



## CERTIFICATE PROGRAMS

The Adler School of Professional Psychology offers several post masters degree certificates which can be taken as a stand-alone program or in conjunction with a degree program.

### CLINICAL HYPNOSIS CERTIFICATE

Modern clinical hypnosis is an interpersonal process in which the therapist and the client work cooperatively to enhance the well being of the client. The specialization in the Clinical Hypnosis program provides graduate students in psychology and practicing professionals with an opportunity to obtain structured, sequential, professional education and training in clinical hypnosis.

#### COURSES IN THE CLINICAL HYPNOSIS CERTIFICATE (TOTAL = 9 CREDITS)

710 Theories & Techniques of Clinical Hypnosis I	3 cr.	<b>Advanced Hypnosis Elective</b> (Choose one of the following):	712 Advanced Theory & Skills in Hypnosis Seminar	3 cr.
711 Theories & Techniques of Clinical Hypnosis II	3 cr.		714 Research Seminar in Clinical Hypnosis	3 cr.

### MINIMUM ADMISSIONS REQUIREMENTS

Applicants to any of the certificates must have:

- A Baccalaureate degree or equivalent from an accredited institution and graduate standing in a master's degree or doctorate program in an area of mental health, or licensure as a clinical psychologist or a related health care license. **Graduate standing is not applicable for applicants to the Substance Abuse Counseling Specialization.**
- A grade point average of 3.0 or higher on a 4.0 scale for all undergraduate and graduate coursework.
- Applicants to the Art Therapy Concentration must also have a minimum of 18 semester credit hours of study in studio art or the demonstrated equivalency in experience.

### COGNITIVE-BEHAVIORAL THERAPY CERTIFICATE

The concentration/certificate in Cognitive-Behavioral Therapy (CBT) is designed to provide students or practicing mental health professionals with more advanced knowledge and skills in various modalities of CBT and related therapeutic modalities. The coursework blends a conceptual framework for understanding CBT, a review of a range of practical applications of CBT, an examination of the interface of CBT with other therapeutic modalities, and practical training in CBT.

#### COURSES IN THE COGNITIVE-BEHAVIORAL THERAPY CERTIFICATE (TOTAL = 15 CREDITS)

335 Cognitive-Behavioral Approaches to Intervention	3 cr.	And two of the following three courses	710 Theories & Techniques in Clinical Hypnosis I	3 cr.
702 Advanced Cognitive-Behavioral Approaches to Intervention	3 cr.		735 Mind-Body Health I	3 cr.
739 Mindfulness Meditation	3 cr.		685 Child & Adolescent Cognitive-Behavioral Therapy	3 cr.

### SUBSTANCE ABUSE COUNSELING CERTIFICATE

The Substance Abuse Counseling Program is designed to provide education and training in the prevention, intervention, and treatment of Alcohol and Other Drug Abuse (AODA) disorders. This program can be taken as part of a student's graduate studies at either the masters or doctorate level as a concentration and is accredited as an Advanced Alcohol and Other Drug Abuse Counselor Training Program by the Illinois Alcohol and Other Drug Abuse Profession Certification Association, Inc. (IAODAPCA)

#### COURSES IN SUBSTANCE ABUSE CERTIFICATE (TOTAL = 16 CREDITS)

438 Introduction to Addictive Disorders	3 cr.	447-448 M.A. Practicum Seminar in Substance Abuse Counseling I-II	505 Professional Development, Issues & Ethics	3 cr.
436 Bio-Psycho-Social-Spiritual Aspects of Addictions	3 cr.			2 cr.
437 Treatment of Addictive Disorders	3 cr.			
445-446 Practicum in Substance Abuse Counseling I-II	2 cr.			

### CHICAGO CAMPUS

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**GROUP PSYCHOTHERAPY CERTIFICATE**

The innovative certificate in the Group Psychotherapy program is designed to provide students with an opportunity to explore and expand professional and personal capabilities. The program incorporates theory and technique in group therapy development of the therapist's style, and the applications of group therapy methods to resolving conflict and addressing social issues. The central goal is to increase students' effectiveness and creativity in therapeutic interactions by helping them experience and understand the use of self in the psychotherapeutic process. This program provides an intensive opportunity to develop, maintain, and enhance competence and self-confidence in group psychotherapy, including the application of group therapy theory and methods to group conflict. Integration of personal and professional development is a primary objective, encouraging more effective and creative relationships within the group setting.

