

Academic Fair Spring 2024

Conversations on Psychology Capstone Program 2024- 2025

Faculty: Dr. Mukti Khanna Clinical Psychology Faculty khannam@evergreen.edu

Feel free to stop by and have a conversation about your interest in this program for the 2024-2025 Academic year!

Credits 32 (Fall – Winter – Spring)

Class Level: Jr– Senior

Prerequisite: 12 credit hours in psychology

Application form and 2 references speaking to your dependability, reliability and Ability to follow through with commitments.

**** Applications received by Spring Academic Fair receive priority**

Required Meeting Times:

Fall 2024

Tuesday 9:30- 12:20 Remote
Tuesday 9:30- 12:20 In person
Thursday 9:30- 12:20 in person

Winter 2025

Thursday 9:30- 1:20 – in person
15 hours a week community mental health internship

Spring 2025

Thursday 9:30- 1:20 – in person
15 hours a week community mental health internship

- Please contact faculty if you have questions about the program- This is wonderful opportunity to increase competency in the field of mental health during a time where this is increasing need for trained professionals to enter the workforce at both the bachelor's levels and graduate levels. This upper division program that has been historically offered at Evergreen has launched generations of Evergreen students into successful mental health careers regionally and nationally.

Feel free to stop by and have a conversation about your interest in this program for the 2024- 2025 Academic year!

Description

If it is possible to genuinely meet and discover each other as persons—actually to empathize with and understand both the cultural beliefs and political views of each other—then I think the obscured future may be penetrated with some clear rays of light that we may realistically hope for a better world.— Carl Rogers (1902-1987)

This program will engage in the study of counseling skills from theory to practice and application. The practice of counseling, applied cultural competency skills, and evolving one's skills as a counselor will be developed throughout the yearlong program. Learning goals include acquiring a theoretical and applied understanding of psychological theory and practice from emotional, biological, cultural, and social contextual perspectives. We will incorporate diverse pedagogical strategies including lectures, discussions, dialogues, seminars, films, counseling labs, integrative health practices, and expressive-arts therapy laboratories.

Throughout the program, students will study polyvagal theory, micro-counseling skills, psychological ethics, cultural competency, interpersonal neurobiology, energy psychology and social science writing practices to prepare to serve in mental health and integrative health community internships with applied counseling skills.

This is an intellectually and emotionally challenging program that best serves students willing to make a nine-month-long commitment that will require 30 hours per week of class time, homework, and an internship experience during winter and spring quarters. In both winter and spring quarters, students will be required to complete 6-credit internships, providing opportunities to integrate theory and practice. The program work will help to prepare students for this internship with mental health and health community partners. This program provides an excellent opportunity to prepare students for human service careers in psychology, social work, and integrative health care fields. The program will meet the internship requirements for the emerging statewide Behavioral Health Support Specialist Clinical Training that is being developed statewide (<https://psychiatry.uw.edu/project/behavioral-health-support-specialist-bhss/>) and state-wide meta competencies for this clinical training including interprofessional ethics, psychopathology, cultural responsiveness, care planning and care coordination.

To successfully participate in this program students need access to internet capability to work with Canvas and online case studies that are video based. Students need to be able to pass background checks required by human service agencies to work with minors and vulnerable populations. Students need to be comfortable having their webcam on for counseling laboratories and synchronous class meetings as health care providers in training. The Winter and Spring Quarters will involve 15 hours a week in

internship sites, 4 hours a week of synchronous program meetings, and 11 hours a week of asynchronous program work. This program is preparatory for students who are interested in professional careers in psychology, social work, and the integrative health field.