

OKLAHOMA STATE UNIVERSITY

School of Applied Health and Educational Psychology

Doctorate in Educational Psychology *Option: Counseling Psychology*

Overview

The Counseling Psychology Program leading to the Ph.D. in Educational Psychology is accredited by the American Psychological Association. The program is based on the scientist-practitioner model of psychology training; that is it is based on the principle that theory, research and practice should be considered inseparable in the preparation of professional psychologists.

As you peruse these materials, you may wonder about the general aims of our program. We consider it top priority to provide integrated training in psychology as a behavioral science and in counseling psychology as a specialty. It takes a minimum of four years (postmasters) to complete the program, including the internship year. Students follow an organized sequence of study, in which academic coursework, research, and practicum experiences are integrated.

Our students must also successfully complete the qualifying examination, a doctoral dissertation, and an internship in order to fulfill the requirements for the degree. Although certain specific requirements must be met by all students, each individual's plan of study is developed around his or her particular goals as a counseling psychologist, and in consultation with the individual's advisory committee.

You might be interested in employment opportunities with which our students have been presented: Graduates from this program have found employment as counseling psychologists in university counseling services, child/adolescent guidance centers, community mental health clinics, rehabilitation centers, family services, private practice settings, academic settings, and hospitals.

Philosophy

The philosophical orientation of this program is consistent both with the historical development of counseling psychology and with the current roles and functions of counseling psychologists. We give major emphasis to preventive/ developmental educational interventions and to remediation of problems that arise in the normal development of relatively well functioning people.

Our focus on prevention and developmental change brings us to seek knowledge and skills related to facilitation of growth, such as training in education, consultation, environmental change, and self-help.

It is the focus upon the assets, skills and strengths, and possibilities for further development of persons, rather than upon a diagnostic determination of whether people are normal or abnormal, that is most reflective of the general philosophical orientation of counseling psychology and of this program.

Our focus on remediation motivates our acquisition of knowledge and skills in psychotherapy as applied to individuals, groups and families.

The more specific philosophical orientation of this program may be characterized as meta-theoretical, emphasizing the development of counselor qualities and therapeutic conditions that appear to facilitate growth from a variety of theoretical paradigms.

Although no single theory of counseling and psychotherapy is presented as the approach, dialogue concerning propositions and practices of various theories is viewed as essential, as well as the trying of our various counseling and related methods, and the acquiring of knowledge of client dynamics, problems, resources, and possibilities for change.

Webpage

www.okstate.edu/education/sahep/cpsy/index.html

Academic Coursework

We emphasize three broad areas of course work:

- A general psychology core
- A counseling psychology core
- A research core

In accordance with American Psychological Association guidelines, the general psychology core consists of course work in the four basic areas of psychology:

- Biological bases of behavior
- Cognitive-affective bases of behavior
- Social bases of behavior
- Individual behavior

In addition, course work in psychological tests and measurements and the history of psychology is included in the general psychology core.

The counseling psychology core includes:

- Principles of counseling psychology
- Career development theories
- Group & family therapy
- Multicultural counseling
- Professionalism and ethics

The research core contains course work designed to develop competencies in:

- Statistics & research design
- Research in counseling
- Psychometric theory
- Program evaluation
- Qualitative inquiry and related fieldwork

Elective courses may be taken consistent with the student's professional goals and sub-specialty interests in such areas as: community counseling and crisis intervention, developmental intervention strategies, child psychopathology and treatment, advanced methods in marital and family treatment, and others.

A minimum of 114 graduate credit hours is required for post-master's degree students. This includes related master's work, a minimum of 12 credit hours of doctoral level practica; 15 credit hours of dissertation, and academic course work approved by the student's advisory committee. A minimum of 129 graduate credit hours is required for post-bachelor's degree students.

Practicum Experiences

Knowledge & Creativity Combined

A minimum of four semesters of practicum is required to provide supervised experiences in the application of counseling psychology services. Students must demonstrate competencies in individual counseling, group work, consulting, supervising, and their chosen sub-specialty prior to their internship year.

There are opportunities for practicum at several on-campus agencies, including a university counseling service, a mental health clinic at the student hospital, a career information center, and a marriage and family counseling service.