Fundamental to the philosophical basis of this program is the belief that individuals and groups have the capacity to be healthy and adaptive. If left to develop its own structure, a group eventually will reflect a collection of each member's typical and historical interpersonal relationships. Once emerged, that structure allows members to explore and learn from their own history.

The following courses are required for this certificate. In addition, students in this program should consult with the program coordinator to develop an individualized course of study.

**COURSES IN THE GROUP PSYCHOTHERAPY CERTIFICATE (TOTAL = 9 CREDITS)**

337 Group Therapy	3 cr.
707 Advanced Group Therapy	3 cr.
770 Advanced Group Interventions: Conflict Resolution	3 cr.

**ADVANCED ADLERIAN PSYCHOTHERAPY CERTIFICATE**

This certificate is designed to provide advanced specialized training in the principles, techniques and methodologies of Alfred Adler. This program was developed to allow qualified professionals an opportunity to obtain specialized knowledge and clinical skills, participate in supervised clinical experiences, and acquire a specialty in Individual Psychology and psychotherapy.

The following scholastic and practicum requirements are for obtaining an Advanced Adlerian Psychotherapy Certificate.

**COURSES IN THE ADVANCED ADLERIAN PSYCHOTHERAPY CERTIFICATE (TOTAL = 26 CREDITS)**

402 Introduction to Adlerian Psychology & Psychopathology	3 cr.	Elective class with focus on Adlerian principles	3 cr.
431 Child Guidance and Parenting	1 cr.	607, 619 Adlerian Advanced Practicum I (200 hours) + Seminar	2 cr.
432 Child Guidance and Parenting Group Supervision	1 cr.	608, 620 Adlerian Advanced Practicum II (200 hours) + Seminar	2 cr.
514 Life Style Analysis and Diagnosis	3 cr.	609, 621 Adlerian Advanced Practicum III (200 hours) + Seminar	2 cr.
517 Advanced Life Style Analysis and Treatment Planning	3 cr.		
523 Adlerian Approaches to Individual & Family Therapy	3 cr.		
524 Advanced Adlerian Interventions	3 cr.		

*In order to complete the certificate, the student must also present a case conceptualization with interventions as a final capstone to measure competency. The student would also be required to present case as a Common Hour to peers.*

**MARRIAGE & FAMILY THERAPY CERTIFICATE**

The Certificate in Marriage & Family Therapy program enables qualified professionals with a minimum of a Master's degree in psychology, social work, and related mental health fields to enhance their knowledge and skills in couple and family therapy and to help them achieve licensure in marriage and family therapy. The course work and clinical practica in this certificate program focus on helping the student to understand and integrate individual life style dynamics with couple and family systems.

**COURSES IN MARRIAGE & FAMILY THERAPY CERTIFICATE (TOTAL = 25 CREDITS)**

402 Introduction to Adlerian Psychology & Psychopathology	3 cr.	663 Effective Marriage & Family Therapy	3 cr.
523 Adlerian Approaches to Individual & Family Therapy	3 cr.	664 Practicum in Marriage & Family I	1 cr.
651 Assessment & Treatment from a Systemic Perspective	3 cr.	665 Practicum in Marriage & Family II	1 cr.
652 Life Cycle & Cultural Issues in Marriage & Family Therapy	3 cr.	667 M.A. Practicum Seminar in Marriage & Family I	1 cr.
655 Advanced Couples Therapy	3 cr.	668 M.A. Practicum Seminar in Marriage & Family II	1 cr.
662 Overview of Models of Marriage & Family Therapy	3 cr.	995 Master's Clinical Qualifying Examination	0 cr.

**CLINICAL NEUROPSYCHOLOGY CERTIFICATE**

Neuropsychology involves the study, evaluation, and treatment of known and suspected brain disorders using the methods of psychology. Clinical Neuropsychology is one of the fastest growing specialty areas in psychology. This specialization program is designed to provide doctoral students and qualified professionals with the opportunity to develop an advanced level of competence in the specialty of neuropsychology.

