequisites: Candidacy standing in the MA Psychology degree program, full time faculty/practicum instructor approval, and permission of associate dean/designee.

This course will provide a clinical and experiential learning opportunity for students. At a student's identified clinical site, they will be required to use multiple learned theoretical modalities to help clients move from a place of challenge to a place of functionality while under close clinical supervision. Students are also required to share their learned and observed experiences in a growth fostered environment (practicum class) guided by faculty on a biweekly occurrence while working to complete the clinical hours required by the student's emphasis. In addition, the practicum course is graded on a pass/no pass basis, and practicum courses are to be taken consecutively. 3 credits.

PSYU 689 Practicum II
Prerequisites: Completion of Practicum I (PSYU 688).

This course will provide a clinical and experiential learning opportunity for students. At a student's identified clinical site, they will be required to use multiple learned theoretical modalities to help clients move from a place of challenge to a place of functionality while under close clinical supervision. Students are also required to share their learned and observed experiences in a growth fostered environment (practicum class) guided by faculty on a biweekly occurrence while working to complete the clinical hours required by the student's emphasis. In addition, the practicum course is graded on a pass/no pass basis, and practicum courses are to be taken consecutively. 3 credits.

PSYU 690 Practicum III
Prerequisites: Completion of Practicum II (PSYU 689).

This course will provide a clinical and experiential learning opportunity for students. At a student's identified clinical site, they will be required to use multiple learned theoretical modalities to help clients move from a place of challenge to a place of functionality while under close clinical supervision. Students are also required to share their learned and observed experiences in a growth fostered environment (practicum class) guided by faculty on a biweekly occurrence while working to complete the clinical hours required by the student's emphasis. In addition, the practicum course is graded on a pass/no pass basis, and practicum courses are to be taken consecutively. 3 credits.

PSYU 695 Psychology Practicum Continuation
Prerequisites: Enrollment in PSYU 688, PSYU 689, and PSYU 690.

This course allows students to complete the required practicum hours and/or the Capstone Case Study, when either or both have not been completed by the end of the session in which a student is enrolled in the final three-credit course of their practicum course series. Please see Tuition and Fees section of the catalog for the corresponding Psychology Practicum Continuation fee. This course is graded on a pass/no-pass basis. This course may be repeated. 0 credits.

PSYU 699 Independent Study
Advanced supervised independent study or research on a special problem or in a selected area. 1-3 credits.