

## **MAMHC Course Descriptions**

### **GPSA 101 Clinical Assessment & Appraisal**

This course provides an overview of the appraisal process including observation, interviewing, measures, resources and tools to formulate a clinical understanding of clients within a broad range of settings and within a survey of populations. Behavior, observations, etiology, symptomology, assessment, countertransference, and treatment will be examined in working with clients representing the lifespan. The course examines issues of reliability, diversity, limitations and ethical practice in relation to the validity of the assessments. Students explore the relationship between assessment, findings, diagnosis, intervention and treatment planning.

### **GPSA 104 Multicultural Issues in Mental Health Work**

Multicultural Issues in Mental Health Work is a counseling course designed to introduce students to theoretical models of diversity and identity development. Students will examine theories of Race, Ethnicity, Class, Sex, Gender, Sexual Orientation, and Ability, as a means of understanding the development and utility of one's own belief system, as well as the beliefs, values, and experiences of a diverse client base. This course will address the notion of 'difference' within the therapeutic hour and examine the role and influence of systemic factors within the counseling process.

### **GPSA 184/541 Psychopathology: Primitive Mental States**

This course examines psychopathology of severely regressed states from the perspective of both the DSM and psychoanalytic theory and case study. This comparative approach to diagnosis includes a consideration of symptoms and behaviors listed in the DSM-IV with psychiatric understanding of etiology and function contrasted with and augmented by a psychodynamic understanding. The two different approaches to the diagnostic process will be explored in the course, including the diagnostic and statistical system (DSM), use of the mental status exam, use of clinical interviewing and induced countertransference feelings. The class also discusses implications for treatment. Students will have the opportunity to begin clinical studies by observing their emotional reactions to the class material and visiting two mental health settings.

### **GPSA 501 Human Development: The Developing Mind**

This course is designed to introduce students to basic concepts of human development in the earliest years. We will study psychic development from conception to age three through readings, observations and classroom discussion. We will explore the ways in which infantile functions manifest throughout life and inform our theory for psychoanalytic interventions in the counseling relationship.

### **GPSA 502 Human Development: Age Three-Adolescence**

This course offers students an opportunity, through readings, class discussion and observations in and out of class, to understand the developmental processes that are evident in the years between age three and age twelve. Oedipal, latency and pre-teen dynamics are presented and explored, and students learn how an understanding of these stages of childhood development can be applied in the therapeutic relationship.

**GPSA503 Human Development: Adolescence to Adulthood**

The development of the psychic structure during puberty to adulthood will be examined, concentrating on the expression of the basic drives as the individual emerges and separates from the dependencies of childhood and eventually leaves home to start life on his or her own. Freud's hallmark of maturity, "the ability to work and love," will be used to study the conflicts and resistances of these crucial stages. Students examine these processes through readings, case presentations, and personal experience.

**GPSA 504 Human Development: Adulthood-Middle to Later Years**

This course will focus on the intra-psychic developmental processes that occur during middle to later years with emphasis on some of the relevant life occurring challenges. Students will read and study developmental theory and also case presentations of people and individuals in this phase. The objective of this course is for students to come to further understanding of some of the conflicts and recapitulations of earlier conflicts in the life cycle that occur during this phase and how they cope. Also to be studied are unconscious motivations in particular individuals, how people grapple with these aspects of their personalities, and manage this phase of development.

**GPSA 507 Human Development: Thru the Lifespan from Birth to Death**

This course focuses on the vicissitudes of human development through the life span and within family, environmental and cultural context. How the individual masters or is deterred from mastering the challenges of inner and outer reality, from conception through old age, is reflected in his/her sense of self and is manifested in behavior and life choices. Each person has the maturational task of creating defenses that enable him/her to survive environmental challenges, both inner and outer, defenses that will serve for a lifetime, for better or for worse.

**GPSA 511 The Counseling Profession**

This course provides a broad understanding of the psychoanalytic counseling profession as defined by the history, professional standards, scope of practice and application of ethics to theory and practice. The professions of counseling and psychoanalysis are defined and compared through their historical roots with exploration of overlapping practice methods. The importance of personal and professional self-care is emphasized. Students learn ethical decision making models to assist in making practice decisions.

**GPSA 521 Psychoanalytic Counseling: Basic Concepts**

This course will introduce the student to basic concepts of psychoanalytic counseling. It will be an introduction to Freudian and modern interventions within a counseling framework. The student will learn about the application of these concepts.

**GPSA 522 Comparative Psychotherapies: Modern Concepts & Techniques**

In this course, students will learn the basic intervention strategies applied in Modern Psychoanalytic approaches to counseling and psychoanalysis. We will study how psychoanalytic counseling and psychoanalysis has expanded, in technique and theory, to include more severe emotional disorders. It will be an introduction to theory and interventions; student will learn how to apply these concepts in class via experiential learning.

