

Psychology

Psychology Degrees and Certificates

Community Psychology (M.A.)

Degree Type

M.A.

Mission Statement:

The graduate programs in psychology at Russell Sage College prepare students for work as mental health counselors and community psychologists. The programs have been designed for students who have made a commitment to advance social justice, to promote the well-being of individuals, families and groups with varying cultural traditions, and to develop change strategies to address social issues in diverse communities through the application of psychological principles, research and methods.

The 36 or 37 credit Master of Arts in Community Psychology focuses on the systems, practices and tools needed to effectively address mental health and community welfare issues. The goals of the program are to :

- Reorient the student's thinking from individually-focused to more community-focused and systems-oriented models.
- Educate the student in a variety of prevention and intervention strategies to facilitate alteration of behavior change in community settings.
- Provide the student with evaluation, assessment, and consultation skills.

Course schedules are flexible and include evening and weekend options to meet the needs of working students. **Note:** Admission to the New York State psychologist licensure examination requires a Ph.D. in psychology. This degree does not meet the educational requirements for licensure as a mental health counselor in New York State.

Program Design

The program consists of a community psychology core, a research methods sequence, general psychology electives, required Organization and Management electives, and a capstone experience. A field experience in Community Psychology is required for all students.

Admission Requirements

Applicants for admission to the community psychology program must meet the general admission requirements:

1. An minimum undergraduate GPA of 3.0.
2. Official transcripts of ALL previous undergraduate/graduate study. Two letters of professional reference (at least one of which should be from an academic source). Undergraduate courses in statistics, history and systems of psychology (not required for undergraduate psychology majors), and at least three other courses in behavioral sciences. Satisfactory "Personal Prospectus" statement regarding rationale for interest in the program.
3. Current Resume

Applicants who meet all admission requirements will be admitted as regular graduate students. Those who do not fully meet the requirements may be admitted on a provisional basis if they show high promise for success in the program.

Degree Requirements

1. Completion of all required and elective courses.
2. Completion of externship in community settings.
3. Completion of a thesis (3 - 4 credit hours) or research seminar (3 credit hours).

Community Psychology Program Summary

- Requirements: All courses are three (3) credits except PSY-687

Community Psychology Core

Item #	Title	Credits
PSY 551	Foundations of Community Psychology	
PSY 562	Community-Based Health and Well-Being	
PSY 620	Community Based Prevention & Intervention	
PSY 585	Risk & Resilience	
PSY 630	Field Work in Community Psychology	

Research Methods Sequence

Item #	Title	Credits
PSY 563	Behavioral Research: Methods & Analysis	
PSY 625	Program Monitoring and Evaluation	
FMH 550	Grant Writing	

Health Services Administration

- Select *one* with advisement

Item #	Title	Credits
MBA 561	Managerial Economics	
MBA 571	Management of Change & Innovation	
MBA 555	Administration, Organization, & Behavior	
MBA 685	Quality Management	
HSA 553	Health Systems & Policy	

General Psychology Electives

- Select *two* courses with advisement

Item #	Title	Credits
PSY 570	Developmental Psychology	
PSY 575	Abnormal Psychology	
FMH/PSY 505	Introduction to Forensic Mental Health	
FMH 592	Alcoholism/Drug Addiction: Vulnerabilities, Dynamics, and Problems	

Capstone Experience

Item #	Title	Credits
	PSY 687 and PSY 689 or PSY 690	3-4
	Total Credits	36

Mental Health Counseling and Community Psychology (M.A.)

Degree Type

M.A.

Mission Statement:

The graduate programs in psychology at Russell Sage College prepare students for work as mental health counselors and community psychologists. The programs have been designed for students who have made a commitment to advance social justice, to promote the well-being of individuals, families and groups with varying cultural traditions, and to develop change strategies to address social issues in diverse communities through the application of psychological principles, research and methods.

