

APA-Accredited Since 2006
PHD IN CLINICAL PSYCHOLOGY

**A RESEARCH-BASED,
CLINICALLY FOCUSED PHD
IN A RELATIONAL
CHRISTIAN COMMUNITY**

**IT'S HERE AT
SEATTLE PACIFIC
UNIVERSITY**

**SPU IS
NATIONALLY RANKED
BY U.S. NEWS
& WORLD REPORT**
(see inside)





**"OUR PROGRAM
EXCELS AT MENTORING
RELATIONSHIPS —**
passing on knowledge,
skill, and wisdom from one
generation to the next."

*John Thoburn, PhD
Professor of Clinical Psychology*

**SPU now Ranked by
U.S. News & World Report
as a “Best National University”**

Seattle Pacific University is the only private university in the Pacific Northwest to make the 2017 *U.S. News and World Report’s* Best National Universities list. SPU joins the University of Washington and Washington State University as the only three institutions from Washington state named to the magazine’s list.

*Cover photo:
SPU clinical psychology student
Mari Yamamoto at her practicum
with International Community
Health Services in Seattle.*

CLINICAL PSYCHOLOGY AT SEATTLE PACIFIC UNIVERSITY

Today’s clinical psychologists play essential roles in caring for people with emotional, behavioral, family, 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 both academic mastery and clinical practice.
- **Encompassing** broad scientific concepts while integrating the art of clinical practice, and exemplifying a commitment to learning and faith through a caring and competent core faculty.

As a result, graduates of SPU’s clinical psychology program experience many rewarding and satisfying career opportunities in this challenging and growing field.

CLINICAL PSYCHOLOGY PROGRAM

"I TEACH AT SPU BECAUSE OF ITS BALANCED APPROACH

to training both scientists and clinical practitioners. I also value participating in a meaningful way in the professional development of our students."

*Amy Mezulis, PhD
Associate Professor and
Chair of Clinical Psychology*



"I was prepared for a rewarding career in the research and practice of psychology through
**COMPREHENSIVE
TRAINING AND
INVALUABLE
GUIDANCE
FROM MENTOR
PROFESSORS."**

*Sarah Welton, PhD '12
Licensed Clinical Psychologist*

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** to individuals, families, and their communities.

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 adopts the principles of the Local Clinical Scientist (LCS) model of doctoral education as a specification within the Scientist Practitioner framework. Applying scientific knowledge to clinical practice and using clinical observations to inform relevant research questions typifies 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 upon 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. Graduates who apply for licensure as psychologists meet the educational requirements for licensing throughout the United States and Canada.

Clinical Training

Students complete one-year practicum placements during the 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

"THE SUCCESS OF MY DISSERTATION INVOLVING 4-H YOUTH WITH DEVELOPMENTAL DISABILITIES

emerged from an ongoing collaboration with 4-H and my mentor professor."

*Megan Goldenshteyn, PhD '15
Clinical Psychology*



"When I engage in research and practice collaborations like those with the 4-H Youth Development Program,

I BRING MY STUDENTS INTO EACH PHASE OF THE PROCESS."

*Lynette Bikos, PhD
Professor of Clinical Psychology*

predoctoral internship placements in veterans' hospitals, academic medical centers, and in 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 copresent at national research conferences and co-author research in peer-reviewed academic journals.

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. Each student is encouraged to discover and refine his or her personal sense of vocation and convictions related to faith, learning (science), and clinical practice.

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. Each of these research programs is applied, with a mix of field and laboratory research.



Administration

Amy Mezulis, PhD

*Chair; Associate Professor
of Clinical Psychology*

Heather Maguire, MA

Program Coordinator

Faculty Research Interests

Core Faculty

Jacob A. Bentley, PhD, ABPP, RP

- *Rehabilitation psychology*
- *Adjustment to chronic illness*
- *Global health*
- *Trauma psychology*
- *Resilience*

Lynette Bikos, PhD

- *Career and life development:
expatriation evaluation of career interventions*
- *Counseling process and outcome*
- *Psychometrics, research methods, statistics*
- *Treatment program evaluation*

Thane Erickson, PhD

- *Anxiety and depression*
- *Interpersonal processes and personality*
- *Positive psychology*
- *Psychology of personal growth*

Amy Mezulis, PhD

- *Emergence of gender differences in depression*
- *Vulnerability — stress models of depression*
- *Development of vulnerability to depression
among children and adolescents*

John Thoburn, PhD, ABPP

- *Family psychology*
- *Psychotherapy: individual, couple
and family*
- *Integration of psychology and spirituality*
- *International psychology*

Beverly Wilson, PhD

- *Child development*
- *Child and family clinical psychology*
- *Emotional and social development*

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-unit program, including internship. A Master of Science (MS) in Psychological Science degree is earned en route to the PhD after the first two years (77 quarter credits) of graduate study. The following is the typical required sequence for completion of the PhD degree within five years of admission.