**GPSA 524 Symbolic Communication: Understanding the Unconscious**

Psychoanalysis and counseling professions study what the person says and does not say, what is felt and not felt, what is enacted and not spoken. Symbolic verbal and nonverbal communications come in many forms, and these manifestations help the psychoanalyst and counselor understand

the latent meaning underlying the manifest content of what is spoken and presented as well as deriving insights into the dynamics that motivate the person in daily life. Through readings, classroom discussion, case presentation and individual research, this course will explore the many forms of symbolic communication in children and adults and how trauma impacts its expression. Historical theories and events will be compared with recent findings in the fields of psychoanalysis and counseling.

### **GPSA 531 Group Dynamics I: Theories and Techniques**

This course provides the broad, basic theoretical and experiential understanding of group work. Basic stages and psychoanalytic underpinnings of group process and structure are outlined with emphasis is on methods and skills. Special emphasis is given to resistance, interventions with specific diagnostic, culture, development and legal or ethical issues of group work. More than 10 clock hours of this course are structured as a group experience activity.

### **GPSA 532 Group Dynamics II: Group Leadership**

This, Group Dynamics: Group Leadership, course provides an opportunity to study specific issues relating to therapeutic work with groups in a variety of settings and across different theoretical, clinical frameworks. Through assigned readings, class interaction, and case presentations students will develop an understanding of the unique leadership role involved in effectively leading groups. Ways of studying group dynamics, helping members interact and connect, assessing group progress, as well as designing and implementing therapeutic interventions will be studied. The unique interpersonal dynamics presented in the group situation can be studied from a diverse and comparative theoretical and clinical perspective through this ongoing process of the interactive group class. In addition, the stressors, demands and personal impact on the clinician of working with relationships in groups will be explored. More than 10 clock hours of this course are structured as a group experience activity.

### **GPSA 536 Comparative Psychotherapies: Theories of Counseling & Psychoanalysis**

This course examines a survey of major theoretical schools of psychoanalysis, psychotherapy and counseling and how their underlying premises are put into practice through clinical technique. Students will learn about the contributions of the psychoanalytic and counseling fields to form a broad understanding of the similarities and differences between approaches to a variety of case intervention. Special emphasis is placed on how each perspective informs how the analyst listens, understands and responds to analysands.

### **GPSA552 Introduction to research in Human Sciences**

This course examines the bases of scientific inquiry. It provides a theoretical and practical knowledge of research and methodology, including principles of concept formation and research design. After a general review of research in the human sciences, students will concentrate on aspects of qualitative research. Students review the important tools, methods and techniques for sound and ethical research, including the tools and data of outcomes research. They also learn to critically evaluate research literature.

### **GPSA 554 Masters Research Seminar**

This intensive course guides students in their design and completion of the Master's paper. Group work and close guidance of the instructors facilitates the thesis writing process. The course pays special attention to the formation of research question, research methodology, and writing appropriate literature reviews. The course operates as an intellectual workshop in which students share the process as well as the results of their research with the group throughout the semester. Each seminar member chooses a research topic, collects and analyzes data, writes a report, and

then presents his/her research proposal in the middle of the semester and his/her research results in the seminar sometime during the last two weeks of the semester. The completed paper, when accepted by the two instructors, counts as the Master's Paper. Papers should be written in the style of the American Psychological Association (APA) Style Manual.

### **GPSA 556 Advanced MA Thesis**

This intensive course is a continuation of GPSA 554 for students who have not completed the research paper requirements. The course guides students in their design and completion of the Master's paper. Group work and close guidance of the instructors facilitates the thesis writing process. The course pays special attention to the formation of research question, research methodology, and writing appropriate literature reviews. The course operates as an intellectual workshop in which students share the process as well as the results of their research with the group throughout the semester. Each seminar member chooses a research topic, collects and analyzes data, writes a report, and then presents his/her research proposal in the middle of the semester and his/her research results in the seminar sometime during the last two weeks of the semester. The completed paper, when accepted by the two instructors, counts as the Master's Paper. Papers should be written in the style of the American Psychological Association (APA) Style Manual.

### **GPSA559 Directed Research (.5 credits)**

The student enrolls in directed research to seek more support on the MA research project and works individually for 1.5 hrs with a faculty member during the semester. Directed research can be taken until the project is completed.

### **GPSA560 Directed Research (1 credit)**

The student enrolls in directed research to seek more support on the MA research project and works individually for 3 hrs with a faculty member during the semester. Directed research can be taken until the project is completed.

### **GPSA561 Directed Research (2 credits)**

The student enrolls in directed research to seek more support on the MA research project and works individually for 6 hrs with a faculty member during the semester. Directed research can be taken until the project is completed.

