

PSYCHOLOGY



PSYCHOLOGY AT SAYBROOK

contribute
to a
better
world

“Freedom is man’s capacity to take a hand in his own development. It is our capacity to mold ourselves.”

Rollo May, Saybrook Lineage Holder

“All the evidence that we have indicates that it is reasonable to assume in practically every human being...that there is an active will toward health, an impulse towards growth.”

Abraham Maslow, Saybrook Lineage Holder

discover
what makes
us human

WE VALUE EXCELLENCE AT THE EDGE



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A TRADITION OF FORWARD-LOOKING IDEAS

The scholars who founded Saybrook in 1971 were some of the most noted names in psychology: their work has entered the academic lexicon and popular imagination. Not content to rest on their laurels, they wanted to start something bigger. They started a movement.

That movement has grown and expanded, attracting the prominent educators who make up Saybrook today. Saybrook alumni can now be found across the globe and throughout the world of ideas making a difference.

Daniel Pitchford, Psychology student, is working with veterans suffering from traumatic psychological stress. He saw that conventional therapies didn't go far enough.

"The field of trauma is very symptom management oriented – which isn't a bad thing – but it needs to be bigger. It focuses on getting the symptoms out of the way, but a lot of times what the patients themselves want to do is get their symptoms out of the way so that they can better engage in self-destructive behavior... and you need to do more with them. I want to connect with them so that they can better understand themselves while managing their symptoms, and that's not necessarily something that's taught to practitioners in the field."

A PhD student in Psychology at Saybrook, Daniel said he's learning exactly what wants.

"Connecting individually with professors was the door that opened for me, allowing me to accomplish what I needed to," he said. "It set the stage for what I wanted to accomplish, and it remains very helpful now."

Whether they're proposing alternative treatments for "difficult" children or teaching governments how to build sustainable communities; whether they're exploring the connections between therapy and spiritual practice or supporting eldercare facilities that allow patients to grow old with dignity; whether they're expanding what we know about eating disorders or exploring the human mind through hypnosis, Saybrook's focus on rigorous humanistic psychology gives our graduates the tools they need to excel.

become a
leader in
emerging
fields



explore
new
ideas

A TRADITION OF VALUES

Humanistic psychology posits that human beings are best understood as whole people. It is important to appreciate physiology and neurochemistry, but these are only small parts of the larger truth: that people are unique, self-determining individuals with hopes and dreams.

This stands in stark contrast to powerful forces in both science and society that seek to understand people by mechanizing and dehumanizing them: to reduce them to numbers and statistics, symptoms and shopping patterns.

Psychology at Saybrook focuses on the whole person. Our research and practice encourages the best in humanity – while also adhering to rigorous scholastic standards and withstanding the test of time. By producing humanistic scholars, researchers and practitioners, Saybrook contributes to a better world. Because as Rollo May and Abraham Maslow, Carl Rogers and Charlotte Buhler knew: the study of who we are as human beings is inseparable from the kind of people we become.

You are the heir to the Saybrook heritage.

As you study with us, you will work closely with Saybrook's internationally recognized faculty. With their guidance, you will acquire the skills necessary to develop your ideas and test them through rigorous investigation. You will connect, at a distance and in residential experiences, with other Saybrook students who are also working to make the world a better place. You will take control of your own education – and your future.

It's what Saybrook was founded to do.

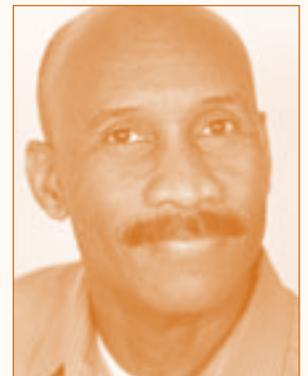
Saybrook's Psychology degree programs are dedicated to a truly individualized education in line with our humanistic values: we know that you, and your passion, will be what makes your education extraordinary. Even our most formalized degree programs are dedicated to unleashing your potential as both a scholar and a practitioner. At Saybrook you are not seen as "just" a student: you're someone with the potential to make a difference in the world.

ask
important
questions

Bill West, Psychology student, is a senior administrator of the Los Angeles Department of Mental Health, and in charge of over 500 inmates in their prison system. His research at Saybrook is helping to reduce violence while making their conditions more humane.

After allowing the inmates access to new programs incorporating spiritual practice "in maybe 5 to 6 weeks the amount of violence was unbelievably low compared to what we'd had before," he said. "I could see the difference in the hard inmates, who were going back to their gangs and saying there's other things we can do."

He's teaching these methods to other administrators and guards now: once he receives his PhD, he plans to teach the next generation of administrators everywhere.





Mary Madrigal, a Psychology student, remembers that when she first came to Saybrook she wanted “to get my degree and get out. I liked that you could get an MA and apply it to your PhD, and that you could study while still working. I wanted to advance my clinical career. I didn’t care that it was a humanistic school.”

But then her professors, who she quickly grew to respect, started challenging her to see the patients she worked with as people, not just symptoms.

“And for the first time I looked into the eyes of someone with schizophrenia and saw them as a person with hopes and dreams and a life beyond this disease – and it changed everything.”

Now, while working on her dissertation, she runs her own case management company – specializing in the cases of mentally ill people that no one else wants to touch.

“You know how there’s a fire and everyone runs away, but the firemen runs to it?” she asked. “I’m kind of like that with these people. When government agencies are wondering ‘who’s going to deal with these people?’ I’m the one that they call.”

She finds that by applying her humanistic training – by seeing her clients as whole people rather than just their disease – she can make a difference where others fail. “There are hundreds of older adults who are no longer homeless because I was willing to work with them,” she said. “I helped them get food, shelter, apartments, and reconnected them with their families, because I was able to start by looking at them as individual people rather than conditions to be solved.”

PROGRAM PHILOSOPHY

In a time when most academic and professional psychology focuses on biomedical breakthroughs, Saybrook’s Psychology degree programs focus on people.

