

DEPARTMENT OF APPLIED PSYCHOLOGY

2009 – 2010

Program Information for Applicants

Doctor of Philosophy (Ph.D.)

Counseling Psychology

PROGRAM DESCRIPTION: Counseling Psychology at NYU

A. Program History, Philosophy, and Goals

The doctoral program in Counseling Psychology at New York University is offered through the Department of Applied Psychology in the Steinhardt School of Culture, Education, and Human Development.

In 1971 the program was registered with the New York State Department of Education for the professional preparation of psychologists. Since that time graduates of the Counseling Psychology Program have been considered fully qualified psychologists with specialized training in counseling and eligible for licensure by the State. Since 1981 the program has been fully approved by the American Psychological Association, Office of Program Consultation and Accreditation, 750 First Street, NE, Washington DC, 20002-4242 (800-374-2721 or 202-336-5500). Finally, in 1989 the Department of Counselor Education and the Department of Educational Psychology were merged into the current Department of Applied Psychology.

The major philosophical principles underlying the doctoral program in Counseling Psychology at New York University are: 1) a focus on a developmental understanding of clients; 2) a commitment to a health model of intervention; and 3) an appreciation of the gendered, cultural, class, and institutional context of people's lives as these affect both clients and counselors. We consider these principles as central to our definition of Counseling Psychology.

More specifically, the goals of our program are to educate counseling psychologists who:

- are knowledgeable regarding current theory, research, and practice in psychology;
- have a personally integrated theory of counseling;
- are committed to life-long learning;
- have attained the knowledge and skills to work effectively with clients from diverse backgrounds particularly in an urban setting;
- are able to do self-directed research;
- have a personally relevant identity as a psychologist and as a counseling psychologist;
- are prepared to function as multi-faceted and multi-skilled professionals in a wide range of roles as professional psychologists;
- have grown and developed as human beings in our program with a stronger and clearer sense of self and others;
- have developed the sensitivity and ability to uphold the highest standards of ethical behavior across all domains of professional practice.

B. Program Design

The program follows the basic pattern of a scientist-practitioner model for the preparation of professional psychologists. Thus, the program is designed to provide opportunities for students

to develop as scientists and as practitioners. Concomitantly, attention is given to the continuing growth and development of the students as human beings. There are four components to our program; course work, preparation of candidacy papers and oral exam. A full-year (or equivalent) internship; and the successful completion and defense of a dissertation. Internship and dissertation requirements are completed at the end of the program with increasing numbers of students preferring to complete some or all of the dissertation requirements prior to the completion of the internship.

Across all four of these components, attention is given to the integration of practice, theory, and research. For example, students study counseling process in counseling theory courses at both the M.A. and Ph.D. level while they also engage in counseling practice in the counseling psychology core practicum requirements. They are expected to draw upon their knowledge of theory and research in the development of their practice skills and competencies while at the same time, we expect that their experience in counseling will enable them to understand and critique counseling theories from both an intellectual and experiential foundation. Sequencing of theory and practicum courses in the counseling psychology core is done by advisement in response to the needs and backgrounds of specific students.

The University and the Program are committed to a policy of equal treatment and opportunity in every aspect of its relations with its faculty, students and staff members, without regard to sex, sexual orientation, marital or parental status, race, color, religion, national origin, age, or handicap.

Program Governance

The CNPS committee is composed of full-time faculty in the program who make a primary commitment to this doctoral program and CNPS student representatives. This committee, chaired by the Program Director, is responsible for the administration of the program and addresses program curriculum and student evaluation, development of policy regarding the program and any other considerations relating to the program. All policy emanating from the committee must be formally approved at a program meeting.

Degree Requirements

For completion of the doctorate, 96 points beyond the bachelor's degree are required. Additionally as part of undergraduate or other graduate work, 18 points in psychology are prerequisites to the Ph.D. program. In the Counseling Psychology Core (33 points), students complete work in the dynamics of vocational development, counseling theory and process, group counseling, program seminars, seminars in vocational development and counseling theory, and practicums in individual counseling and counselor training. Students also must take a Counseling Psychology Specialty (9 points) which can include courses in marriage counseling, women's development, thanatological counseling, cross-cultural counseling or other elective courses; Clinical Assessment and Testing (9 points); Statistics and Research Design (18 points); and Foundations (6 points).