Local off-campus placements have included a community mental health center, a women's health practice, family service centers, hospital mental health units, and youth services centers, with several practicum options in cities within a 75-mile radius of Stillwater, particularly in and around Tulsa and Oklahoma City. As you can see, there are many diverse opportunities for experience. We welcome new ideas as well; however, the faculty must approve all practicum placements.

Research Experiences

Our students are encouraged to begin participating in research activities early in their programs. Usually, students initially become involved in research by joining research teams. Research teams consist of one or more faculty and one or more students. The focus is on a topic of interest to the group as a whole.

Student membership in the research team is designed to foster student interest in research, to help students apply what is learned in their research courses, and to encourage students to integrate research and practice. Additionally research experience is gained through course work and through completing the doctoral dissertation (described below).

Qualifying Examination

The student takes the Qualifying Examination after most of the course work has been completed. This must be passed before the student can apply for internship and before final approval of dissertation. The written examination consists of two 4-hour exams covering selected aspects of theory and research. The oral examination consists of a 1 hour exam covering practice and specialty. The chairperson of the student's advisory committee reports the results of the Qualifying Examination to the department head for referral to the Graduate College.

Doctoral Dissertation

The purpose of the dissertation is to provide an opportunity for students to integrate and apply a wide range of research skills in a special area of interest directly related to counseling psychology. Although initial groundwork for the dissertation can be laid early in the student's program, the formal work usually occurs during the year before internship. The student must demonstrate initiative, creative intelligence, and the ability to plan and carry out scholarly research in the field of counseling psychology.

Internship

The American Psychological Association requires a counseling psychology internship of a minimum of one calendar year of full time (40 hours per week for 50 weeks) supervised experience in a setting that provides a broad spectrum of both counseling psychology services and clientele. That may seem like a tall order, but there are many opportunities for placement at well-qualified sites.

Multiple settings for internship experiences are available nationally on a competitive basis, and the faculty must approve site selection. In the past, students have obtained internships in a wide variety of settings (i.e., health centers, hospital settings). Internships must meet established standards for pre-doctoral internships in counseling psychology.

Admission to the Counseling Psychology Doctoral Program

Applicants with a master's or bachelor's degree from an accredited institution may be considered for full admission into the doctoral program. Applicants with a master's degree closely related to counseling psychology (i.e., community counseling, clinical psychology) may be considered for full admission without prerequisite courses except in identified areas of deficiency. Such applicants may be considered for full admission after the Graduate College and the School of Applied Health & Educational Psychology have received the necessary application materials. Bachelor's level applicants will typically take one year of prerequisite courses and will then continue with the course sequence.

Send the following materials to the Graduate College:

1. A completed Graduate Application for Admission form.
2. Two official transcripts of all undergraduate and graduate work. An undergraduate GPA of at least 2.50 and a graduate GPA of at least 3.50 are required for admission.

**Oklahoma State University
Graduate College
202 Whitehurst
Stillwater, OK 74078
(405) 744-6368**

**Send the following materials to the
College of Education:**

1. An official record of scores on the Graduate Record Examination (GRE). A GRE score of 1000 (combined verbal and quantitative scores) is the minimum test score requirement for full admission.
2. Four letters of reference from people who know you well personally and who are in a position to render an evaluation of your professional competence and potential as a counseling psychologist (preferably former graduate school faculty members, employers, and supervisors).
3. A statement of professionally-related experiences and goals, consisting of approximately three typed pages emphasizing your pertinent professional, educational, and personal experiences, and your professional aspirations. A vita is a helpful supplement to this statement.
4. A copy of a report or paper authored solely by you, as an example of writing and/or research capabilities.
5. A cover letter indicating your intent to be a full-time student, and the semester you wish to begin the doctoral program (the summer or fall after admission).

**College of Education
Graduate Records
325V Willard
Stillwater, OK 74078
(405) 744-9483
coe_grad.studies@okstate.edu**

All materials must be received by January 1.

*** ALL MATERIALS MUST BE RECEIVED BY JANUARY 1, though it is recommended that the Graduate Application for Admission form and official transcripts be submitted by December 15 for timely processing.**

Provisional Admission:

Applicants who do not meet the GPA or GRE minimum criteria for full admission may be considered for provisional admission for one semester, or 12 credit hours of course work, provided they establish that they have special qualifications or experiences that warrant special consideration. Such applicants constitute an exception to the established criteria and may be approved for provisional admission only when thorough justification is provided by the applicant and counseling psychology program faculty.