Saybrook embraces the health and wellbeing of people, and believes that a system of knowledge must take their culture, social context, personality, and spirituality into account to fully address their needs. Human beings cannot be reduced to component parts or understood as impersonal processes.

This is the core of the humanistic tradition of psychology, which Saybrook helped found.

Students, too, must be viewed as individuals with their own unique personalities, needs, and strengths – rather than just cogs in an educational machine. Students at Saybrook have the flexibility to construct an academic plan that reflects their personal goals and professional development.

Saybrook’s course of study emphasizes interdisciplinary learning; scholarly research, applied practice, writing; and the conceptualization of issues in psychology within the framework of their scientific, philosophical, social and political contexts. Creativity and integrative approaches are valued alongside rigor: they can go hand in hand.

Our Psychology degree programs are designed for individuals with cutting-edge research ideas and clinical interests and is well suited to people planning to engage (or already engaged) in careers in research, teaching, health, community development and service, consultation, mediation and conflict resolution, human resources, and counseling and therapy, among other professions.

be
of
service

PROGRAM CHOICES

We offer three degrees in psychology: MA; PhD; and PsyD. Students may also tailor the focus of their degree program by choosing a specialization, concentration, or by completing a certificate in a particular area of focus.

MA DEGREE PROGRAMS AND SPECIALIZATIONS

- MA Psychology
- MA Psychology, Creativity Studies Specialization
- MA Psychology, Jungian Studies Specialization
- MA Psychology, Marriage and Family Therapy Specialization

PHD DEGREE PROGRAMS AND SPECIALIZATIONS

- PhD Psychology
- PhD Psychology, Clinical Psychology Specialization
- PhD Psychology, Jungian Studies Specialization

PSYD DEGREE PROGRAM

- PsyD Clinical Psychology

We also offer a Saybrook MA to PhD option that allows students to transfer in 31 units earned in a Saybrook master's degree program toward the 76 unit Saybrook PhD program. Benefits of the Saybrook MA to PhD option include:

- Reduced time to PhD degree completion
- Tuition cost savings
- Earlier entry to professional psychology licensure (through MFT degree) while continuing studies for the PhD
- Opportunity for uninterrupted study with faculty mentors on focused scholarly research

discover
your
potential

MASTER OF ARTS (MA) IN PSYCHOLOGY

An essential degree for advancement in many professions, the MA in Psychology from Saybrook allows students to earn a fully accredited degree while following their own passions, on their own schedule, without relocating.

A total of 31 – 34 credits are required to complete the degree – with up to 18 credits transferable from previous graduate degrees.

Students take 11 credits in required courses, up to 17 elective credits, and from 3 – 6 credits in a final “master’s project” or thesis.

A thesis (for 6 credits) allows the student to perform original research regarding any question of relevance to psychology through a disciplined inquiry, applying a clearly defined methodology.

The master’s project (for 3 credits) involves synthesizing already existing research or experiences into a final academic paper.

The MA in Psychology can be completed in as little as 1 year (with transfer credits), and a degree with professional licensing can be completed in as little as 18 months (with transfer credits) – but many students with work and family responsibilities choose to extend that period by several semesters in order to minimize the effect on their schedule. Our faculty will work with you to make sure your academic work is balanced with your life.

MASTER OF ARTS (MA) IN PSYCHOLOGY REQUIREMENTS

<i>Requirement</i>	<i>Units</i>
ALL 0999 A-B Program Planning	1
RES 1026 Information Competency and Library Use	1
RES 1025 Understanding Research	3
Ethics course (One from: IHS 4070, HTP 6060, HS 6140, ORG 7045)	3
<i>Required Content Area Course:</i>	
HTP 3505 Foundations of Humanistic & Transpers Psych	OR
HTP 1080 History & Systems of Psychology	3
<i>Elective Units Required</i>	
	14-17
<i>Can include transfer credits</i>	<i>up to 12</i>
<i>Can include non-degree certificate transfer credits</i>	<i>up to 9</i>
<i>Can include non-degree transfer credits</i>	<i>up to 6</i>
<i>Can include credits from RCs</i>	<i>1 per/RC</i>
RES 9200 Master’s Project OR	3
RES 9400 Master’s Thesis	6

TOTAL UNITS **31-34**

Note: Maximum total number of transfer units is 18.

MASTER'S DEGREE SPECIALIZATIONS

MA Psychology students at Saybrook can pursue several professional specializations. Specializations may increase the time of study but offer valuable skills and credentials that are highly sought after – or required – in many professions.

CREATIVITY STUDIES

Creativity is essential to success in the modern world. A specialization in Creativity Studies allows students to tap into one of the most essential movements in business, education, and the arts: the recognition that this is an innovation driven economy.

A strong system of thought in humanistic psychology also suggests that people must express themselves creatively to be fully happy and realized.

Saybrook's program is distinguished by its comprehensive approach and applicability to a broad range of professional pursuits. Students have pursued research in:

The Arts: Investigating the relationship between creativity and spirituality in professional songwriters.

Aging: Looking at how creative people experience the process of aging in their personal and professional life.

Business and Government: Evaluating if length of service in a business increases or decreases creativity.

Education: Looking at teacher training involving creative discovery for self-development and personal and spiritual growth.

Health: Evaluating creative journaling and healing.

Peace and Conflict Resolution: Helping parents and kids work cooperatively through collaborative expressive arts activities.

Psychology: Researching the role of creativity in the therapeutic process.

MA students pursuing an emphasis in Creativity Studies will receive a theoretical and practical understanding of the creative process – including theoretical models, psychological components, sociological implications, creativity in organizations, and factors that encourage and discourage creativity.

The 31 – 34 unit program can be completed in two years, or sooner with transfer credit. Students will be encouraged to pursue specific areas of interest. Attendance at Residential conferences is required by Saybrook, as faculty will make presentations specifically relating to Creativity Studies.