Students also must complete a Psychology Core (15 points) covering measurement and evaluation, history and systems, learning theory, experimental psychology, personality, developmental psychology, psychopathology, and the biological basis of behavior. In addition to points required, students must pass a comprehensive examination to be admitted to candidacy, complete a full-year internship, have an approved dissertation proposal and dissertation, and pass a final oral examination of the dissertation.

Some courses may be waived, exempted or passed by examination. A minimum of 48 points must be completed at New York University.

HOUSING, FINANCIAL AID AND PART-TIME STUDY

Housing in the New York City area is in short supply and very expensive when compared with other parts of the United States. Contact the Office of Off-Campus and Graduate Housing, 14A Washington Place, New York, NY 10003 (212 998-4620) for further information.

Several graduate assistantships in the Department are available on an irregular basis. Students are also eligible to apply for other graduate assistantships in the School. Applicants interested in applying for a graduate assistantship should indicate this on their admissions application and they will be sent a form to apply for an assistantship. Typically, there are some special scholarship monies that are designated for minority applicants. All matriculated students are also eligible to utilize the services of the University Financial Aid Office, 25 W 4th St., New York, NY 10003 (212-998-4444).

The Ph.D. program in Counseling Psychology is one of the few programs available which enables part-time study. However, it should be noted that many required classes start at 4:55 P.M., and a few required classes start earlier in the afternoon. Most practicum placements also require a full day or the equivalent of a full day during day-time hours. In addition, the internship typically requires a full-time commitment for a year. Thus, although students may work during their program of studies at N.Y.U., and many do, some degree of job flexibility regarding hours is essential.

THE APPLICATION AND ADMISSIONS PROCESS

An application is filed with the Office of Graduate Admissions, Steinhardt School of Culture, Education, and Human Development, New York University, 82 Washington Square East, 6th floor, Pless Hall, N.Y., NY 10003, along with all transcripts of previous college work. That office then forwards that application to the Department of Applied Psychology, PhD Program in Counseling Psychology. The applicant must submit a rather detailed autobiography (an outline for which is attached) and include this with the signed and sealed letters of recommendation in a Professional Autobiography and Recommendations Packet, which is sent directly to the program, by the applicant. Scores on the Verbal and Quantitative sections of the Graduate Record Examination are submitted to the Office of Graduate Admissions. Results of the GRE are evaluated within the context of the applicant's educational and cultural history.

All individuals who have complete files containing all of the above information on or before the December 15th deadline, are considered for admission for the following September.

At this point, a two-stage process is implemented. As the number of applicants is large (approximately 200), and the number of applicants admitted is small (approximately 4), it is impossible to interview all who apply. All completed folders are screened by members of the faculty to select those who will participate in the group interview process. While all information contained in the folder is considered, no single piece of data will exclude an applicant, with the exception of either score on the GRE below 400.

Applicants selected to participate in the group interview process are notified by mail of the interview date, which is typically held in the middle of March. Selected applicants are expected to make every effort to schedule their time so as to be available for the interviews if notified. Selected applicants are urged to participate in the interview process. Failure to participate in the interview process will usually adversely affect an applicant's chance of admission into the program. It is not likely that an applicant would be admitted without an interview. The faculty does not believe that phone interviews are an acceptable alternative to face-to-face interviews.

The structure of the group interview varies with the faculty interviewing team. For example, applicants may be asked to select a topic to discuss or be given a topic to discuss. In any event, two or three members of the faculty typically observe the discussion for about 30 minutes. Following this discussion, the faculty may direct questions to individuals or to the group as an entity. Following this procedure, which lasts approximately 20 minutes, the group is excused. On occasion, one or more members of the group may be asked to remain. Such a request does not imply acceptance, nor should the absence of such a request imply rejection.

Following each group interview, the faculty rates each participant as to their acceptability into the program. After the interviews have been completed, the faculty of the Program compile a list of accepted and alternate applicants. These applicants are reviewed and approved by the Departmental faculty prior to notification in writing to applicants by April 1.