The 60-credit program in Mental Health Counseling and Community Psychology addresses expected competencies for mental health counselors working with individuals, groups and/or families. The program has been registered with New York State Education Department as meeting the educational qualifications leading to licensure as a Mental Health Counselor in New York State. Students learn how to provide evaluation, assessment, treatment and consultation services in community agencies serving adults, children and families.

Students enrolled in the Mental Health Counseling and Community Psychology Masters Program may also elect to pursue a Certificate in Forensic Mental Health.

Admission Requirements

In addition to the general admission requirements for Sage Graduate School, applicants must:

- have a minimum undergraduate GPA 3.0 for regular admission to the program.
- have completed undergraduate courses in Social Science Statistics and History & Systems of Psychology (not required for undergraduate psychology majors)
- have taken at least three undergraduate courses in Behavioral Sciences (for non-psychology majors)
- schedule an interview with the Graduate Program Director, following submission of all application materials.

Degree Requirements

1. Completion of all required and elective courses (60 credit hours).
2. Completion of a community psychology externship (3 credit hours) and a mental health counseling internship (6 credit hours). The completion of 45 credit hours is necessary before beginning the externship placement. All *required* content courses must be completed before beginning the mental health counseling internship.
3. Completion of a thesis (3 credit hours) or research seminar (3 credit hours).

Program Summary

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- All courses are three (3) credits

I. Core Counseling Requirements

Item #	Title	Credits
PSY 525	Professional Issues: Mental Health Counseling, Ethics & Multicultural Competence	
PSY 571	Theories of Counseling	
PSY 567	Group Counseling Dynamics	
PSY 588	Counseling Skills	
PSY 543	Career Counseling	

II. Core Community Psychology Requirements

Item #	Title	Credits
PSY 551	Foundations of Community Psychology	
PSY 562	Community-Based Health and Well-Being	
PSY 570	Developmental Psychology	
PSY 542	Psychopathology	
PSY 620	Community Based Prevention & Intervention	
PSY 625	Program Monitoring and Evaluation	

III. Research Methods Sequence

Item #	Title	Credits
PSY 563	Behavioral Research: Methods & Analysis	
PSY 572	Assessment in Counseling	

IV (A). Certificate in Forensic Mental Health

- Students completing a certificate in Forensic Mental Health must complete the following:

Item #	Title	Credits
FMH/PSY 505	Introduction to Forensic Mental Health	
FMH/PSY 515	Evaluation & Treatment of Adult Offenders	
FMH/PSY 520	Evaluation & Treatment of Court Involved Youth	
FMH 527	Family and Juvenile Law	

IV (B). Electives

- Select three of the following electives with advisement (students NOT in forensic certificate):
 - Note: Other electives may be chosen with advisement.

Item #	Title	Credits
PSY 547	Bereavement & Loss Counseling	
PSY 548	Counseling/Child Psychopathology	
PSY 549	Introduction to Play Therapy	
FMH 592	Alcoholism/Drug Addiction: Vulnerabilities,Dynamics, and Problems	
PSY 599	Selected Topics/Psych	
PSY 612	Advanced Play Therapy I	
PSY 613	Advanced Play Therapy II	
NSG 520	Palliative Care & Chronic Illness	
HED 570	Stress Management Techniques	

V. Community Placements

Item #	Title	Credits
PSY 606	Counseling Practicum	
PSY 610	Internship in Counseling I	
PSY 611	Internship in Counseling II	

VI. Capstone Work

Item #	Title	Credits
	PSY 687 and PSY 689 or PSY 690	3-4

Additional Information

In addition to the above course requirements, student are expected to:

- achieve a grade of B or better in all Core Counseling Requirements.
- demonstrate effective professional behavior, including effective interpersonal skills, sound judgment and ethical behavior.
- complete workshop on Identifying and Reporting Child Abuse Maltreatment, or the equivalent (offered through The Sage Education Department as NCR 070).
- attend at least two (2) professional workshops/conferences.

NOTE: Students are strongly encouraged to meet periodically with their advisor for program planning.