Provisionally admitted students may advance to full admission status if:

1. They meet the minimum test score and GPA requirements for full admission during their first semester or first 12 credit hours of resident doctoral course work in the program.

~ or ~

2. They earn at least a 3.60 graduate GPA in their first semester or first 12 credit hours of resident doctoral course work in the program, earn a (V+Q) score of 900 on the GRE and if each instructor from whom the student has had graduate course work at OSU provides a letter of reference recommending full admission

~ or ~

3. Counseling psychology faculty document special circumstances that warrant a waiver of minimum test score and GPA requirements and develop an approved remediation plan, which the student successfully completes.

Applicants with a master's degree in a field not directly related to counseling psychology who have met all the requirements for full admission may be considered for provisional admission to the program. Such applicants may be fully admitted upon successful completion of several core courses from the master's program, including laboratory experiences in counseling, principles of counseling, individual appraisal, group process, counseling practicum, and statistics and research. It generally takes an additional year for such students to complete the program.

Because many applicants meet the minimum criteria for admission to the counseling psychology program, competition is high and many well-qualified applicants cannot be accepted. Of the 50 to 60 applicants expected each year, approximately 8 are admitted. In addition to the above stated criteria, professional-related work experience, unique assets, and experiences with special populations are weighed heavily in consideration for admission. Minority students are actively recruited and are encouraged to apply.

Admission decisions are made one time every year. All materials must be received by the Graduate College and by the School of Applied Health and Educational Psychology by **January 1** for applicants wishing to formally enter the program the following summer or fall semester.

When all materials have been received, the application folders are reviewed by the counseling psychology faculty. Applicants most highly rated are invited to campus for interviews or are called for a telephone interview (depending upon geographical location). The faculty makes final admission decisions after these interviews have been completed.

Those notified of their full or provisional admission to the program must indicate, in writing, by April 15 their intention to enter the program the following semester. An individual on the list of alternates may be fully or provisionally admitted in the event that an admitted person chooses to not enter the program, or an admitted person's letter of intent to enter the program is not received by the April 15 deadline.

Recent Statistics on the Student Population:

Of students currently in the Counseling Psychology program, approximately 64% are women and 34% are men; 39% are students of color and 61% are White students; other diversities are also represented in terms of age, LGBT orientation, and disability status. The majority of the students have undergraduate degrees in psychology, education or related social sciences, and master's degrees in counseling or clinical psychology. For 2009-2010 admissions, the average undergraduate GPA was 3.08, the average graduate GPA was 3.92, and the mean GRE Verbal +Quantitative score was 1058.

Financial Assistance:

Departmental financial aid is available in the form of teaching and research assistantships, other graduate assistantships, and tuition waivers. Departmental financial aid requires professional-related work from the student-recipient. Part-time employment opportunities both on and off campus are generally available, and a few paid practicum positions have been made available for our doctoral students.

Students can be informed of other sources of financial aid by contacting the OSU Financial Aid Office at (405) 744-6604, or by e-mail: finaid@okway.edu. Please note that the Financial Aid Office has separate application procedures and deadlines.

Stillwater and OSU Information

Stillwater is a city of 47,000 residents. It is 60 miles west of Tulsa and 60 miles northeast of Oklahoma City. The student enrollment at the Stillwater campus is currently 18,560. Approximately 18% of the students are members of ethnic minority groups. Many activities center around the University campus. Big-12 football, basketball, wrestling, golf, and baseball, as well as cultural events like theater and musical concerts are examples of OSU activities.

The climate is generally mild, and summers tend to be very warm. Several large lakes and surrounding recreation areas close to town provide opportunities for swimming, water skiing, fishing, camping, hiking, picnicking and biking.

A variety of houses and apartments are available for rent off-campus. On-campus accommodation is available for single students in residence halls, and in University apartments for single students and families. It is a good idea to arrange on-campus housing early since waiting lists are common.

