

Psychology

The study of psychology investigates human behavior, thinking, and emotions. Psychology provides an excellent foundation for the pursuit of many careers, including business, law, human services, law enforcement, education, health care, forensics, advertising, communications, marketing, personnel and human resources, and government. By studying psychology, students learn to apply theories and findings to their daily life and thereby enhance their understanding of human persons and relationships.

The study of psychology at an authentically Catholic college presupposes that human beings are created with capacities that are congruent with the will of God, which is the only path to ultimate happiness and fulfillment. When the human will chooses to violate the natural law it pursues what Saint Ignatius referred to as path of “disordered affections,” a concept consistent with our understanding of psychopathology, and the psychoanalytic concept of cathexis. “Catholic Psychology” recognizes human persons as complex beings with reason, emotions, free will, body, soul, mind and heart living their lives in relationship with God, family, society and self.

Psychology majors at Holy Spirit College will be prepared to approach graduate studies in Psychology from a perspective that seeks a “faith based” model in the assessment, treatment, and maintenance of the therapeutic process.

There is a significant need for professionally qualified Catholic psychologists and counselors who are formed and educated to practice the science of their profession in accordance with the teachings of their faith. To quote from a letter from Mother Teresa to the Saint Michael’s Institute for the Psychological Sciences, a national alliance of mental health professionals:

“Today, Jesus relives his passion in so many who need the help of mental health professionals loyal to Christ and to the Holy Father.”

Psychology Courses

PSY 105: Psychology Overview Seminar I: This year-long weekly seminar provides a survey of abnormal, developmental, experimental, physiological & social, learning & motivation, personality theory, sensory & perception. (2 credit hours)

PSY 205: Psychology Overview Seminar II: This year-long weekly seminar provides a continuing survey of abnormal, developmental, experimental, physiological & social, learning & motivation, personality theory, sensory & perception with the additions of memory, assessment & treatment. (2 credit hours)

PSY 305: History and Systems of Psychology: Behaviorism, psychoanalytical theory, and biologically based theories (e.g., cognitive neuroscience) have been offered as coherent accounts of the nature of the human person. All derive support from versions of evolutionary theory. On this account, theories of motivation are of the survivalist variety, conduct is understood as “adaptive,” and complex social phenomena are reduced to socio-biological processes. This course assesses these empirical and conceptual orientations. (4 credit hours)

PSY 325: Personality Theories: Introduces the major theories of personality used in

clinical/counseling psychology, including those schools of thought associated with Freud, Object-Relations theory, Erikson, Jung, Adler, Horney, Rogers, Maslow and Cognitive-Behavioral theory. Emphasis is also put on relevant research findings and critical assessment of the validity and usefulness of the different theories. (4 credit hours)

PSY 335: Psychological Measurement: This course covers the application of statistical thinking and related graphical and other computational tools to the study and measurement of psychological phenomena. The first part of the course serves as an introduction to a wide range of topics related to basic statistical analysis. Building on this basic knowledge, the second part of the course examines basic concepts and computational methods related to test and survey design. (4 credit hours)

PSY 345: Psychopathology: This course provides an overview of the major theories, classification systems, and research in the area of psychopathology. It introduces students to diagnostic nomenclature, emphasizing the development of facility with the DSM-IV classification system. It also examines how spiritual and moral pathology affect the quality of life. (4 credit hours)

PSY 355: Law, Ethics and Psychology: This course examines the ethical codes and guidelines developed within the mental health field. Special emphasis is placed on how these ethical guidelines, along with Christian principles, can be applied to the practice of psychology in a manner which holds the well-being of the client as primary. The course also examines professional issues relevant to the practice of psychology. (4 credit hours)

PSY 365: Crisis Intervention and Stress Management from a Christian Perspective: This course focuses on the practical assistance of persons experiencing trauma, extreme stress, and sorrow. Resources are drawn from appropriate Christian literature, as well as contemporary literature on crisis management. The course also serves as a model for integrating religious values with counseling and psychotherapy. (4 credit hours)

PSY 375: Integration of Psychology and Spirituality: This course examines essential issues related to the understanding of how a person develops spiritually and psychologically, and how to utilize this understanding in the practice of counseling and therapy. (4 credit hours)

PSY 405: Developmental Psychology: This course covers the major theoretical systems that seek to explain the development of the human person, and examines them from a variety of perspectives: physical, intellectual, emotional, spiritual and moral. It also considers central aspects of Christian life such as the development of the conscience, the life of virtue, commitment to human relationships and the discernment of one's vocation. (4 credit hours)

PSY 406: Introduction to Counseling: This course will provide an introduction to basic counseling skills. Students will work to develop the helping skills necessary for effective school counseling and school psychology. The course will focus on the development of interviewing and interpersonal skills to promote personal growth and development of children in educational settings, and will include both theoretical and experiential learning. Group interaction exercises will be used to enhance college students' counseling skills. (4 credit hours)

PSY 415: Intervention Strategies for Students with Learning Exceptionalities: This course will provide students with knowledge of intervention strategies for children with learning difficulties and disabilities. Students will explore current research on the characteristics and development of learning exceptionalities, with a focus on student literacy. Students will gain practical experience in assessing a child's level of literacy development, and how to use this data in the design, implementation and evaluation of intervention strategies. (4 credit hours)

PSY 420: Cognitive/Behavioral Assessment: Offers an overview of the major theories of intelligence and develops basic skills in the administration of commonly used standardized test instruments for assessing cognitive ability and achievement in children, adolescents, and adults. Also covers the basics of report writing and ethical issues pertaining to psychological assessment. (4 credit hours)

PSY 424: Psycho-educational Evaluation: This course will focus on cognitive and non-cognitive methods of data collection and evaluation used in psycho-educational testing. Topics will include the psychometrics of the administration, scoring, and integration of psycho-educational tests, inventories, and interviews, as well as recommended educational strategies to enhance student learning. Students will be provided with experience in the interpretation and application of these appraisal tools. (4 credit hours)

PSY 425: Adult Psychotherapy: The purpose of this course is to develop a greater ability to critique secular approaches to psychotherapy in light of a Catholic view of the human person and explore psychotherapeutic approaches informed by this anthropology. (4 credit hours)

PSY 435: College and Career Counseling: This course will focus on the information and tools used by guidance counselors to help students make informed educational and career choices. Students will focus on theories of career development, counselor interviewing skills, and current assessment instruments and strategies. Topics will include student advisement, dual enrollment in college-level courses, preparing for college admissions tests, financing, and the development of college and career portfolios. (4 credit hours)

PSY 436: Child Psychotherapy: Develops a framework for understanding family life and the role of parents in raising children. Provides training in basic skills for working with children in therapy including play therapy, behavioral techniques, parenting skills training, and parent counseling. Also provides specialized skills in interviewing, assessment instruments, and diagnostic issues related to working with children. (4 credit hours)

PSY 445: Marital Psychotherapy: Develops a Christian framework for understanding the nature of marriage. Trains students in basic skills used in the assessment and treatment of marital distress. Also introduces students to related areas in support of marriage such as pre-marital assessment and counseling, and marriage enrichment. (4 credit hours)

PSY 455: Personality & Developmental Assessments: This course offers instruction in basic skills in the administration of commonly used personality tests, including both psychometric and projective approaches to personality assessment together with developmental evaluation instruments. It also offers instruction in report writing skills by examining the ways in which the

results of cognitive/behavioral assessment and a variety of personality assessment instruments can be integrated. (4 credit hours)

PSY 465: Practicum: Practicums will be offered throughout the student's degree program and will be tailored to the particular interests of the student. (4 credit hours)