

# Psy.D.

## Doctor of Psychology in Counseling Psychology



Designed to meet the needs of working professionals, Alaska Pacific University's Psy.D. program is a rigorous plan of study that combines face-to-face learning with individualized contracts and a focus on applied skills.

ALASKA  
PACIFIC  
UNIVERSITY



## About the Program

### Two tracks are available:

**Track 1: THE LICENSURE ELIGIBLE TRACK:** Designed to meet requirements leading to licensure as a psychologist in Alaska and elsewhere.

**Track 2: THE NON-LICENSURE TRACK:** Designed for students not desiring licensure as a psychologist in Alaska but wanting a terminal degree in an area of Counseling Psychology that allows them to be creative in designing a personal educational experience emphasizing practical application in a specialized area.

### Accreditation

APU is accredited by the Northwest Commission on Colleges and Universities and is authorized as a university by the Commission on Postsecondary Education, State of Alaska.

### Program Description

Psy.D. is a three year program

#### Residency Requirements:

- All residency hours are accomplished in intensive weekend seminars.
- The program will have a minimum of 420 hours of residency over the three years.
- Classes meet fall, spring, and summer for three years, beginning in the spring.

#### Degree Requirements:

- 60 credits of coursework at the doctorate level beyond the 60 credit master's degree entry requirement
- Culminating dissertation or project called Project Demonstrating Excellence (PDE)
- 3 semester long practicums
- 1500 hours of a pre-doctoral internship

### Summary of Program

Year One: Theory and Application

Year Two: Research and Practice

Year Three: Professional Experience and Internship

# Program Competencies

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**Self-Understanding**

Ability to understand and monitor one's inner dynamics, to identify and value one's strengths, and identify and transform or embrace one's weaknesses

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**Critical Thinking**

Ability to analyze, synthesize, and objectively evaluate information as well as to design, implement, and evaluate projects

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**Creative Expression**

Ability to express one's passion positively in one's own voice or through one's own talents, and/or define one's self or world in unique ways

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**Knowledge of the Discipline**

Ability to identify, interpret, and apply facts, terms, concepts, theories, and processes germane to the field of counseling psychology

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**Activism/Leadership**

Ability to create significant positive influence on others and/ or one's environment through practice, writing, speaking, or other change modalities

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**Professionalism**

Ability to live the professional ethical code of psychology by displaying that one values responsibility, public service, accountability, respect, excellence, and compassion in one's work

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**Research and Evaluation**

Ability to use knowledge and skills of scientific inquiry to inform counseling decisions and to impact the larger community positively

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**Counseling Competency**

Ability to understand and intentionally utilize culturally relevant prevention and intervention skills on individual, group, and program levels for positive change

# Program Outline

## First Year: Theory and Application

Track 1 and Track 2, All students (190 hours of residency)

### Summer Semester

History and Systems of Psychology- PY 71500	3 credits
Individual Differences- PY 71100	3 credits
Professional Ethics- PY 71300	3 credits

*(Track 2 students may substitute Focused Project 1 - PY 71700 for any one of the three classes listed above.)*

### Fall Semester

Biological Bases of Behavior- PY 72100	3 credits
Cognitive/Affective Bases of Behavior- PY 72200	3 credits
Social Bases of Behavior- PY 72400	3 credits

*(Track 2 students may substitute Focused Project 2 - PY 72500 and/or Focused Project 3 - PY 72700 for any two of the three classes listed above.)*

### Spring Semester

The Psychology of Measurement- PY 73100	3 credits
Research Methodology & Techniques of Data Analysis-PY 73300	3 credits

*(Track 2 students may substitute Focused Project 4 - PY 73500 and/or Focused Project 5 - PY 73700 for either or both of the two classes listed above.)*

**Subtotal: 24 credits**

## Program Design

Individualized learning contracts identify work to be done prior to the weekend intensive seminars where the whole cohort meets together.

Intensive weekend seminars are 27 hours, typically beginning at noon on Friday and ending approximately 5 pm on Sunday.

In the first year, there are three intensive weekends in the summer, three in the fall, and two in the spring.