MASTER OF ARTS (MA) IN PSYCHOLOGY - CREATIVITY STUDIES SPECIALIZATION REQUIREMENTS

Semester 1

<i>Requirement (2 year option)</i>		<i>Units</i>
ALL 0999	A-B Program Planning	1
RES 1026	Information Competency and Library Use	1
RES 1025	Understanding Research	3
CSP 4500	Dimensions of Creativity	3

Semester 2

Ethics (One from: IHS 4070, HTP 6060, HS 6140, ORG 7045)	3
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Required Content Area Course:

HTP 3505	Foundations of Humanistic & Transpersonal Psychology	OR
HTP 1080	History & Systems of Psychology	3
CSP 4510	Perspectives of Creativity	3

Semester 3

ALL 0999	B Program Planning	3
<i>One of the following courses:</i>		
CSP 3030	Cognitive Psychology	
HTP 3090	Contemporary Neuroscience	
HTP 6020	Developmental Psychology	
CSP 3000	Psychology of Consciousness	
STR 6010	Multicultural Psychology	
HTP 6030	Personality Theory and Research	
STR 7510	Social Psychology	

Semester 3 or 4

<i>Elective Units Required</i>	<i>8-11</i>
<i>Can include transfer credits</i>	<i>up to 12</i>
<i>Can include non-degree certificate transfer credits</i>	<i>up to 9</i>
<i>Can include non-degree transfer credits</i>	<i>up to 6</i>
<i>Can include credits from RCs</i>	<i>1 per/RC</i>

RES 9200	Masters Project or	3
RES 9400	Masters Thesis	6

TOTAL UNITS	31-34
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Note: Maximum total number of transfer units is 18.

JUNGIAN STUDIES

The depths of the human psyche – its symbols, mysteries, and inner myths – were defined by Carl Jung in the early 20th century. In an increasingly mechanistic and shallow society his work has become more relevant, more radical, and more powerful than ever.

Developed in partnership with the C.G. Jung Educational Center in Houston, and directed by James Hollis, PhD, noted Jungian analyst and author, the Jungian Studies MA is designed for clinicians and other students who desire to deepen their understanding of the dynamics of the psyche, add a depth dimension to their work or explore psychodynamics as a catalyst for personal growth.

At a time when most modern psychologies separated the human being into mechanistic behaviors, cognitions and biochemistry, Jung and other pioneers provided critical metaphors and methods with which to contemplate the human mystery once more. In the century since, Jung’s insights are increasingly embraced as helpful to those who would chart a path through the disorder of our time.

Students in this program must complete 14 weekend residential intensives (seven per year) at the Jung Center in Houston, Texas.

MASTERS OF ARTS (MA) - JUNGIAN STUDIES SPECIALIZATION REQUIREMENTS

<i>Requirements</i>		<i>Units</i>
0999	A-B Program Planning	1
RES 1025	OL Understanding Research	3
RES 1026	OL Information Competency and Library Use	1
HTP 6060	Ethics in Psychotherapy & Psychological Research	3
<i>Required Content Area Course</i>		
HTP 3505	OL Foundations of Humanistic & Transpersonal Psych.	OR
HTP 1080	OL History & Systems of Psychology	3
14 Selected Jung Studies Special Topics Seminars*		14
<i>Elective Units Required</i>		<i>0-3</i>
<i>Can include transfer credits</i>		<i>up to 12</i>
<i>Can include non-degree certificate transfer credits</i>		<i>up to 9</i>
<i>Can include non-degree transfer credits</i>		<i>up to 6</i>
<i>Can include credits from RCs</i>		<i>1 per/RC</i>
RES 9200	Master’s Project OR	3
RES 9400	Master’s Thesis	6
TOTAL UNITS		31-34

Note: Maximum total number of transfer units is 18.

** Weekend seminars held at the Jung Center in Houston, TX.*

MARRIAGE AND FAMILY THERAPY

Saybrook's MFT program reflects Saybrook's humanistic and transpersonal tradition by focusing on the promotion of personal growth and family well-being in a culturally grounded, whole-person-centered approach that integrates body, mind, and spirit within the social context. It offers a comprehensive body of knowledge, theory and research tailored to meet the unique needs of each student through individual mentoring and tutorials, interactive distance learning, and on-site classroom and practicum classes. This allows students to develop the research, clinical and intervention skills necessary to interact effectively with others and to make productive recommendations for their clients.

The Saybrook MFT curriculum is unique and differs from traditional programs in two ways:

1. It emphasizes the need to be culturally competent in a diverse global society, and
2. It addresses the changing nature of the concept of marriage and family.

Students may choose to complete the degree program in four, five, or six semesters.

This 53 – 56 credit degree fulfills the current educational requirements to sit for the California Marriage and Family Therapy license examination.

Students will complete online courses, connect directly with their instructors, and meet in two residential conferences annually. Saybrook also offers workshops that, while not required for the master's degree, are required for the licensing certification – and may be completed post-degree. They include:

- Drug and Alcohol Abuse and Treatment
- Child, Relationship, and Elder Abuse Identification and Reporting
- Human Sexuality

MASTER OF ARTS (MA) IN PSYCHOLOGY – MARRIAGE AND FAMILY THERAPY SPECIALIZATION REQUIREMENTS*

FOUR SEMESTER PLAN

Year 1 - Semester 1

Requirement	Units/Hours
MFT 0999 A-B Program Planning	0
HTP 2025 Systems of Psychotherapy	3
Systems of Psychotherapy RC Experiential Component	0
RES 1026 Information Competency and Library Use	1
RES 1025 Understanding Research	3
MFT 6610 Social System Transformation Theory	3
MFT 2500 Basic Counseling Skills	3
Basic Counseling Skills RC Experiential Component	0 8 hrs
MFT 2600 "Special Populations" Course (only at the RC)	1
MFT 2537 Human Sexuality (Optional)	3