Total Credits	60
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Psychology Classes

FMH/PSY 505 : Introduction to Forensic Mental Health

This course examines the forensic mental health system, the professionals within this system, and its consumers, or persons with mental disorders who also have legal troubles. Students will be introduced to the pathways for persons with mental disorders into and out of the criminal justice, mental health, social service, and juvenile justice systems. An overview of policies and outcomes of the FMH systems is also examined.

FMH/PSY 510 : Victimology & Victim Services

This course examines four important topics pertaining to victimology and victim services. These include the nature and scope of victim's rights; the nature and incidence of victimization, especially pertaining to the victimization of women, children and the elderly; the construction of victim services to respond to victims with special needs, including disabilities, substance abuse, mental health issues, HIV/AIDS; and ethical, mental health, media relations, and training needs to victim service providers.

Prerequisites

CRM 599 or equivalent; FMH/PSY 505

FMH/PSY 515 : Evaluation & Treatment of Adult Offenders

This course has two emphases: evaluation and treatment. The student will be introduced to the assumptions, theories, methods and instrumentation used in the psychosocial and psycholegal evaluation of adults involved in the judicial and correctional systems. The special ethical issues presented by practice in forensic settings are emphasized. Students will learn how to appreciate relevant clinical and legal issues, and how to communicate findings to courts and social policymakers. Additionally, systems and clinical approaches to treating mentally disordered offenders will be addressed, with particular attention to the dual role of the forensic mental health professional in providing treatment and assuring public safety. Treatment and intervention methods will be examined from both individual and societal perspectives.

Prerequisites

PSY 575, PSY/FMH 505

FMH/PSY 520 : Evaluation & Treatment of Court Involved Youth

This course has two emphases: evaluation and treatment. The student will be introduced to the assumptions, theories, methods and instrumentation used in the psychosocial and psycholegal evaluation of court-involved youth. Evaluation questions pertaining to child welfare, child custody, and juvenile offenders will be considered. The special ethical issues presented by practice in forensic settings are emphasized. Students will learn how to appreciate relevant clinical and legal issues, and how to communicate findings to courts and social policymakers. Additionally, students will explore treatment and intervention models for court involved youth, in both community and institutional settings. Treatment of child victims as well as youthful offenders will be addressed. Treatment and intervention models will be examined from both individual and societal perspectives.

Prerequisites

PSY 575, FMH/PSY 505

PSY 500 : Independent Study

To be arranged with faculty

PSY 519 : Couples Counseling

Students examine the two predominant theories of couples counseling: the Gottman marital therapy approach and Emotion-focused Therapy (EFT) for couples. Students will learn about the stages of couples counseling presented by both approaches and be able to compare and contrast their unique therapeutic elements. Integration of these approaches will be discussed. Special topics with regard to couples will also be examined, including but not limited to sex, co-parenting, and domestic violence.

PSY 525 : Professional Issues: Mental Health Counseling, Ethics & Multicultural Competence

This class is designed for first semester Counseling & Community Psychology students. This course provides an introduction to professional issues related to mental health counseling. Specifically, the course acculturates the student to the profession of counseling, acquaints the student with professional codes of ethics and ethical decision-making in counseling, and lays the foundation for multicultural competence in counseling practice and research.

Prerequisites

Matriculated in MA in Counseling , Community Psychology program

PSY 527 : Health Psychology

This is an interdisciplinary course exploring biopsychosocial factors in health, illness and related physiological dysfunction. Topics include prevention, stress, psychological responses to medical diagnosis and treatment, chronic illness and adjustment, and psychological interventions with health populations, psychoneuroimmunology, and cardiovascular disease.