Professional and Research Interest of Core Counseling Psychology Faculty

Donald L. Boswell, Ph.D., Counseling Psychology, Indiana State University
Associate Professor, Area Coordinator
Adult personality assessment, adult ADHD,
Clinical supervision, men's issues, and GLBT issues. (405) 744-9454

Alfred F. Carlozzi, Ed.D., Counseling, University of Houston.
Professor, OSU-Tulsa Counseling Center Director
Empathy, universal-diverse orientation, clinical supervision, GEAR UP outcome research. (918) 594-8063

Barbara L. Carlozzi, Ph.D., Educational Psychology, Oklahoma State University
Associate Professor
Emotionally expressive writing, resilience, human development (405) 744-9457

Hugh Crethar, Ph.D., Counseling Psychology, University of Oklahoma
Associate Professor, Counseling program coordinator
Multicultural counseling, social justice, counselor training, professional development, gender, sex, and sexual/affectional orientation. (405) 744-9442

Julie Dorton-Clark, Ph.D., Counseling Psychology, Oklahoma State University
Assistant Professor, Counseling Psychology Clinic Director
Multicultural/cultural competencies, eating disorders, body image, gender/relationship issues, trauma/PTSD, sexual objectification, military, and family/service member concerns. (405) 744-2899

Sue C. Jacobs, Ph.D., Counseling Psychology, University of Southern Mississippi
Associate Professor, Director of Training, Counseling Psychology program, Preparing Future Faculty (PFF) coordinator
Health psychology, geropsychology, multicultural counseling, older women, anger, prevention, professional issues, ethics and research ethics, and underserved populations. (405) 744-9895

Julie Koch, Ph.D., Counseling Psychology, University of Minnesota-Twin Cities
Assistant Professor
School counseling, ethics in counseling, immigrant/refugee mental health, and counselor development, training, and supervision, LGBTQ and multicultural issues, international counseling. (405) 744-3155

Valerie McGaha, Ph.D., Educational Psychology, Texas Tech University
Assistant Professor, OSU-Tulsa
Adolescent studies, at-risk adolescents, substance abuse treatment, family counseling, and multicultural and cross-culture counseling. (918) 594-8516

John S.C. Romans, Ph.D., Counseling Psychology, University of Kansas
Associate Professor, School Head
Stalking, clinical supervision, expressive writing, and technology issues in counseling. (405) 744-9433

Carrie L. Winterowd, Ph.D., Counseling Psychology, University of Kansas
Associate Professor
Anger, attachment, core beliefs/self-schemas, multicultural issues, including but not limited to American Indian/Native American issues, LGBT issues, social justice, resilience, body image, group counseling. (405) 744-9446

Career Goals and Aspirations Statement

All applicants are expected to submit a written statement of his/her career goals and aspirations. This document is requested so the admissions committee can evaluate the appropriateness of the degree program relative to the applicant's future plans. The statement of career goals should include the following information:

1. A summary of the applicant's educational and professional work experience.
2. A clear statement of career goals.
3. A rationale for pursuing the graduate degree.
4. An explanation of how the applicant anticipates the enhancement of his/her professional activities through the attainment of the graduate degree.

This document should be approximately three-to-five typewritten pages in length. It must be on file in the SAHEP office before the applicant can be considered for admission.

Proof of Written Work – Ph.D. Applicants

As part of the application process for the Counseling Psychology program, each applicant is expected to provide the school with an example of his/her written work. The purpose of this requirement is to allow the admissions committee to evaluate the applicant's ability to communicate in written form. Examples of written work, which would be acceptable to submit, include:

1. A research article of publishable quality.
2. A review of the literature on a topic of interest to the applicant.
3. A major paper which has been a requirement in a previous course.
4. A report which has been compiled as part of the applicant's employment responsibilities, such as an annual report or project report.

Other types of written material may be acceptable, but it is recommended that before submission of such work the applicant seek the advice of a faculty member. The example of the applicant's written work must be on file in the School of Applied Health and Educational Psychology's graduate office before the application can be considered by the admissions committee.

For more information concerning APA Accreditation, please contact Susan F. Zlotlow, Ph.D., Office of Program Consultation and Accreditation, 750 First Street NE, Washington, D.C., 20002-4242, (202) 336-5979.

Revised: 8/2009