### **GPSA562 Directed Research (3 credits)**

The student enrolls in directed research to seek more support on the MA research project and works individually for 9 hrs with a faculty member during the semester. Directed research can be taken until the project is completed.

### **GPSA 586 Career Counseling**

This course designed to provide an understanding of career development and the interrelationship between careers and personality; lifespan development; family; lifestyle choices; use of defense mechanisms and diversity. A broad understanding of career development theories, occupational and educational information sources, assessment tools, and measures, decision-making models and online resources will be reviewed. Students' assignments will be based on self-assessment modules in which the student will apply concepts, tools and theory to the student's own life experience.

### **GPSA 701 Fieldwork Seminar: Clinical Interviewing: Early Interventions**

The Fieldwork experience provides an opportunity to study basic psychoanalytic counseling techniques and their application to clinical settings. In this first Fieldwork segment, students are

assisted in obtaining a Fieldwork placement, given early interviewing classroom practice in the initial encounters with clients, and encouraged to begin studying the counseling/therapeutic process as they learn to recognize the various forms of psychopathology. They learn interviewing techniques to enable individuals to tolerate more comfortably the stimulation of the counseling/therapeutic experience, and that allow them to more freely talk with the counseling professional. The importance of ethical issues will be examined throughout the course.

### **GPSA 702 Fieldwork Seminar: When & How to Intervene: Transference & Countertransference**

In this second segment of the experience students study the helping relationship and techniques to facilitate understanding of transference and countertransference as they influence the student's self-development. Students learn how to recognize severe psychopathology and how to identify, process and understand his or her feelings while exploring possible inductions from cases.

### **GPSA 703 Fieldwork Seminar: Issues of Bias in the Treatment of Mental Health Illness**

In this course, students will study their countertransference responses and listen to and become aware of clients' dynamics and how each client speaks to present these dynamics through symbolic communication. This clinical course has a focus on how perceptions shape our views of various society groups. Aspects of bias that influence practice experiences are examined while providing client hours at an externship site. Students will identify the phenomena of bias in cases presented in relation to diversity in terms of ethnic, sociological and psychopathological processes. They will learn to observe their own reactions to the clinical work and use with growing understanding as a clinical and technical tool. Students' will achieve this by studying internal unexamined perceptions as well as broader societal prejudices, society trends and subgroups, interaction patterns and the impact of differing lifestyles and maladaptive behaviors, including stress, abuse and discrimination on subjective responses.

### **GPSA 704 Fieldwork Seminar: Continuing Fieldwork Seminar**

The Fieldwork experience provides an opportunity to study basic psychoanalytic counseling techniques and their application to clinical settings. In this first Fieldwork segment, students are assisted in obtaining a Fieldwork placement, given early interviewing classroom practice in the initial encounters with clients, and encouraged to begin studying the counseling/therapeutic process as they learn to recognize the various forms of psychopathology. They learn interviewing techniques to enable individuals to tolerate more comfortably the stimulation of the counseling/therapeutic experience, and that allow them to more freely talk with the counseling professional. The importance of ethical issues will be examined throughout the course.

### **GPSA 780 Clinical Supervision**

This course addresses the roles and functions of the clinical supervisor within a comparative framework within mental health models. The course will begin defining the supervisory process and move into the dimensions that build the supervisee-supervisor relationship. Topics will address the historical, theoretical, practical, ethical and cultural aspects of supervisory work. The many functions of the supervisor are outlined such as case review, evaluation, supportive intervention, education, and professional growth. Additional areas of focus will be on a range of supervisory settings from agency to private practice, learning and teaching styles, the parallel process while supervising a range of settings and populations, leadership styles, supervisor self-care and countertransference reactions to the supervisee, handling conflicts, building and maintaining relationship with peers and treatment collaborations and working within the culture of an organization. A range of supervision modalities will be explored including group, individual,

consultation and educational formats. Integration of the models will build the participant's understanding of her own identity and approach as a clinical supervisor.

**GPSA700, 701B-M, 702B-M, 703B-M, 704B-M – Supervised Small Groups (SGS)**

This supervised group study course is taken concomitantly with Externship Seminar – Clinical Interviewing: Early Interventions (GPSA701). The students study individual cases at their Fieldwork Site in depth, presenting and reading about the dynamics of each case as well as their personal reactions to the client. The students process the challenges in working with and learning about serious psychopathology in a treatment relationship. The goal of the course is to help students identify the defenses of narcissistic clients and the countertransference reactions of the treating therapist.

Students will present cases with process notes as a way to study the dynamics of the cases. Each week three students meet with the faculty person and present their cases, studying the most therapeutic approach to each case.