**COURSES IN THE CLINICAL NEUROPSYCHOLOGY CERTIFICATE (TOTAL = 19 CREDITS)**

720 Beginning Neuropsychological Assessment	3 cr.	724 Practicum Seminar in Neuropsychological Assessment II	1 cr.
721 Intermediate Neuropsychological Assessment	3 cr.	725 Neuropsychological Intervention Techniques	3 cr.
722 Practicum Seminar in Neuropsychological Assessment I	1 cr.	726 Neuropsychological Assessment Practicum I	1 cr.
723 Advanced Neuropsychological Assessment	3 cr.	727 Neuropsychological Assessment Practicum II	1 cr.
		728 Pediatric Neuropsychological Assessment	3 cr.

**DOCTORAL LEVEL CONCENTRATIONS**

Doctoral students may elect to choose a concentration as part of their doctoral studies that provides education and training in a focal area of study. In addition to the certificate programs mentioned above, the Adler School offers the following concentrations within the doctoral program:

**MARRIAGE & FAMILY THERAPY CONCENTRATION**

Adler School doctoral students working toward the Psy.D., may pursue specialized training in Marriage and Family Therapy concurrently with their doctoral work by fulfilling the requirements for the concentration in marriage and family therapy. Although not required, Adler School doctoral students, who are completing this concentration program, are highly encouraged to carry out a dissertation that is focused on some aspect of marriage and family studies and therapy.

In addition to specialized coursework in MFT, students in the MFT concentration will acquire and develop practical clinical skills in MFT through specialized field placements. Since the MFT practicum is considered an advanced specialty practicum, students typically complete a doctoral therapy practicum prior to beginning the MFT practicum. Students should expect to spend from ten to twenty hours per week at an approved MFT practicum site and must concurrently enroll in two semesters of Practicum Seminars during their field training. A minimum of 400 total clock hours of practica is required, which should include at least 200 hours of direct clinical service, of which one-third or more should be in conjoint therapy with couples or families.

**COURSES IN MARRIAGE & FAMILY CONCENTRATION (TOTAL = 15 CREDITS)**

523 Adlerian Approaches to Individual & Family Therapy	3 cr.	655 Advanced Couples Therapy	3 cr.
651 Assessment & Treatment from a Systemic Perspective	3 cr.	663 Effective Marriage & Family Therapy	3 cr.
652 Life Cycle & Cultural Issues in MFT	3 cr.		

**ART THERAPY CONCENTRATION**

Students enrolled in the doctoral program in clinical psychology are eligible to apply to the concentration in Art Therapy. The concentration combines presentation of the theories skills, and knowledge of art therapy with supervised practicum experience. A 700 hour practicum in art therapy under supervision of a registered art therapist (for at least 75 hours) is required. The following courses are required for the concentration. In addition, students in this program will be required to submit a portfolio of their art therapy coursework experiences for review prior to program completion.

344 Historical & Theoretical Perspectives in Art Therapy	3 cr.	453 Theories & Methods of Intervention in Art Therapy II	3 cr.
345 The Use of Art in Assessment, Diagnosis & Treatment Planning	3 cr.	466 Studio Art Therapy	3 cr.
346 The Use of Art in Group & Addiction Counseling	3 cr.	467 Art Therapy Practicum Seminar I	1 cr.
450 Lifespan Development in Art Therapy	3 cr.	468 Art Therapy Practicum Seminar II	1 cr.
451 Socio-Cultural & Multicultural Approaches in Art Therapy	3 cr.	480 Art Therapy Practicum I	1 cr.
452 Theories & Methods of Intervention in Art Therapy I: Family and the Elderly	3 cr.	481 Art Therapy Practicum II	1 cr.
		<b>TOTAL = 28 CREDITS</b>	

**ORGANIZATIONAL DEVELOPMENT CONCENTRATION**

This concentration is intended to provide doctoral students with more intensive and focused education in areas such as organizational psychology and the related areas of personnel management, team building, performance enhancement, executive coaching, organizational development, training, and employee assistance programs.