Prerequisites

Matriculation in School of Health Sciences OR School Health Education Program, , ONE of the following courses: PSY 570, PSY 551, OTH 504, NSG 505, PTY 504, NTR 553 or HED 558

PSY 539 : Neuropsychology

The course will examine the neurological systems that process information and mediate behavior, taking a psychological perspective to explore the anatomical, physiological, developmental, psychiatric aspects of brain function and behavior. Neurophysiology and brain anatomy will be covered along with specialized topics such as neuroplasticity, neurohormones, sleep, memory, emotion, stress, addiction, brain trauma and psychological disorders, and consciousness. Chemical, pharmacological and behavioral interventions that impact or improve mental health will be discussed. Students will acquire a foundation for understanding of how the nervous system functions, in order to understand how the brain might malfunction. Discussion topics and assignments will challenge students to use the concepts within their scope of practice. Students will use and refine research evaluation skills and writing skills.

PSY 540 : Psychopharmacology for Therapists

This course provides an introduction to psychopharmacology, the biological basis, classes of drugs, and introductory terminology related to psychotropic medication. This course is designed for graduate students in the Counseling and Community Psychology program.

PSY 541 : Trauma Informed Counseling

This course broadly addresses the history, etiology, risk factors and the psychological impact of various types of trauma. Theories of trauma, post-traumatic growth, resilience and a variety of treatment modalities will be discussed. Culturally sensitive assessment and treatment of trauma-related disorders will also be addressed.

Credits 3

Prerequisites

PSY 542 and PSY 571 recommended

PSY 542 : Psychopathology

The major psychological disorders across the lifespan are examined from a clinical, theoretical and empirical frame of reference. Nosological issues are critically considered, with reference throughout to the DSMV. The evidence from various paradigms for conceptualizing psychopathology is critically examined, and a biopsychosocial model is adopted as an organizing frame, with an exploration of the bridge between clinical and community psychology. In keeping with the scientist-practitioner model of graduate training, students will focus on clinical assessment, diagnosis, and treatment planning.

PSY 543 : Career Counseling

This course serves as an introduction to working with clients presenting with career-related issues. Topics includes career development, theory, assessment, exploratory activities, and ethical dilemmas in counseling. The ranges of roles and practice settings unique to career counselors will be explored in addition to how career issues can be addressed within the context of other mental health or developmental concerns. Students will have the opportunity to review case studies and apply techniques through practice sessions in class.

Prerequisites

PSY-571

PSY 547 : Bereavement & Loss Counseling

This course is a survey of theories of grief, loss and bereavement across the lifespan. Theories are considered in a sociocultural context, and grief and mourning are understood as culturally embedded practices. Counseling techniques are developed for people grieving various losses, and at different life stages. The special needs of individuals and families grieving traumatic losses are addressed.

Prerequisites

PSY 570 & 571 OR PAL 522

Advising Note

Take 1 group; # Take PSY-570 PSY-571; # Take PAL-522;

PSY 548 : Counseling/Child Psychopathology

This is a survey course that examines child psychopathology, interviewing, evaluation of, and providing therapeutic interventions for young children and adolescents. We will look at these areas from developmental and contextual perspectives. In this way we can examine the who, when, and why of each situation.

Prerequisite Courses

PSY 570

PSY 575

PSY 549 : Introduction to Play Therapy

An introduction to the theories and techniques of play therapy. Students will understand the function of play in a developmental context, and explore how play can be used therapeutically to facilitate the expression and modification of thoughts, feelings and behaviors in children with emotional and behavioral problems. This course partially fulfills the instructional requirements for Registered Play Therapist with the Association for Play Therapy.

Prerequisites

PSY 570, 571, 575

Advising Note

Take PSY-570 PSY-571 PSY-575;

PSY 551 : Foundations of Community Psychology

This course provides an introduction to the importance of understanding community systems and their influence on interactions, roles, norms, and values. Emphasized is the role of change agents (community psychologists, community-based and school counselors, community health educators, forensic psychologists, etc.) in interventions in the community and the theories and principles needed to help people in various settings achieve maximum quality of life.