TOTAL UNITS 14

Semester 2

HTP 2010 Structure and Dynamics of the Family	3
HTP 2050 Psychopathology and Diagnosis	3
MFT 2030 Assessing Persons for MFTs	3
MFT 2650 Ethics for MFT	3
"Special Populations" Course (only at the RC)	1
MFT 2536 Child, Relationship & Elder Abuse (optional)	8hrs

TOTAL UNITS 13

Year 2 - Semester 3

MFT 2510 Relationship and Family Interventions	3
RC Experiential Component	0
HTP 6020 Developmental Psychology	3
STR 6530 Domestic Violence	3
MFT 8152 Practicum I	3
MFT 2600 "Special Populations" Course (only at the RC)	1
MFT 2528 Alcoholism and Substance Abuse (optional)	15hrs
Elective Course (if needed)	3
Practicum Fieldwork	125 hours (minimum)

TOTAL UNITS 13 -16

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DOCTOR OF PHILOSOPHY (PHD) IN PSYCHOLOGY

An extraordinary look at human nature, Saybrook's Psychology PhD program focuses on flexibility, depth of study, and range of opportunity.

The basic 76 credit program can be tailored to specific interests through the choice of a concentration or a certificate program. As always at Saybrook, students are encouraged to follow their passions into an in-depth examination of current issues in psychology that will further their professional lives.

Students will take 24 credits worth of required classes and 34 credits of electives. Three "candidacy essays" make up an additional 9 credits, as does the final dissertation.

Up to 18 credits can be transferred from previous graduate education, and additional credits can be transferred from other Saybrook certifications. Required residential conferences can also be counted as elective credits.

Students who have already received an MA from Saybrook can transfer 31 credits to their PhD – significantly reducing the time to completion.

DOCTOR OF PHILOSOPHY (PHD) IN PSYCHOLOGY REQUIREMENTS

<i>Requirement</i>	<i>Units/Hours</i>
ALL 0999 A-D Program Planning	2
Ethics Course** (One from: IHS 4070, HTP 6060, HS 6140, ORG 7045)	3
<i>Required Content Area Courses**:</i>	
HTP 3505 Foundations of Humanistic & Transpersonal Psych*	3
OR HTP 1080 History & Systems of Psychology*	3
AND One of the following:	3
CSP 3030 Cognitive psychology	
CSP 3090 Contemporary Neuroscience	
HTP 6020 Developmental Psychology	
CSP 3000 Psychology of Consciousness	
STR 6010 Multicultural Psychology	
HTP 6030 Personality Theory and Research	
STR 7510 Social Psychology	
<i>Research Sequence (taken in order):</i>	
RES 1006 Information Competency and Library Use *	1
RES 1005 Methods of Research I	3
RES 1015 Methods of Research II	3

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Semester 4

<i>Requirement</i>	<i>Units/Hours</i>
MFT 2560 Multiculturalism and the Family	3
Multiculturalism & the Family RC Experiential Component	0
MFT 2505 Psychopharmacology	3
MFT 8153 Practicum II	3
Practicum II RC Experiential Component	0
MFT 2540 Advanced Couples (Optional)	3
MFT 2550 Advanced Families (Optional)	3
MFT 2555 Advanced Child (Optional)	3
MFT 2537 Human Sexuality (optional)	3
Elective (if needed)	3
Practicum Fieldwork	125 hours (minimum)

TOTAL UNITS 9 -12

MFT 9100 Comprehensive Exam or	0
RES 9200 Master's Project or	3
RES 9400 Master's Thesis	6

TOTAL UNITS WITH COMPREHENSIVE EXAM, OR 53

TOTAL UNITS WITH PROJECT, OR 56

TOTAL UNITS WITH THESIS 59

* These program requirements are subject to change if there are changes in the California Board of Behavioral Science requirements, or changes in the Saybrook degree requirements.

	Level 2 Research Course (One from RES 1030, 1040, 1050, 1140, 1150, 1160, 1170, 3130)	3
RES 1100	Research Practicum	3
Elective Units Required		34
	<i>Can include transfer credits</i>	<i>up to 18</i>
	<i>Can include non-degree certificate transfer credits</i>	<i>up to 16</i>
	<i>Can include non-degree transfer credits</i>	<i>up to 9</i>
	<i>Can include credits from RCs</i>	<i>1 per/RC</i>
RES 9010, RES 9020, RES 9030	Qualifying Essays	9
RES 9500	Dissertation	9
TOTAL UNITS		76
<p><i>*Not required if taken in the Saybrook MA program. If not, then it must be completed by the end of the first 2 terms of enrollment.</i></p> <p><i>**One required content course must be completed by the end of the first 2 terms of enrollment. The remaining content course and Ethics must be completed by the end of the 4th term.</i></p> <p><i>Note: Maximum total number of transfer units is 27.</i></p>		

CLINICAL PSYCHOLOGY SPECIALIZATION FOR THE PHD

Designed especially for students interested in the academic study of clinical psychology, this degree program combines the flexibility and scholarly emphasis of a PhD with preparation for clinical practice: graduates will be scholars and practitioners, ready to have an impact on how psychology is taught in the classroom and plays out in the office.

While maintaining Saybrook's emphasis on student passion and the humanistic tradition, this specialization offers courses in all the standard clinical domains recommended by the American Psychological Association, and therefore it is a more structured program of study. Students will be able to pursue their own interests, but it is strongly recommended that they follow one of two course orders set by the department as recommended in the table below.

The program meets the current educational requirements for clinical licensure in the state of California – and may meet the education and training requirements of other states. As previously noted, it is the student's responsibility to research and understand licensure requirements for the state in which they wish to practice.

This is a 76 credit program ending in three candidacy essays and a dissertation.