**COURSE REQUIREMENTS** Specific requirements for the Psy. D. degree concentration in organizational development (COD):

**(A) Course Requirements:**

The following 15 credit hours of coursework are required in completion of the COD qualifications. Some substitution may be possible with the approval of the MAO program director:

569 Lifestyle & Career Development	3 cr.	580 Organizational Theory & Change Management	3 cr.
574 Principles of Industrial/Organizational Psychology	3 cr.	584 Organizational Consulting & Group Development	3 cr.
575 Executive Coaching/Consulting & Leadership Development	3 cr.		

**(B) Other Specialized Requirements for COD designation:**

- (i) **Clinical Externship:** Students need to successfully complete the clinical externship in order to continue the next steps in the program. The director of Training and Community Services and the MAO program director work in collaboration with COD students to identify a clinical externship which will meet the specialized needs of their program in addition to the student's unique goals. Ideally, some elements of the externship are to focus on activities related to organizational development.
- (ii) **Advanced Business Practicum:** In addition to the specialized coursework, students in a program for the COD designation will be required to take an advanced business practicum and associated practicum seminar in order to develop practical skills in applying their learning in a workplace setting. The advanced business practicum must be a minimum of 300 clock hours to be conducted in a business oriented setting which allows the student the opportunity to apply their skills in providing intervention for individuals, teams and organizations. The business practicum and practicum seminar must be conducted in sequence after the successful completion of practica in therapy and assessment. Furthermore, the advanced business practicum should ideally be completed within one semester.
- (iii) **Doctoral Dissertation:** In addition, students enrolled in the doctoral program for the COD designation are required to complete a scholarly dissertation with a focus on topics or issues which are related to organizational psychology.

**CHILD & ADOLESCENT PSYCHOLOGY CONCENTRATION**

The Child and Adolescent Psychology concentration is designed for students with an interest in working with these populations. Required courses provide students with knowledge and skills pertinent to issues of health and dysfunction with children and adolescents; assessment and intervention methods appropriate to these types of clients; and the broader structural and sociocultural factors that impact on their well being. The courses necessary for completion of this concentration are the following:

338 Child & Adolescent Psychotherapy	3 cr.	<b>Elective menu</b> (Choose one of the following):		
644 Child & Adolescent Health & Dysfunction	3 cr.		652 Life Cycle & Cultural Issues in Marriage & Family Therapy	3 cr.
683 Advanced Child & Adolescent Assessment	3 cr.		704 Advanced Child & Adolescent Psychotherapy	3 cr.
684 Systemic Interventions with Children & Adolescents	3 cr.			

**PRIMARY CARE PSYCHOLOGY CONCENTRATION**

The Primary Care Psychology concentration is designed for students interested in the integration of psychology and behavioral medicine with a particular focus in working in primary care health settings such as hospitals, group practices, HMOs and family practice centers. Required courses provide students with knowledge and skills pertinent to mind/body interaction; the role of behavioral factors in physical well-being; the application of psychological assessment and intervention techniques to acute and chronic illness; and an understanding of the impact of broader structural and systemic factors on physical well-being and health care delivery. The courses necessary for completion of the concentration are the following:

735 Mind-Body Health I	3 cr.	<b>Elective menu</b> (choose two of the following):		
736 Mind-Body Health II	3 cr.		339 Biofeedback	3 cr.
737 Primary Care Psychology	3 cr.		705 Eye Movement Desensitization & Reintegration	3 cr.
			710 Theories & Techniques of Clinical Hypnosis I	3 cr.
			739 Mindfulness Meditation	3 cr.

**ADDITIONAL INFORMATION**

Students interested in the Child & Adolescent Psychology or Primary Care Psychology concentrations are required to take a total of 15 credit hours devoted to the area of study. In order to complete this requirement, doctoral students must use the required courses to satisfy the requirements in the doctoral curriculum for an advanced assessment/therapy elective (three credits) and general electives (nine credits). Thus, these two concentrations require completion of three credits beyond the 114 required for the doctoral degree. Students who opt for either of these concentrations are required to complete one of their two required practica in a related training setting. They are also required to choose a topic related to the concentration area for their doctoral dissertation.