PSY 562 : Community-Based Health and Well-Being

A study of mental health procedures as they relate to the community. Special emphases include crisis intervention, prevention, and the contributions possible by specific kinds of community agencies.

Prerequisites

PSY-551

Advising Note

Take PSY-551;

PSY 563 : Behavioral Research: Methods & Analysis

This course is designed to acquaint the graduate student with the process of research in the behavioral sciences from start to finish. The course will explore the materials and techniques of behavioral research including research design, the protection of human subjects, and the reporting and dissemination of research results. Undergraduate statistics course is required.

PSY 567 : Group Counseling Dynamics

Students examine selected theories of group counseling and group process, and learn about the stages of group development including the characteristics of each stage. Effective and ineffective group member and group leader behaviors pertinent to each stage are examined. The processes of forming counseling and task

oriented groups are discussed, and theory and research on small group functioning is examined. In class exercises are utilized to illustrate the dynamics of counseling group functioning. Techniques for establishing counseling groups for children, adolescents, and the elderly are explored.

PSY 570 : Developmental Psychology

This course will survey psychological development across the life span, including the processes of physical, social, emotional, cognitive, and personality development. Emphasis will be placed on general developmental issues through the examination of theory and research.

PSY 571 : Theories of Counseling

Theories of Counseling is designed to provide students with experiences that include an examination of the historical development of counseling theories, an exploration of affective, behavioral, and cognitive theories, and an opportunity to apply the theoretical material to case studies. Students will also be exposed to models of counseling that are consistent with current professional research and practice in the field so that they can begin to develop a personal model of counseling. These studies will facilitate the understanding of the nature and needs of individuals at all developmental levels through examination of theories of individual and family development and transitions across the life-span. Particular emphasis will be placed on theoretical application in the school setting.

PSY 571C : Theories of Counseling

Theories of Counseling is designed to provide students with experiences that include an examination of the historical development of counseling theories, an exploration of affective, behavioral, and cognitive theories, and an opportunity to apply the theoretical material to case studies. Students will also be exposed to models of counseling that are consistent with current professional research and practice in the field so that they can begin to develop a personal model of counseling. These studies will facilitate the understanding of the nature and needs of individuals at all developmental levels through examination of theories of individual and family development and transitions across the life-span. Particular emphasis will be placed on theoretical application in the school setting. Students must be matriculated in the Professional School Counseling Program to be eligible for this course

PSY 572 : Assessment in Counseling

This course addresses the theoretical issues and techniques related to the assessment of personality, intellectual ability, and career choices through the study of the appropriate psychological and vocational assessments. Included are methodological issues such as reliability and validity and issues of application in problematic situations both in interpersonal relations and in the community.

Prerequisite Courses

PSY 542

PSY 575 : Abnormal Psychology

The major psychological disorders across the lifespan are examined from a clinical, theoretical and empirical frame of reference. Nosological issues are critically considered, with reference to the DSM. A biopsychosocial model is adopted as an organizing frame.

PSY 575C : Abnormal Psychology for FMH

An examination of the research and theories surrounding the psychopathology of the human personality and the interactions with the community.

Prerequisites

Matriculation in MS in Forensic Mental Health

PSY 585 : Risk & Resilience

This course examines risk and resilience using an ecological framework to better understand these processes. The course analyzes how people appraise personal and environmental stressors and how they cope with them, using a conceptualization of stress in terms of dynamic systems and complex interaction. We examine these processes across the lifespan with special emphasis on children, adolescents, and their families . The focus of the course is on strengths as well as constraints that shape decisions and behaviors, in order to design and implement effective interventions.

Prerequisites

18 psychology graduate credits

PSY 587 : Family Counseling

This course provides an overview of the field of family counseling including an examination of underlying assumptions and central concepts. Major schools of family therapy will be studied along with their various techniques and strategies for system change.

Prerequisites

PSY-525 , PSY-571

PSY 588 : Counseling Skills

This course is designed to enable students to utilize transtheoretical counseling skills and apply them to the counseling process. The multicultural implications of each skill are discussed.