FIRST YEAR

- AUTUMN** (13 credits)
- CPY 7000 History and Systems (5)
 - CPY 7400 Ethics and Laws in Clinical Psychology (5)
 - CPY 7927 Clinical Foundations I (2)
 - CPY 7995 Research and Dissertation (1)

- WINTER** (13 credits)
- CPY 7210 Developmental Psychology (5)
 - CPY 7220 Psychopathology (5)
 - CPY 7928 Clinical Foundations II (2)
 - CPY 7995 Research and Dissertation (1)

- SPRING** (11 credits)
- CPY 7101 Neural and Biological Bases of Behavior (5)
 - CPY 7200 Personality Theory and Research (5)
 - CPY 7995 Research and Dissertation (1)

- SUMMER** (11 credits)
- CPY 7020 Statistical Methods (5)
 - CPY 7230 Cognition and Learning (5)
 - CPY 7995 Research and Dissertation (1)

SECOND YEAR

- AUTUMN** (12 credits)
- CPY 7031 Research Methods and Statistics I (5)
 - CPY 7310 Psychological Interventions I: Cognitive Behavioral Therapies (5)
 - CPY 7995 Research and Dissertation (2)

- WINTER** (14 credits)
- CPY 7032 Research Methods and Statistics II (5)
 - CPY 7315 Psychological Interventions II
 - CPY 7929 Pre-Practicum (2)
 - CPY 7995 Research and Dissertation (2)

- SPRING** (12 credits)
- CPY 7033 Research Methods and Statistics III (5)
 - CPY 7300 Psychological Assessment: Intelligence and Achievement (5)
 - CPY 7995 Research and Dissertation (2)

- SUMMER** (14 credits)
- CPY 7240 Social Psychology (5)
 - CPY 7330 Psychological Assessment: Personality and Psychopathology (5)
 - CPY 7930 Practicum (2)
 - CPY 7995 Research and Dissertation (2)

THIRD YEAR

- AUTUMN** (15 credits)
- CPY 7010 Psychometric Theory and Test Construction (5)
 - CPY 7316 Psychological Interventions III: Family and Child Therapies (5)
 - CPY 7820 Clinical Supervision and Consultation Group (1)
 - CPY 7930 Practicum (2)
 - CPY 7995 Research and Dissertation (2)

- WINTER** (13 credits)
- CPY 7009 Group Psychotherapy and Community Processes (4)
 - CPY 7141 Neuropsychological Assessment (4)
 - CPY 7820 Clinical Supervision and Consultation Group (1)
 - CPY 7930 Practicum (2)
 - CPY 7995 Research and Dissertation (2)

- SPRING** (15 credits)
- CPY 7130 Human Sexuality (5)
 - CPY 7280 Diversity and Cultural Issues in Psychology (5)
 - CPY 7820 Clinical Supervision and Consultation Group (1)
 - CPY 7930 Practicum (2)
 - CPY 7995 Research and Dissertation (2)

- SUMMER** (9 credits)
- CPY 7110 Psychopharmacology (5)
 - CPY 7931 Advanced Practicum (2)
 - CPY 7995 Research and Dissertation (2)

FOURTH YEAR

- AUTUMN** (9 credits)
- CPY 7820 Clinical Supervision and Consultation Group (1)
 - CPY **** Cognate Course (4)*
 - CPY 7931 Advanced Practicum (2)
 - CPY 7995 Research and Dissertation (2)

- WINTER** (9 credits)
- CPY 7820 Clinical Supervision and Consultation Group (1)
 - CPY **** Cognate Course (4)*
 - CPY 7931 Advanced Practicum (2)
 - CPY 7995 Research and Dissertation (2)

- SPRING** (9 credits)
- CPY 7820 Clinical Supervision and Consultation Group (1)
 - CPY **** Cognate Course (4)*
 - CPY 7931 Advanced Practicum (2)
 - CPY 7995 Research and Dissertation (2)

FIFTH YEAR

SUMMER, AUTUMN, WINTER, SPRING

(4 credits each quarter = total of 16)

- CPY 7940 Internship

TOTAL UNITS (195)

* During their fourth year, students may choose from the following Health or Family Cognates:

- Health Cognates
- CPY 7147 Health and Medical Rehabilitation Psychology
 - CPY 7149 Integrated Behavioral Health
 - CPY 7201 Addictive Behaviors and Co-occurring Disorders
- Family Cognates
- CPY 7502 Child Psychopathology and Intervention
 - CPY 7520 Marital and Conjoint Interventions
 - CPY 7510 Adolescent Psychopathology and Intervention

For more information, visit
spu.edu/clinicalpsych

SPECTACULAR NATURAL BEAUTY

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



For admissions information, contact:

Graduate Admissions
3307 Third Avenue West, Suite 111, Seattle, WA 98119
Phone: 206-281-2091; 800-601-0603 toll free
gradadmissions@spu.edu

Address questions regarding accreditation to:

Office of Program Consultation and Accreditation
American Psychological Association
750 1st Street NE, Washington, DC 20002
Phone: 202-336-5979
Email: apaaccred@apa.org
apa.org/ed/accreditation

CLINICAL PSYCHOLOGY (PhD)

Seattle Pacific University
School of Psychology, Family, and Community
spu.edu/clinicalpsych



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