DOCTOR OF PHILOSOPHY (PHD) IN PSYCHOLOGY – CLINICAL PSYCHOLOGY SPECIALIZATION REQUIREMENTS		
<i>Requirement</i>		<i>Units/Hours</i>
ALL 0999	A-D Program Planning	2
HTP 6060	Ethics in Psychotherapy & Psychological Research	3
Research Course Sequence (taken in order)		
RES 1006	Information Competency and Library Use	1
RES 1005	Methods of Research I	3
RES 1015	Methods of Research II	3
AND One of the following level 2 research courses:		
RES 1030	Experimental Research Methods	
RES 1040	Qualitative Research Methods	
RES 1140	Case Study Methods	
RES 3130	Descriptive Phenomenological Methods	3
RES 1100	Research practicum	3
Other Required Courses		
HTP 6060	Ethics in Psychotherapy and Psych Research	3
CSP 3030	Cognitive psychology	3
STR 7510	Social Psychology	3
CSP 3090	Contemporary Neuroscience	3
HTP 2030	Assessing Persons	3
HTP 2050	Psychopathology and Diagnosis	3
HTP 6020	Development Psychology OR	
HTP 1080	History & systems of Psychology	3
HTP 6030	Personality Theory and Research OR	
STR 6010	Psych of Multiculturalism in N. America	3
AND One from the following:		3
HTP 2025	Systems of Psychotherapy	
HTP 2040	Existential Psychotherapies	
HTP 3510	Transpersonal Psychology & Psychotherapy	
HTP 3500	Humanistic Psychology & Psychotherapy	
Elective Units Required *		13
	<i>Can include transfer credits</i>	<i>up to 18</i>
	<i>Can include non-degree certificate credits</i>	<i>up to 16</i>
	<i>Can include non-degree credits</i>	<i>up to 9</i>
	<i>Can include credits from RCs</i>	<i>1 per/RC</i>
MFT 2500	Basic Counseling Skills**	
	Predocotoral Internship	0
RES 9010, 9020, 9030	Qualifying Essays	9
RES 9500	Dissertation	9
TOTAL UNITS		76
<i>(continued next page)</i>		

* Additional electives can be taken. This will result in exceeding the minimum number of units required for the degree.

**Recommended for students with no clinical background.

Note 1: Courses above taken as part of a Saybrook MA program may fulfill the related domain equivalency, however, the number of units required to complete the program remains the same.

JUNGIAN STUDIES SPECIALIZATION FOR THE PHD

Like the MA Jungian Studies specialization, the Jungian Studies PhD specialization is designed for clinicians and other students who desire to deepen their understanding of the dynamics of the psyche, add a depth dimension to their work or explore psychodynamics as a catalyst for personal growth. Students in the PhD program must complete 21 weekend residential intensives over a three year period at the Jung Center in Houston, Texas.

DOCTOR OF PHILOSOPHY (PHD) IN PSYCHOLOGY - CLINICAL PSYCHOLOGY SPECIALIZATION: APA EQUIVALENT CURRICULUM

Students who wish to complete an APA equivalent curriculum by completing clinical psychology courses in all of the standard domains recommended by the American Psychological Association (APA) can do so by completing the standard Saybrook requirements outlined above along with the following additional courses:

RES 1045	Fundamental Statistics	3
HTP 1080	History & Systems of Psychology	3
AND		
HTP 6020	Developmental Psychology	3
STR 6010	Psychology of Multiculturalism in N. America	3
AND		
HTP 6030	Personality Theory and Research	3
<i>Electives</i>		4

Completion of this curriculum does NOT result in completing an APA accredited program. Saybrook's clinical specialization program is not APA accredited, however, completing an APA equivalent academic program may be of some benefit regarding licensure in some states. For further information see Additional Information Regarding Licensure.

DOCTOR OF PHILOSOPHY (PHD) IN PSYCHOLOGY – JUNGIAN STUDIES SPECIALIZATION REQUIREMENTS

Requirements	Units
0999 A-D Program Planning	2
RES HTP 6060 Ethics in Psychotherapy & Psych Research*	3
<i>Required Content Area Course</i>	
HTP 3505 OL Foundations of Humanistic & Transpersonal Psych.	3
OR HTP 1080 OL History & Systems of Psychology	
<i>Research Sequence (taken in order)</i>	
RES 1006 OL Information Competency and Library Use*	1
RES1005 OL Methods of/Research & Disciplined. Inquiry I	3
RES 1015 OL Method of Research & Disciplined Inquiry II	3
<i>Advanced Research Course</i>	
(One from RES 1030, 1040, 1050, 1140, 1150, 1160, 1170, 3130)	3
RES 1100 Research Practicum	3
21 Jungian Studies Special Topics Seminars***	21
<i>Electives Units Required</i>	
16	
<i>Can include transfer credits</i>	up to 18
<i>Can include non-degree certificate transfer credits</i>	up to 16
<i>Can include non-degree transfer credits</i>	up to 9
<i>Can include credits from RCs</i>	1 per/RC
RES 9010, 9020, 2030 - Qualifying Essays	9
RES 9500 Dissertation	9

TOTAL UNITS 76

* Not required if taken in the Saybrook MA program.

** If either course was taken in the MA program take the other one to meet the PhD degree requirements.

***One required content course must be completed by the end of the first 2 terms of enrollment. The remaining content course and Ethics must be completed by the end of the 4th term.

*** Weekend seminars held at the Jung Center in Houston, TX.

Note: Maximum total number of transfer units is 27.

DOCTOR OF PSYCHOLOGY (PSYD) IN CLINICAL PSYCHOLOGY

An intensive program designed for those wishing to emphasize clinical practice, the Saybrook PsyD focuses on applied knowledge and first-hand experience.

Because of the program's clinical focus, Saybrook has incorporated a strong residential component designed to meet the recommended requirements by the American Psychological Association for APA accreditation. The Saybrook PsyD is a 97 unit cohort residential program comprised of four years of coursework that is completed in residence and at a distance plus a fifth year of practicum and internship for those students entering with a BA degree. Students are required to participate in recurring residential conferences throughout the program. These residential conferences will be in week long and weekend formats at periodic intervals. During the first and second years, students will be required to participate in three week long residential conferences and seven weekend conferences. The fifth year is devoted to internship and the doctoral dissertation.

