Dual Degrees: Public Health and Counseling Psychology

at Arcadia University

Global Perspectives…Personal Attention…Real-World Integrative Learning Experiences

Coordinators

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Dual Degree Program

Master of Public Health and Master of Arts in Counseling Psychology

About Arcadia's Dual Degree Program in Public Health and Counseling Psychology

- This dual degree will enable practitioners to implement both individual and systemic change in the mental health and public health fields, by integrating the tools of the counseling psychologist with the tools of public health.
- The dual degree allows students to become licensed as professional counselors.
- The Master of Public Health Degree educates community public health professionals to promote the health of individuals, families, communities, and the environment. This is accomplished through a program that integrates education, research, and practice in a global environment.
- The Master in Counseling Psychology educates and socializes students to become practitioners skilled in the art of behavior assessment and change. This is accomplished through a program that integrates theory and practice (both within and outside of the classroom) from the beginning of the program.
- Part-time and full-time options
- Some courses offered online
- Dual degree candidates must be accepted to each of the programs in order to enroll in the dual degree (one common application will be provided).

With dual degrees, students gain knowledge in two fields as they prepare for their professional careers.

Arcadia's College of Business, Health & Sciences has nationally recognized health care, science and business programs that make the world a laboratory by providing real-world, integrative learning experiences. Graduate programs use evidence-based research and project-based learning to prepare health care and business professionals for a rapidly changing global environment. Applied and pro bono clinical research, clinical rotations, international fieldwork, and multicultural assessment are threaded through the curricula. Graduate students also conduct research and publish with expert faculty in many fields.

Dual degree candidates must be accepted into each of the programs in order to pursue dual degrees: *Master of Arts in Counseling Psychology (M.A.C.P.) and Master of Public Health (M. P.H.).*

The mental health needs of individuals and the community are inextricably linked with socio-economic factors such as poverty, lack of access to health care services, and inadequate education. These negative forces profoundly impact an individual's ability to seek and maintain adequate physical and mental health, which in turn prevent individuals from advocating for themselves to access essential resources.

While Counseling Psychology prepares students to identify lifestyle factors that may lead to increased risk for serious mental health problems, the focus of the training is on the individual, rather than on a population, and on remediation, rather than prevention. This dual degree, where graduates become licensed professional counselors, enables practitioners to implement both individual and systemic change in the mental health and public health fields by integrating the tools of counseling with the tools of public health.

In this dual degree program, students explore the relationship between mental health conditions on an individual level on the one

hand, and the health care system and the overall health of communities on the other. Students are challenged to participate in meaningful internships, develop critical analyses, propose effective solutions, and contribute substantively to the current dynamics linking individual health with the health of communities. There are multiple opportunities for students to work in situations that will allow them to combine their Counseling Psychology clinical training with their Public Health community-based internship requirement. Students earn 78 credits in this three-year program.

The M.P.H. program is in the application process for independent accreditation by the Council for Education in Pubic Health (CEPH). The Counseling Psychology program is accredited by the Masters in Psychology Accreditation Council (MPAC).

M.P.H. Goals and Objectives: The Master of Public Health degree educates community public health professionals to promote the health of individuals, families, communities, and the environment. This is accomplished through a program that integrates education, research, and practice in a global environment.

The goals of the Public Health program are to:

- Educate community public health professionals and develop the skills needed to promote health within communities.
- Provide an academic environment that integrates community public health education with research and practice.
- Translate knowledge into practice through collaborative service projects both domestically and internationally. This can be accomplished through internships with community-based organizations, clinics, and local health departments.
- Employ scientific investigation to advance public health knowledge of the relationship between health and the structural environment within which individuals live and work.

M.A. Counseling Psychology Goals and Objectives: The Master in Counseling Psychology educates and socializes students to become practitioners skilled in the art of behavior assessment and change. This is accomplished through a program that integrates theory and practice (both within and outside of the classroom) from the beginning of the program.

The program is structured to develop professional level competence in:

- Communication and listening
- Critical and analytical thinking
- Interpersonal and cultural sensitivity
- Understanding self through introspection and realistic self-critique
- Adhering to professional, ethical and legal standards and behaviors
- Generating and testing hypotheses about human behavior
- Understanding the theories and techniques of counseling and behavior change
- Using counseling skills in individual and group settings
- Integrating and applying assessment, diagnostic, consultation and educational strategies

Dual Degree Goals and Objectives: The goals of the dual degree program are as follows:

- Arcadia students will have opportunities to learn about public health and counseling psychology principles from a global perspective.
- Arcadia students will have the opportunity to integrate their public health education with their clinical counseling psychology training through the use of community projects/internships that will enhance their clinical and community-based skills both within the United States and internationally, if desired.
- The dual degrees will give students a greater understanding of the scope of public health issues surrounding individual patients and their relationships to their families and their larger communities.
- The dual degrees will combine the advocacy agendas proposed by both the public health and counseling psychology field to most effectively address patients' problems.

Admission to the Master of Public Health Program

In addition to the general admission requirements for graduate students, the following program-specific requirements must be met:

1. A completed graduate application including personal statements, to be completed online at *www.arcadia.edu/gradapp*.
2. A bachelor's degree from an accredited institution with a recommended GPA of 3.0 or better in the major course of study.
3. One official transcript from each college, university or professional school attended. Transfer credits included on a transcript must include grades earned; if not, an official transcript from the original school must be submitted. Transcripts must be sent from the issuing school in a sealed envelope and contain the appropriate signatures and seals to be considered official.
4. Three letters of recommendation, at least one from a professor (if a recent graduate) and one from a health professional.
5. Test scores for the Graduate Record Examination (GRE), Graduate Management Admission Test (GMAT), Medical College Admission Test (MCAT), or the Miller Analogies Test (MAT), taken within the last five years. Test scores are not required for students with an earned graduate degree in a related field.
6. Knowledge of the profession through work or volunteer experience.
7. International applicants should visit *www.arcadia.edu/international* for detailed information on admission requirements and application procedures. TOEFL/IELTS results are required for all students for whom English is a second language or who have not earned degrees or diplomas from post-secondary institutions in English-speaking countries (e.g. the United States, Canada, England, Ireland, Australia, and New Zealand). A course-by-course evaluation of all transcripts by an independent evaluation service based in the United States also is required.