Funding opportunities currently exist for admitted students.

Our history indicates that applicants characterized by the following are rarely interviewed:

- Those who have just received or only have an undergraduate degree without significant research experience.
- Those without significant work experience other than part-time work while a student.
- Those whose papers seem to indicate a primary interest in psychopathology or in young children.
- Those whose primary professional aspiration appears to be private practice.

More frequently, successful applicants to be interviewed are:

- Those with M.A. degrees in counseling, psychology or related fields.
- Those with professional work experience in the helping professions.
- Those whose papers indicate a primary interest in working with developmental issues of adolescents and adults.
- Those whose primary professional aspirations appear consonant with the field of Counseling Psychology. (Those unfamiliar with the field of Counseling Psychology as a professional specialty are advised to review *The Counseling Psychologist* and *The Journal of Counseling Psychology*. Applicants should be aware of the differences in the various degrees and specialty areas in the mental health field: Ph.D., Psy.D., M.A., M.S.W.; Counseling Psychology vs. Clinical Psychology, etc.)

Currently, matriculated students in the program are described as follows: 74% women, 26% men; GRE Verbal and Quantitative Totals of 1200, with the verbal typically higher than the quantitative; age range from 24 to 50, with the mean being 30; students from under-represented ethnic groups 10%; physically disabled (visually impaired, hearing impaired, or otherwise physically challenged) 2%; it is expected that students will engage in full time doctoral study for the first four years of the program.

COMMON DIFFICULTIES IN COMPLETING FOLDERS BY DEADLINES:

- Failure to file initial application with the Office of Graduate Admissions and requesting that transcripts be sent. (Deadline is December 15th)
- Failure to take the GRE early enough so that the scores reach NYU by December 15th. (Typically, it takes six to eight weeks from the date of the examination.)
- Failure to give recommenders adequate time to complete recommendations and return them to you so that they are included in the Professional Autobiography and Recommendation Packet. (Deadline for the Professional Autobiography and Recommendation Packet to be sent directly to the Department is December 15th.)
- Failure to send in the Professional Autobiography and Recommendation Packet in time. (Deadline is December 15th.)

OUTLINE FOR PROFESSIONAL AUTOBIOGRAPHY

Please follow this outline in preparing the Professional Autobiography required as part of the application process and submit one (1) copy to the Department of Applied Psychology Program of Counseling Psychology, 400 East Building, 239 Greene St., New York, NY, 10003. The deadline for submission is **December 15th.** **This replaces the personal statement called for in the School of Culture, Education, and Human Development Application.**

1. List your name, addresses and phone numbers (business and home), email address, date of birth, degree sought: CNPS – Counseling Psychology, Ph.D.

2. List all of your previous positions, professional and non-professional, along with the duration of each, indicating the relation of this position (if any) to counseling.

3. List your publications, including books, journals, articles, theses.

4. List up to three research problems you believe should be investigated, indicating which (if any) you are interested in investigating in your own doctoral research, and outlining (even crudely) the research procedures and methods you would apply to each problem.

5. Utilizing the following outline, tell us as much as you are willing to reveal about yourself. We do not wish to pry into private matters; however we do wish to give you ample opportunity to present those aspects of yourself, which you believe ought to have bearing upon our evaluation.
 - a. When and how did you decide you wanted a career in counseling psychology: What considerations led you to this decision? To the decision to seek a doctorate?

 - b. Why do you feel you have a reasonable chance to succeed in a career in counseling psychology? What are the sources of evidence that suggest a high level of ability to work effectively with people in a helping relationship? What are your assets and weaknesses?

- c. What events and relationships in your family history have been significant in your professional development? In your educational and social history? What environmental influences have been significant in your professional development?
 - d. What leads you to choose to pursue doctoral study at NYU? What are NYU's strengths and weaknesses in relation to your professional development?
 - e. What else do you wish to tell us about yourself that you feel ought to have a bearing upon our evaluation of your application?
6. In one short paragraph, briefly summarize your reactions to the NYU doctoral admissions process and to the preparation of the Professional Autobiography.