Students are encouraged to develop their own specialization in the program – including in established disciplines such as forensic psychology or emerging disciplines in integrative and alternative approaches to health. The PsyD program at Saybrook is distinguished by its emphasis on the developmental stages of identity throughout the life span and gives particular attention to adolescence and geropsychology.

Diverse faculty with extensive clinical backgrounds will lead students through both individualized and group courses of study while offering the benefits of their experience.

Saybrook is accredited by the Western Association of Schools and Colleges, and this program meets the current (2008) educational requirements for licensure in the state of California. The program is consistent with the American Psychological Association's requirements for APA accreditation of PsyD clinical programs. Saybrook intends to apply for APA accreditation of this program at the earliest possible date. The best estimate of when this application could be made is four years after enrolling the first class of students. Students enrolled in the program and who graduate after the APA accreditation site visit in which the program receives approval would be graduates from an APA accredited program.

DOCTOR OF PSYCHOLOGY (PSYD) REQUIREMENTS*

Year 1 - Semester 1

Requirement	Units/Hours
PSYD 0999A The Evolving Professional (R/OL)	3
RES 1016 OL Library Research (OL)	1
PSYD 8110 Psychotherapy Proseminar: Humanistic & Transpersonal Psychology (R)	2
PSYD 8120 Psychopathology I (R/OL)	3
PSYD 8170 Developmental Psychology (R/OL)	3
PSYD 8130 Multiculturalism for Clinical Psychol (R/OL)	3

Semester 2

PSYD 8125 Psychopathology II (R/OL)	3
PSYD 8180 Systems of Psychotherapy (R/OL)	3
PSYD 8160 Ethics in Psychotherapy & Research (R/OL)	3
PSYD 8140 OL Psychopharmacology (OL)	3
PSYD 8150 Diagnostic Assessment Lab (R)	2

TOTAL UNITS 29

Year 2 - Semester 1

PSYD 0999B The Evolving Professional	0
PSYD 8210 Psychotherapy and Spirituality (R/OL)	3
PSYD 8200 Methods of Research & Scholarship (R/OL)	3
PSYD 8240 History and Systems (OL)	3
PSYD 8220 Consulting and Supervision (R)	1
PSYD 8230 Cognitive Assessment (R/OL)	3
PSYD 8231 Cognitive Assessment Lab (R)	2

Semester 2

RES 8205 Qualitative & Quantitative Analysis (R/OL)	3
PSYD 8260 Cognitive Psychology (OL)	3
PSYD 8250 Personality Assessment (R/OL)	3
PSYD 8251 Personality Assessment Lab (R)	2
Selected Intervention Course I ** (R/OL)	3
Selected Intervention Course Lab I ** (R)	1

TOTAL UNITS 30

Year 3 - Semester 1

PSYD 0999C The Evolving Professional (R)	0
PSYD 8300 PsyD Predoctoral Practicum I (R/OL)	3
PSYD 8330 Contemporary Neuroscience (R/OL)	3
PSYD 8310 Evidence Based Practice I (R)	1
PSYD 8320 Group Therapy I (R/OL)	1
Selected Specialization Course I	3
Selected Intervention Course II ** (R/OL)	3
Selected Intervention Course Lab II ** (R)	1

Semester 2

PSYD 8305 PsyD Predoctoral Practicum II (R/OL)	3
PSYD 8340 Social Psychology (OL)	3
PSYD 8315 Evidence Based Practice II (R)	1
PSYD 8325 Group Therapy II (R/OL)	1
Selected Specialization Course II	3
Selected Specialization Course III	3
PSYD 9600 Integrative Comprehensive Exam (R/OL)	1

TOTAL UNITS 30

Year 4 - Semester 1

PSYD 0999D The Evolving Professional (R)	0
RES 9610 PsyD Dissertation Proposal	2
PSYD 9630 PsyD Predoctoral Internship I	0

Semester 2

RES 9620 PsyD Dissertation	3
PSYD 9631 PsyD Predoctoral Internship II	0

TOTAL UNITS 5

Year 5

RES 9620 PsyD Dissertation	3
PSYD 9632 PsyD Predoctoral Internship III	0
PSYD 9633 PsyD Predoctoral Internship IV	0

TOTAL UNITS 3

TOTAL PROGRAM UNITS 97

* OL=Online course R= Residential course R/OL= Residential and online course.

** Intervention selections include Humanistic Integrative, Spiritual and Transpersonal Integrative, Existential, Jungian, Relational Psychodynamic, Person-Centered and Experiential, Client-Centered Expressive Arts, Mindfulness-Based, Relationship and Family, Couples, and Child and Adolescent therapies.

COMPARISON OF PSYCHOLOGY MASTER'S DEGREE PROGRAMS AND SPECIALIZATIONS

	MA Psychology	MA Psychology, Creativity Studies Specialization	MA Psychology, Jungian Studies Specialization	MA Psychology, Marriage and Family Therapy Specialization
Units Required for Completion	31-34	31-34	31-34	53 to 59
Average Time to Completion	2 to 3 years	2 to 3 years	2 to 3 years	Options to complete in 4, 5, or 6 semesters
Residential Orientation	Yes – San Francisco	Yes – San Francisco	Yes – San Francisco	Yes – San Francisco
Other Residential Requirements	Two weeklong residential conferences per year, San Francisco, CA, until completed all coursework and enrolled in thesis or project	Two weeklong residential conferences per year, San Francisco, CA, until completed all coursework and enrolled in thesis or project	7 weekend conferences per year; total of 14 required Jung Center, Houston, TX	Two weeklong residential conferences per year, San Francisco, CA
Residential Costs	\$650 (08/09) for RO + lodging & travel \$950 (08/09) per conference + lodging & travel	\$650 (08/09) for RO + lodging & travel \$950 (08/09) per conference + lodging & travel	\$650 (08/09) for RO + lodging & travel \$25 per semester for residential weekends + lodging and travel	\$650 (08/09) for RO + lodging & travel \$950 (08/09) per conference + lodging & travel
Tuition	\$18,900 annual (08/09)	\$18,900 annual (08/09)	\$18,900 annual (08/09)	\$18,900 with unit pricing option available dependent upon program completion choice

