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APA-accredited since 2006

PhD in Clinical Psychology

Clinical Psychology at Seattle Pacific University



Today's clinical psychologists play essential roles in caring for people with emotional, behavioral, relational, and medical disorders. Their research stimulates innovation in diverse populations, including young people, veterans, and hospital and community health center patients.

Seattle Pacific University's APA-accredited Clinical Psychology (CPY) program prepares you to meet these challenges by:

- **Emphasizing** both scientific research and clinical practice in the context of a premier Christian university.
- **Equipping** graduates to achieve excellence in a variety of settings that draw from training in clinical practice, research and statistics, and advocacy.
- **Encompassing** “the whole person” as the core faculty utilize a biopsychosocial and spiritual lens in student training and mentoring.

As a result, graduates of SPU's Clinical Psychology program experience many rewarding and satisfying career opportunities in this challenging and growing field.



Mission and Distinctives

As a community of teaching scholars and professionals who embrace a broad Christian worldview, we are committed to developing psychologists who:

- **Integrate the findings of scientific psychology** with the interpersonal skills and sensitivity necessary for effective clinical practice.
- **Incorporate biopsychosocial and spiritual perspectives** into the science and practice of the discipline.
- **Appreciate and respect the inherent diversity** that characterizes individuals and groups.
- **Embrace a vocation of service and advocacy** to individuals, families, and their communities.

About the Clinical Psychology Program

Clinical Program Training Model

The CPY program adheres to the Scientist Practitioner Model of training as described in the Boulder Model. In addition, the program draws from the local clinical scientist (LCS) model of doctoral education and scientist-practitioner-advocacy (SPA) models. Applying scientific knowledge to clinical practice, using clinical observations to inform relevant research questions, and advocating on behalf of the client typify the educational experiences of students in our CPY program.

Our training model integrates biopsychosocial science and the art of clinical practice for effective applications in clinical psychology. The CPY program emphasizes application of science in local cultures and settings, with emphasis on evidence-based assessment and

interventions in the context of persons, families, and communities. The program includes the core competencies outlined by the National Council of Schools and Programs of Professional Psychology.

Clinical Training

Students complete one-year practicum placements during the second, third, and fourth years of the program. Placements include community mental health centers, academic hospitals and medical clinics, correctional facility medical complexes, university counseling centers, and children's mental health clinics. All primary supervision is conducted by licensed clinical psychologists. Our students successfully compete for full-time predoctoral internship placements in veterans' hospitals, academic medical centers, and local, regional, and national

mental health systems throughout the United States.

Research Training

Students join a research vertical team (RVT) in their first year and participate in mentored clinical research with their faculty advisor throughout the program. Each RVT conducts a mix of applied field and laboratory research; all students are engaged in scientific inquiry related broadly to clinical psychology. RVTs include students at all levels of the program, and students complete second-year projects and dissertation research in the RVT interest area. Faculty and students in the RVT regularly co-present at national research conferences and co-author research in peer-reviewed academic journals.

"I believe in the SPU motto, and I like that it's reflected in the doctoral training in clinical psychology.

I'll be using these tools from 7,000 miles away! Engaging my culture, changing the world!"

*Mohammed K. Alsubaie, PhD '23
Post-doctoral Fellow at
Boston Child Study Center*



"Through the CPY program, I am learning how to be an empathetic and effective clinician

who can work with a variety of clients using evidence-based practices."

*Cammy Widman
Second-Year PhD Student*

Diverse Perspectives

The core faculty represents a broad range of theoretical perspectives and is able to draw upon a rich background of clinical practice and research expertise in teaching, supervision, and scholarship. The theoretical and psychotherapeutic orientations represented among the faculty include cognitive-behavioral (CBT), psychodynamic, interpersonal, family systems, ecological, and humanistic perspectives. Although our faculty members may claim a primary theoretical orientation, virtually all intentionally integrate two or more theoretical perspectives in their teaching and clinical practices. CBT is our most prevalent theoretical orientation because of our commitment to evidence-based science and practice. The majority of core faculty members are

licensed psychologists who obtained their doctorates from APA-accredited programs and completed APA-accredited internships.

Our Faith Commitment

Seattle Pacific's Clinical Psychology program honors a distinctly Christian faith perspective. At the same time, an open-enrollment philosophy welcomes students of all backgrounds. All students are encouraged to discover and refine their personal sense of vocation and convictions related to faith, learning (science), and clinical practice.



“The CPY program faculty have provided me with immense support and the training needed to successfully serve our community.”

*Keyera Gaulden
Second-Year PhD Student*



“CPY faculty have made a huge impact on my life! Working with each of our professors has opened doors

in my specific research and clinical areas.”

*Natalie Snodgrass
Second-Year PhD Student*



“I teach at Seattle Pacific University because we prioritize student learning and training within a caring community.

Our students are mentored by dedicated faculty committed to excellence in teaching and research, guiding them through a curriculum that emphasizes a biopsychosocial and spiritual perspective.”

*Jenny Lee Vaydich, PhD
Associate Professor of Psychology,
Chair of Research Psychology
and Clinical Psychology*

Clinical Psychology Faculty

The CPY program emphasizes mentoring relationships with students. Faculty mentoring and role modeling occurs within the context of research vertical teams, where students are assigned to core faculty members who operate an active program of research. Our research programs are applied with a mix of field and laboratory research.