The Department recommends that you apply early to ensure that you will have met both School and Department requirements.

**ANY APPLICATION THAT IS INCOMPLETE AS OF THE DECEMBER 15th
DEADLINE WILL NOT BE CONSIDERED.**

- **Questions regarding the application process should be directed to:**

Office of Graduate Admissions

NYU Steinhardt School of Culture, Education, and Human Development

82 Washington Square East, 6th Floor

New York, NY 1003-6644

212.998.5030

- **More information regarding the application process can be found**

at: <http://steinhardt.nyu.edu/graduate.admissions>

- **For more information about the Doctor of Philosophy in Counseling Psychology, please**

contact:

Department of Applied Psychology

NYU Steinhardt School of Culture, Education, and Human Development

239 Greene Street, Suite 400

New York, NY 10003

212.998.5555

Or you can visit the department online:

<http://steinhardt.nyu.edu/appsyach>

- 4) Professional Autobiography and Recommendation Packet – Consisting of the following two (2) items:
- a) One (1) copy of your Professional Autobiography
 - b) Three (3) completed Recommendation forms in envelopes that are sealed and signed by the recommender across the envelope's back flap.

Send to: New York University
(Due 12/15) Steinhardt School of Culture, Education, and Human Development
Department of Applied Psychology
Counseling Psychology PhD Program
Professional Autobiography & Recommendation Packet
239 Greene St. – Room 400
New York, NY 10003-6674

DEPARTMENT OF APPLIED PSYCHOLOGY

Applicant Recommendation Form

Part A (to be completed by the applicant)

Last Name: _____

First Name: _____

Middle Name: _____

I agree the recommendation I am requesting shall be held in confidence by officials of the Department of Applied Psychology, New York University, and hereby waive any rights I may have to examine it.

Yes No

Applicant's Signature and Date

Part B (to be completed by the recommender)

1. Please write a statement which assesses the applicant's strengths and weaknesses in completing their prospective program. Please indicate how long and in what capacity you have known the applicant. Feel free to use your own stationery and attach the statement to this Recommendation Form.
2. Please complete and sign the back of this Recommendation Form.
3. Please insert this completed form and your written statement about the applicant in a white legal envelope. Please seal the envelope and **SIGN** across the back flap of the envelope. Please return the sealed and signed envelop to the applicant who will forward it to the Department of Applied Psychology.

	BELOW AVERAGE	AVERAGE	ABOVE AVERAGE	UNUSUAL	OUTSTANDING	TRULY EXCEPTIONAL	NO OPPORTUNITY TO OBSERVE
	Lowest 40%	Middle 20%	Next 25%	Next 5%	Top 10%	Top 5%	
Research potential	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intellectual Potential	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ability to work with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Creativity and Imagination	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maturity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-Confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sense of Responsibility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oral Communication skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Written communication skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ability to analyze a problem and formulate a solution	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Motivation for proposed program of study	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potential as a practitioner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please indicate the strength of your overall endorsement by placing an 'X' along the following scale:

Not Recommended Recommended with Reservation Recommended Highly Recommended

Please indicate your degree in your overall endorsement by placing an 'X' along the following scale:

Not confident Somewhat Confident Quite Confident Highly Confident

Signature _____ Printed Name _____ Date _____

Position _____ Institution _____

Address / Phone Number / Email _____

DEPARTMENT OF APPLIED PSYCHOLOGY

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Yes No

Applicant's Signature and Date

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DEPARTMENT OF APPLIED PSYCHOLOGY

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Intellectual Potential	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Written communication skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ability to analyze a problem and formulate a solution	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Motivation for proposed program of study	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potential as a practitioner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please indicate the strength of your overall endorsement by placing an 'X' along the following scale:

Not Recommended Recommended with Reservation Recommended Highly Recommended

Please indicate your degree in your overall endorsement by placing an 'X' along the following scale:

Not confident Somewhat Confident Quite Confident Highly Confident

Signature _____ Printed Name _____ Date _____

Position _____ Institution _____

Address / Phone Number / Email _____