Prerequisites

PSY-572

PSY 599 : Selected Topics/Psych

PSY 606 : Counseling Practicum

Students will be provided the opportunity (1) to work therapeutically with a variety of clients from diverse backgrounds; (2) learn new and refine existing skills in counseling assessment, intervention and conceptualization; and, (3) to further your assimilation as a practitioner-scientist into the counseling profession. Students will be engaged in group and individual counseling, peer supervision, case conceptualization and presentation, monitoring and maintaining client files with partner agencies.

Prerequisites

PSY-588

PSY 610 : Internship in Counseling I

A supervised field experience in counseling in an individual or group setting designed to develop and increase competency in assessment and counseling skills and community applications.

Prerequisites

PSY 606 , Program Director permission required

PSY 611 : Internship in Counseling II

A continuation of the field experience in PSY 610.

Prerequisite Courses

PSY 610

Advising Note

Take PSY-610;

PSY 612 : Advanced Play Therapy I

An advanced seminar on play therapy, to be taken in conjunction with clinical internship. Students will present cases for supervision, discussion, and demonstration. Relevant clinical research findings will be reviewed. This course meets part of the instructional requirements for registration as a Play Therapist with the Association for Play Therapy.

Prerequisites

PSY-549

Advising Note

Take PSY-549;

PSY 613 : Advanced Play Therapy II

An advanced seminar on play therapy, to be taken in conjunction with clinical internship. Students will present cases for supervision, discussion, and demonstration. Relevant clinical research findings will be reviewed. This course meets part of the instructional requirements for registration as a Play Therapist with the Association for Play Therapy.

Prerequisite Courses

PSY 549

Advising Note

Take PSY-549;

PSY 615 : Advanced Assessment

This course is designed as an experiential class with hands-on training. It addresses the techniques related to the administration and scoring of intellectual ability, and neuropsychological assessment through the practice of observation, test administration and scoring of the appropriate psychological assessments. Included are an understanding of test selection rationale, test administration, scoring, and client observation in order to obtain a mastery and skill level to administer and score advanced psychological tests.

Prerequisites

PSY-572 , PSY-575

PSY 620 : Community Based Prevention & Intervention

The development of strategies for prevention and intervention is examined from the perspective of the importance of such strategies along the full spectrum of social problems (e.g., AIDS, alcoholism, serious physical or mental illness, parental divorce, etc.). Additionally, theories and strategies which guide optimal development, specifically in the context of school, work and careers, are addressed. Potential roles of community psychologists in facilitating planned change (prevention or intervention) are explored.

Prerequisite Courses

PSY 551

PSY 625 : Program Monitoring and Evaluation

A consideration of the theories and methods available to evaluate the need for, effectiveness and progress of, programs implemented by human service agencies, elementary, middle, and high schools, and other community settings.

Prerequisites

PSY-563, PSY-620 or acceptance into Guidance Postmaster's certificate

PSY 687 : Thesis Development

This course is designed to help students assess the feasibility of and develop the foundation for a thesis in their area of interest. To ensure timely progress with their research, students will develop their research question(s), literature review, and methods with their thesis advisor. Most work will be completed independently. Meetings will be scheduled at the discretion of the thesis chair.

Prerequisites

Completion of 33 credits

PSY 689 : Thesis

This course guides students through the completion of a master's thesis providing students with an opportunity to engage in original research. Students will recruit a faculty member willing to supervise thesis research. Under faculty supervision, students will investigate a research topic of special interest, develop the necessary skills to conduct research, analyze data, complete a manuscript and perhaps publish an article.

Prerequisites

PSY-687

PSY 690 : Research Seminar

As a culminating experience, students will complete and present a scholarly paper which will assess the state of the art of some topic of their choice under faculty supervision. Students should have completed at least 33 credits and passed the comprehensive exam.

Advising Note

Take 33 credits

PSY 999 : Grad Continuation Fee