Admission to the Counseling Psychology Master of Arts Program

Program-Specific Admission Requirements: The following requirements must be met:

1. A graduate application, including personal statements, to be completed online at www.arcadia.edu/gradapp.
2. A bachelor's degree from an accredited institution with a recommended GPA of 3.0 or better.
3. One official transcript from each college, university or professional school attended. Transfer credits included on a transcript must include grades earned; if not, an official transcript from the original school must be submitted. Transcripts must be sent from the issuing school in a sealed envelope and contain the appropriate signatures and seals to be considered official.
4. Completion of at least three Psychology courses, to include Introductory Psychology, with grades of "**B**" or better in each.
5. Three letters of recommendation. The letters must be of a professional not personal nature. If the student has been out of school five years or less, at least one letter must come from a professor.
6. Test scores from the Graduate Record Examination (GRE) or the Miller Analogies Test (MAT), taken within the past five years. Test scores are not required of applicants with an earned master's degree.
7. A personal interview with the program Director.
8. Applicants for the School Counseling program must have undergraduate courses with a grade of "**C**" or better in two college-level mathematics courses, one English composition course, and one English/American Literature course. These courses are not required for admission but are requirements of the Pennsylvania Department of Education in order to earn School Counseling certification.

9. International applicants should visit *www.arcadia.edu/international* for detailed information on admission requirements and application procedures. Official results from the TOEFL or IELTS are required for all students for whom English is a second language except for non-native speakers of English who hold degrees or diplomas from post-secondary institutions in English-speaking countries (e.g. the United States, Canada, England, Ireland, Australia and New Zealand). A course-by-course evaluation of all transcripts by an independent evaluation service based in the United States also is required.

Application Deadline/
Rolling Admission
Completed applications are reviewed on an ongoing basis throughout the year. Students may start in a Fall, Spring or Summer semester.

Expenses

Students are billed on a per-credit basis based on the number of credits they enroll for in a given semester. Information on current costs is available at *www.arcadia.edu/finaid*. Financial aid is available to assist qualified students in covering tuition and related expenses, as well as living costs. Students enrolled for at least six credits per semester can apply to receive up to $20,500 annually through the Federal Direct Stafford Loan at a fixed interest rate. In addition to the Stafford Loan, students can choose to borrow either a Federal Direct Graduate PLUS Loan or a private alternative student loan to cover remaining expenses if necessary. Graduate assistantships also may be available to those enrolled full-time (9 credits or more per semester) who qualify. For more information on available financial aid and how to apply, visit *www.arcadia.edu/finaid* and click on *Graduate*.

Requirements for the Dual Degrees in Public Health and Counseling Psychology

(78 credits; 42 credits for the M.A.C.P. program and 42 credits for the M.P.H. program, with 6 credits shared)

Dual Degrees: Master of Arts in Counseling Psychology (M.A.C.P.) and Master of Public Health (M.P.H.)

Note: The sequencing of courses is presented here based on a full-time schedule, but many students can complete this combined degree on a part-time basis on a schedule to be arranged with the advisers.

SUMMER YEAR 1
(6 credits)

PBH 530	Theories and Principles of Health Behavior and Health Education (3 credits)
PBH 640*	Research Methods and Design in Public Health (3 credits)

*PBH 640 counts as the research methods course for both programs

FALL YEAR 1
(12 credits)

PBH 501*	Social Determinants of Health and Disease (3 credits)
PBH 600	Introduction to Epidemiology (3 credits)
PY 572*	Concepts of Mental Health and Mental Illness (3 credits)
PY 516	Human Development: Life Span (3 credits)
PY 587	Practicum (0 credits)

*PY 572 counts as one PBH elective (3 credits) and PBH 501 will count as one PY elective (3 credits).

SPRING YEAR 1
(12 credits)

PBH 560	Issues in Community and Environmental Health (3 credits)

PBH	620	Introduction to Biostatistics (3 credits)
PY	586*	Theories and Techniques of Counseling (3 credits)
PY	500	Career Counseling: Community (3 credits)

*PY 586 counts as one PBH elective (3 credits).

SUMMER YEAR 2
(3 credits)

PBH	510	Health Care Systems (Online) (3 credits)

FALL YEAR 2
(12 credits)

PBH	630	Program Planning and Evaluation for Health Professionals (3 credits)
PBH	695	Public Health Fieldwork Thesis Seminar I (3 credits)
PY	570	Professional Issues in Counseling (3 credits)
PY	620	Advanced Counseling Techniques (3 credits)

SPRING YEAR 2
(12 credits)

PBH	645	Evaluation of Public Health Programs: Case Studies (3 credits)
PBH	696	Public Health Fieldwork Thesis Seminar II (3 credits)
PY	625	Psychological Testing (3 credits)
PY	688	Cultural Basis of Counseling (3 credits)

SUMMER YEAR 3
(6 credits)

PY	610	Group Counseling (3 credits)
PY	574	Clinical Psychopharmacology (3 credits)

FALL YEAR 3
(9 credits)

PBH	689	Public Health Internship (3 credits)
PY	630	Counseling Internship (6 credits)

SPRING YEAR 3
(6 credits)

PY	631	Counseling Internship (6 credits)