

PSYCHOTHERAPY EXPERIENCE

Requirements:

A minimum of 25 hours of individual, marriage, family or group psychotherapy is required for all students in the M.A. Counseling psychology degree. You may start as early as initial enrollment in the program. You must complete 10 hours before beginning practicum I (PSY 631A).

Frequency and length of sessions are to be arranged between the therapist and the student. Marathon sessions are not counted in the hours. Marathon sessions are defined as more than one hour of individual or 2 hours of group therapy on the same day.

A maximum of 2 hours/week is allowed unless the therapist deems that more is necessary.

Size of Groups:

The group shall not exceed 8 members. Students cannot be in a group with any other MAC program students.

Selection of Therapist:

Students are advised to choose their therapists carefully because the commitment must be for 25 hours. Students are encouraged to interview their prospective therapist before beginning therapy.

The therapist cannot teach at National University at the graduate level, nor can the student ever have been enrolled in a class taught by the therapist. The two-year licensure requirement applicable to clinical supervisors does not apply to this category of experience.

Cost:

The University assumes no responsibility for the setting, payment or collection of fees. Arrangements for psychotherapy fees are the responsibility of the therapist and the student.

Documentation:

The therapist will sign a form which is on his/her letterhead (see attached) at the inception of the 25 hours of experience, the completion of 10 hours of experience and at the completion of all 25 hours of psychotherapy.