Core Faculty and Research Interests



Sunny Ho, PhD

- International students and professionals' mental health
- Multiculturalism, micro-aggressions, and social justice issues related to psychological well-being and holistic health
- AANHPI mental health issues and liberation psychology



Thane Erickson, PhD

- Anxiety and depression
- Interpersonal processes and personality
- Positive psychology and the science of character



Keyne Law, PhD

- Processes and mechanisms associated with suicide risk, attempts, and death
- Suicide prevention and interventions
- Personality disorders and emotion regulation



Jenny Lee Vaydich, PhD

- Parent and child well-being during divorce
- Parental emotion socialization
- Parent-adolescent conflict
- Co-parenting and parental burnout

For information on SPU's religious affiliation and APA accreditation, read more at spu.edu/cpy-affiliation.



Sample PhD Clinical Psychology Program Sequence

The Clinical Psychology PhD program follows a required sequence of four full-time years of graduate coursework, including practicum training and dissertation research. Typically, you will take five to seven years to complete the entire 195-quarter-credit program, including internship. After the first two years of study (77 credits), a master of science (MS) in Psychological Science is earned en route to the PhD. The following is the typical required sequence for completion of the PhD degree within five years of admission.

Year 1 (37 credits)

Autumn (13 credits)

- CPY 7031 Statistics I (5)
- CPY 7400 Ethics & Laws in Clinical Psychology (5)
- CPY 7927 Clinical Foundations I (2)
- CPY 7995 Research Mentoring (1)

Winter (13 credits)

- CPY 7032 Statistics II (5)
- CPY 7220 Psychopathology (5)
- CPY 7928 Clinical Foundations II (2)
- CPY 7995 Research Mentoring (1)

Spring (11 credits)

- CPY 7033 Statistics III (5)
- CPY 7200 Personality Theory & Research (5)
- CPY 7995 Research Mentoring (1)

Year 2 (49 credits)

Summer (11 credits)

- CPY 7000 History & Systems of Psychology (5)
- CPY 7230 Cognition & Learning (5)
- CPY 7995 Research Mentoring (1)

Autumn (12 credits)

- CPY 7310 Psychological Interventions I: Cognitive Behavioral Therapies (5)
- CPY 7995 Research Mentoring (2)

Winter (14 credits)

- CPY 7210 Developmental Psychology (5)
- CPY 7315 Psychological Interventions II (5)
- CPY 7929 Pre-Clinical Placement (2)
- CPY 7995 Research Mentoring (2)

Spring (12 credits)

- CPY 7101 Neural & Biological Bases of Behavior (5)
- CPY 7300 Psychological Assessment: Intelligence & Achievement (5)
- CPY 7995 Research Mentoring (2)

Year 3 (57 credits)

Summer (14 credits)

- CPY 7240 Social Psychology (5)
- CPY 7330 Psychological Assessment: Personality & Psychopathology (5)
- CPY 7930 Clinical Placement (2)
- CPY 7995 Research Mentoring (2)

Autumn (15 credits)

- CPY 7020 Research Design & Methodology (5)
- CPY 7316 Psychological Interventions III: Experiential Dynamic Systems (5)
- CPY 7930 Clinical Placement (2)
- CPY 7995 Research Mentoring (2)
- CPY 7820 Clinical Supervision & Consultation Group (1)

Winter (13 credits)

- CPY 7009 Psychological Interventions IV: Group, Interpersonal, & Integration Theories (4)
- CPY 7141 Psychological Assessment Neuropsychology (4)
- CPY 7930 Clinical Placement (2)
- CPY 7995 Research & Dissertation Mentoring (2)
- CPY 7820 Clinical Supervision & Consultation Group (1)

Spring (15 credits)

- CPY 7280 Diversity & Cultural Competence in Clinical Psychology (5)
- CPY 7130 Human Sexuality & Sex Therapy (5)
- CPY 7930 Clinical Placement (2)
- CPY 7995 Research & Dissertation Mentoring (2)
- CPY 7820 Clinical Supervision & Consultation Group (1)

Year 4 (36 credits)

Summer (9 credits)

- CPY 7110 Psychopharmacology (5)
- CPY 7931 Advanced Clinical Placement (2)
- CPY 7995 Research & Dissertation Mentoring (2)

Autumn (9 credits)

- CPY 7931 Advanced Clinical Placement (2)
- CPY 7201 Psychological Interventions V: Addictive Behaviors & Externalizing Disorders (4)
- CPY 7995 Research & Dissertation Mentoring (2)
- CPY 7820 Clinical Supervision & Consultation Group (1)

Winter (9 credits)

- CPY 7931 Advanced Clinical Placement (2)
- CPY 7951 Advanced Topical Seminar in Clinical Psychology (4)
- CPY 7995 Research & Dissertation Mentoring (2)
- CPY 7820 Clinical Supervision & Consultation Group (1)

Spring (9 credits)

- CPY 7931 Advanced Clinical Placement (2)
- CPY 7952 Advanced Topical Seminar in Clinical Psychology II (4)
- CPY 7995 Research & Dissertation Mentoring (2)
- CPY 7820 Clinical Supervision & Consultation Group (1)

Year 5 (16 credits)

Summer, Autumn, Winter, Spring
(4 credits each quarter = total of 16)

- CPY 7940 Internship

Clinical Placement Total = 16 credits

Internship Total = 16 credits

Research & Dissertation Total = 26 credits

Clinical Supervision & Consultation Group = 6 credits

All other coursework = 131 credits

Total Credits (195)

For more information, visit spu.edu/clinicalpsych.

Spectacular natural beauty

combined with diverse cultural and professional opportunities enrich Seattle's reputation as a world-class city and one of the nation's best places to live.



Clinical Psychology (PhD)

Seattle Pacific University
College of Applied and Natural Sciences

spu.edu/clinicalpsych

ADDRESS QUESTIONS REGARDING ACCREDITATION TO:

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