COMPARISON OF PSYCHOLOGY DOCTORAL DEGREE PROGRAMS AND SPECIALIZATIONS

	PhD Psychology	PhD Psychology, Clinical Psychology Specialization	PhD Psychology, Jungian Studies Specialization	PsyD, Clinical Psychology
Units Required for Completion	76	76	76	97
Transfer Units	Maximum = 27, non Saybrook MA Maximum = 31, Saybrook MA	Maximum = 27, non Saybrook MA Maximum = 31, Saybrook MA	Maximum = 27, non Saybrook MA Maximum = 31, Saybrook MA	TBD on case by case basis in consultation with PsyD program director
Average Time to Completion	4 to 5 years	4 to 5 years	4 to 5 years	5 years with BA entry
Residential Orientation	Yes – San Francisco	Yes – San Francisco	Yes – San Francisco	No
Other Residential Requirements	Two weeklong residential conferences per year, San Francisco, CA, until passing oral examinations for candidacy	Two weeklong residential conferences per year, San Francisco, CA, until passing oral examinations for candidacy	7 weekend conferences per year, total of 21 required Jung Center, Houston TX	Yr 1 = 3 weeklong residential conferences + 7 residential weekends Yr 2 = 2 weeklong residential conferences + 4 residential weekends Yr 3 = 2 weeklong residential conferences + 2 residential weekends + 2 virtual conferences Yr 4 = 0 ; Yr 5 = 0
Residential Costs	\$650 (08/09) for RO + lodging & travel \$950 (08/09) per conference + lodging & travel	\$650 (08/09) for RO + lodging & travel \$950 (08/09) per conference + lodging & travel	\$650 (08/09) for RO + lodging & travel \$25 per semester for residential weekends + lodging and travel	\$75 per semester for week long residentials + lodging and travel \$25 per semester for weekend residentials + lodging and travel
Tuition	\$18,900 annual (08/09)	\$18,900 annual (08/09)	\$18,900 annual (08/09)	\$22,000 annual (08/09)

Students often come to Saybrook because of our emphasis on interdisciplinary learning: they hold in common with us the belief that complex subjects are best studied through many diverse approaches rather than confined in rigid academic boundaries.

One of the ways Saybrook practices what we teach is by offering students the opportunity to deepen their education through concentrations. These courses of study focus on broad topics of social relevance. Students can tie their concentration in closely to their primary degree work or use it as an opportunity for new intellectual exploration. Their passion drives the program.

Students may choose from among five concentrations or choose no concentration. To earn a concentration an MA student must take nine credits in a subject area; a PhD student must take 18.

Each concentration earned will be listed on a student's transcript.

CONSCIOUSNESS AND SPIRITUALITY

What is consciousness? How do people perceive their own inner worlds? How do the deepest levels of consciousness interact with the "outer" world around them?

The study of Consciousness and Spirituality asks these questions, exploring different theoretical models of consciousness and examining subjects such as creativity, hypnosis, meditation, the relationship between mind and body, dreams, and the impact of spiritual practice.

HUMANISTIC AND TRANSPERSONAL PSYCHOLOGY

Humanistic and Transpersonal Psychology is focused on humanistic, existential, phenomenological, and transpersonal psychology and a psychology of medicine from the perspective of mind, body, and spirit. It is grounded in the belief in human potential and the conviction that all human beings are capable of personal growth and achieving higher states of consciousness. Clinically, such an approach is relevant to research and practice in a diverse range of applications that include indigenous, healing, multicultural experiences, positive aging, refugee and resettlement issues, alternative family systems, workplace psychology, sport psychology, psychotherapy and the arts, spiritual counseling, and grief and bereavement.

INTEGRATED HEALTH STUDIES

"Health" was once defined by a limited system of tests that could be completed in a 15 minute examination. Today, people demand much more from a healthy life. Are they emotionally healthy? Spiritually healthy? Are there alternative approaches to traditional health problems?

Saybrook's concentration in Integrative Health Studies offers a comprehensive orientation in alternative approaches to health care and a detailed look at how to examine new and traditional practices for effectiveness. Homeopathy, aromatherapy, psychoneuroimmunology, Chinese medicine, massage, and other methods are examined – along with training in applied skills such as hypnosis and biofeedback.

ORGANIZATIONAL SYSTEMS

The future of mankind may rest on how well the extremely complex organizations we're created can adapt to a new world and support new populations.

Organizational Systems integrates the study of business, public administration, organizational psychology, systems science, anthropology, and sociology into a multi-disciplinary program aimed at people who want to make a difference. It is built around the latest knowledge from both organizational behavior and systems science. In addition to solid grounding in research methods and the fundamentals of organizational systems study, the program offers education in the emerging areas of sustainable development, systems design, organizational learning, and appreciative inquiry.

SOCIAL TRANSFORMATION

Many students are studying psychology in order to become better activists. Saybrook's concentration in Social Transformation facilitates that change by helping teach students how to link specific issues encountered by psychologists – such as violence prevention in schools or domestic abuse counseling – to broader issues of social justice such as racism or economic disparity.

While many students within this concentration go on to teach, it is particularly intended for students who wish to engage social problems directly.

Certification is available in Building a Sustainable World; Community Health and Development; Peace and Conflict Resolution; and Violence Prevention and Response.

FACULTY



CORE FACULTY

Our faculty are scholar-practitioner-activists renowned for their research, their practice and their contributions to community. They support and mentor you as you progress in your program. Listed below are some of our core psychology faculty. All of our faculty hold doctoral degrees and a complete faculty directory is available on our website.