## Second Year: Research and Practice

(minimum of 120 hours of residency)

Both Track 1 and Track 2 students take all classes.

### Summer Semester

Learning Agreement Certification- PY 74100	1 credit
Supervised Practicum 1- PY 75300	3 credits
PDE Proposal - PY74500	4 credits

### Fall Semester

Supervised Practicum 2- 76300	3 credits
PDE Research- 75100	4 credits

### Spring Semester

Supervised Practicum 3- PY 76500	3 credits
PDE Completion- PY 76100	4 credits

**Subtotal: 22 credits**



## Summer, Fall and Spring Terms of the Second Year

(Track 1 and Track 2) Learners will move into the contract learning stage where they will be working with assigned faculty members to complete program requirements.

In review, by the end of the summer semester each student (both tracks) will have completed a PDE proposal approved by a committee.

The learning agreement certification solidifies the student's plans for practicums and internship, which will help define the scope of his or her professional practice.

Students will apply for candidacy status at the end of the second year spring semester. Candidacy status is needed prior to starting a pre-doctoral internship.

Less intensive weekends continue throughout the second year.



## Third Year: Professional Experience and Internship

(minimum of 60 hours of residency) -

Both Track 1 and Track 2 students take all classes.

### Summer Colloquium

Pre-Doctoral Internship 1- PY 77100	5 credits
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### Fall Semester

Pre-Doctoral Internship 2- PY 78100	5 credits
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### Spring Semester

Pre-Doctoral Internship 3- 79100	4 credits
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**Subtotal: 14 credits**

**Total: 60 credit hours**

### Summary Overview

Master Program-prior learning	60 credit hours
Psy.D. coursework	60 credit hours

**Total: 120 credit hours**

### Residency Overview

First Year	240 hours
Second Year	120 hours
Third Year	60 hours

**Total: 420 hours**

## Fall, Spring, and Summer Terms of the Third Year

Single day meetings on weekends twice a semester in the third year

A Pre-doctoral Internship (1500 hours, at least 375 face to face client hours), may be in Alaska or elsewhere



# Admission Procedures

1. - Fill out application and request certified transcripts be sent for all graduate work.  
**For licensure track:** Completion of a 60-hour Master's degree in counseling or related field is required.  
**For non-licensure track:** Completion of 60 hours of graduate work that provides a base of understanding necessary to undertake the Psy.D. is required. Graduate courses typically include *abnormal psychology, personality theories, developmental psychology, statistics, and research methods*.
2. - Current Professional CV or Resume
3. - Three letters of reference
4. - A one or two page autobiography
5. - An essay is required. Please see application packet for the specific questions to address.
6. Sample of professional writing that demonstrates ability to use citations/ references to support arguments.
7. If licensed as a counselor or mental health provider, provide proof of the licenses and a statement that no actions have been taken against you. If there have been license actions against you, please explain the circumstances and the resolution.

## Admission Process

The Admissions Committee will begin reviewing applications on February 1. Only completed applications will be processed and reviewed.

Applicants selected for an interview will be contacted by the Admissions Committee by phone or by mail.

After successful completion of the interview, the applicant will be requested to provide authorization for a background check. Full admission will be granted based on favorable results of this check.

There will be an orientation day in March and the residency will begin in May.

## Financial Aid

The amount of financial aid for which you are eligible is based upon your cost of tuition as well as your total cost of attendance (tuition, books, and living allowance). Complete the FAFSA application online: [www.fafsa.ed.gov](http://www.fafsa.ed.gov). Enter the Alaska Pacific University school code, 001061. Assistantships may be available on a competitive basis to cover some of the tuition expense. Doctoral assistantships may be awarded through the Psychology Department.

**Please contact our Financial Aid Office for current information on tuition and payment options: [SFS@alaskapacific.edu](mailto:SFS@alaskapacific.edu) • (907) 564-8341**



For more information visit  
[www.alaskapacific.edu](http://www.alaskapacific.edu)  
or call 907-564-8248  
or toll free: 800-252-7528.

APU's Psychology  
Doctorate program is a  
workforce development  
partner with the Alaska  
Mental Health Trust  
Authority.