Jeanne Achterberg, PhD Psychology

Dr. Achterberg received her PhD in General Experimental Psychology from Texas Christian University. She is acclaimed for her work on the use of imagery in healing, psychoimmunology, behavioral strategies for the reduction of pain and anxiety, and the role of women as health consumers. Her research focuses on the psychological aspects of cancer, a comparison of biofeedback and physical therapy in the treatment of rheumatoid arthritis, and a test of behavioral strategies for pain and anxiety associated with orthopedic trauma.

Arthur Bohart, PhD

Arthur Bohart's research interests involve the healing properties of relationships, particularly empathy, and human capacities for self-healing and self-righting. He is also interested in preserving "human" psychotherapy that deals with personal choice, values, life style, authentic relationships, visions of the future, and development of deeper and more interconnected ways of relating. He received his PhD from UCLA.

Zonya Johnson, PhD

Zonya Johnson received her PhD in Clinical Psychology from Boston University. Dr. Johnson is a licensed clinical psychologist whose primary focus is psychodynamic clinical theory and psychotherapeutic technique. Other research interests include socio-cultural values, and health psychology, including fertility issues, cancer treatment, and the interaction between socio-cultural issues and health.

Lyn Freeman, PhD, LCP

Lyn Freeman earned her masters degree in Human Science and PhD in Psychology from Saybrook Institute. Dr. Freeman's emphasis of study was in mind-body therapies as intervention for chronic disease. Recent research projects involved the completion of a Phase I, SBIR/ NCI grant testing the efficacy of imagery to improve quality of life and modulate biochemistry in breast cancer survivors and a grant to test videoconferencing technology for use in research and telepsychology.

Thomas Greening, PhD

Thomas Greening received his PhD in Psychology from the University of Michigan in 1958. He has been practicing client-centered, psychodynamic existential-humanistic psychotherapy for 47 years. A Fellow of five APA Divisions, he was Editor of the Journal of Humanistic Psychology from 1970-2005 and is now its International Editor. He is a clinical professor of psychology at UCLA, and Dr. Greening is active in citizen diplomacy. His first overseas trip was with the Quaker International Volunteer Service in 1952, followed by a Fulbright Fellowship to Vienna.

During the Cold War he made five trips to the Soviet Union and recently he traveled to China. He and Saybrook graduate Clay Foreman created Saybrook's course in Citizen Diplomacy, the first such course in the world. His teaching at Saybrook is within the Humanistic and Transpersonal Psychology concentration. He especially likes to teach Saybrook's courses in Humanistic Psychology and Psychotherapy, Existential Psychotherapies, Rollo May and the Existential Tradition, Critical Issues in Psychopathology, and Ethics.

Stanley Krippner, PhD

Stanley Krippner received his PhD in Special Education from Northwestern University. A pioneer in the study of consciousness, Dr. Krippner conducts research in the areas of dreams, hypnosis, shamanism, and dissociation, often from a cross-cultural perspective, with an emphasis on anomalous phenomena that seem to question mainstream paradigms.

Steven Pritzker, PhD

Steven Pritzker received his PhD in Educational Psychology from the University of Southern California. His research has dealt with creativity and film, collaborative creativity in writing and business; creativity and spirituality; the effect of alcohol on creativity and the creative process in high achieving writers. His background in the business world includes experience in marketing, advertising, training, consulting and marketing research. He worked in television writing and producing network television shows. He co-edited The Encyclopedia of Creativity and was Humor Editor for Psychology Today magazine.

Ruth Richards, MD, PhD

Ruth Richards received her PhD in Education from the University of California, Berkeley and an MD from Harvard Medical School. She is an educational psychologist and research psychiatrist, a psychology faculty at Saybrook Graduate School, and member of the concentration in Consciousness and Spirituality, who also brings the interest of ongoing work as Research Affiliate in Psychology and Psychiatry at McLean Hospital in Belmont, MA; Lecturer, Dept. of Psychiatry, Harvard Medical School; and Associate Clinical Professor of Psychiatry at the University of California, San Francisco. She teaches courses including Dimensions of Creativity, Perspectives in Creativity, Psychology of Consciousness, Personal Mythology and Dreamwork, and Eastern Psychologies, plus selected others such as Psychopathology and Diagnosis for clinicians.

Denise Scatena, PhD

Denise Scatena is a licensed clinical psychologist specializing in psychodynamic, humanistic-existential, and psychospiritual therapy and counseling. Her interests include the integration of contemplative practices and Buddhist philosophy with western psychology and psychotherapy and indigenous and western science world views and ways of knowing. Research areas include spirituality in health psychology and professional development, psychotherapy process and outcomes, cultural issues in therapy, and child and adult development and life transitions.

Eugene Taylor, PhD

Eugene Taylor received his PhD in the University Professors Program at Boston University. He is a historian and philosopher of psychology, and an internationally recognized scholar on the life and work of William James. He specializes in the history of dynamic theories of personality, and the origins of existential-humanistic and transpersonal psychology. He is also a specialist in classical Asian psychology and writes on Western interpretations of Asian ideas. He is co-chair with Jeanne Achterberg of the concentration in Humanistic and Transpersonal Psychology and faculty liaison representing Saybrook's institutional affiliation with the Philemon Foundation, which is bringing out the 35,000 unpublished letters comprising the correspondence of Carl Jung and a new edition of Jung's complete works.

Alan Vaughan, PhD, JD

Dr. Vaughan holds dual academic credentials in clinical psychology and law. He received his JD from the University of Virginia, School of Law and a PhD in Clinical Psychology from New York University. He has taught a broad range of doctoral level courses and seminars in psychology. His professional consultation practice is in the areas of Jungian, analytical, and forensic psychology. His current research investigates American jurisprudence through the lens of analytical and cultural/ethnocultural psychology.

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