

BEHAVIORAL HEALTH AND COUNSELING PSYCHOLOGY, CERTIFICATE

Requirements for an undergraduate certificate may be completed at any campus location offering the specified courses for the certificate.

Program Description

This 15 credit certificate provides the core information and competencies for students interested in pursuing a position in behavioral health and clinical or counseling psychology. It will be attractive to both psychology majors interested in pursuing clinical psychology and adult students taking courses part time for career advancement. This may also serve as the gateway to a minor or major in psychology. It is consistent with psychology program goals to develop clear career tracks for current students in clinical and counseling psychology.

What is Behavioral Health and Counseling Psychology?

Behavioral health and counseling psychology is an applied field of psychology and counseling that helps people to improve their functioning, both as individuals and in their relationships with others. Clinical and counseling psychologists help people with physical and mental health issues to improve their well-being, reduce stress, and resolve crises.

You Might Like This Program If...

- You are a Psychology major interested in a psychology, counseling, or social work career.
- You are in an applied health career and want to learn more about mental health and counseling.
- You want to work with people using cognitive, behavioral, or emotion regulation techniques.
- You would like to help people who struggle with a mental illness.

Program Requirements

To earn an undergraduate certificate in Behavioral Health and Counseling Psychology, a minimum of 15 credits is required.

Code	Title	Credits
Prescribed Courses		
PSYCH 270	Introduction to Abnormal Psychology	3
PSYCH 481	Introduction to Clinical Psychology	3
PSYCH 495	Internship	3
In addition to the 9 credits of coursework listed, students may choose any two (6 credits) of the following:		6
PSYCH 238	Introduction to Personality Psychology	
PSYCH 243	Introduction to Well-being and Positive Psychology	
PSYCH 404/ EDPSY 450	Principles of Measurement	
PSYCH 423	Social Psychology of Interpersonal/Intergroup Relationships	
PSYCH 470	Abnormal Psychology	

PSYCH 471	Psychology of Adjustment and Social Relationships
PSYCH 473	Behavior Modification
PSYCH 474	Psychological Intervention in Childhood
PSYCH 476	Child Psychopathology
PSYCH 477	Mental Health Practicum with Children
PSYCH 478	Clinical Neuropsychology

Prerequisites Required.

Certificate Learning Objectives

- **Knowledge of Psychological Disorders:** Describe the symptoms and causes (etiology) of psychological disorders.
- **Approaches in Clinical and Counseling Psychology:** Compare the major theoretical orientations and related treatment approaches in clinical and counseling psychology.
- **Process of Clinical Practice:** Explain the process of clinical assessment, case formulation, treatment planning, and clinical treatment.
- **Client Populations:** Apply theoretical and research knowledge in observations of and interactions with client populations.

Academic Advising

The objectives of the university's academic advising program are to help advisees identify and achieve their academic goals, to promote their intellectual discovery, and to encourage students to take advantage of both in-and out-of class educational opportunities in order that they become self-directed learners and decision makers.

Both advisers and advisees share responsibility for making the advising relationship succeed. By encouraging their advisees to become engaged in their education, to meet their educational goals, and to develop the habit of learning, advisers assume a significant educational role. The advisee's unit of enrollment will provide each advisee with a primary academic adviser, the information needed to plan the chosen program of study, and referrals to other specialized resources.

READ SENATE POLICY 32-00: ADVISING POLICY (<https://senate.psu.edu/policies-and-rules-for-undergraduate-students/32-00-advising-policy/>)

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Career Paths

The certificate in Behavioral Health and Counseling Psychology can be pursued by Penn State Behrend undergraduate students and as

a stand-alone credential for nondegree students. It is attractive to students interested in pursuing graduate education in clinically related areas and to adults taking courses part-time for career advancement.

This certificate provides core competencies for students interested in pursuing a position in behavioral health and clinical or counseling psychology. Abnormal psychology coursework offers an overview of the types and causes of psychological disorders, while clinical psychology classes focus on the assessment and treatment of psychological disorders.

<https://schuylkill.psu.edu/academics/degrees/bacc-degrees/psychology>
(<https://schuylkill.psu.edu/academics/degrees/bacc-degrees/psychology/>)

Careers

Behavioral and counseling psychologists frequently specialize in the types of clients they treat. Children, adolescents, couples, family, and group therapy are common specializations. Or, they may concentrate their practice in crisis intervention, disaster, or trauma management. Some practitioners are institution-based, working in hospitals, clinics, schools, universities, or prisons.

MORE INFORMATION ABOUT POTENTIAL CAREER OPTIONS FOR GRADUATES WITH A CERTIFICATE IN BEHAVIORAL HEALTH AND COUNSELING PSYCHOLOGY (<http://behrend.psu.edu/school-of-humanities-social-sciences/academic-programs-1/certificate-programs/behavioral-health-and-counseling-psychology-certificate/>)

Opportunities for Graduate Studies

Clinical practice of behavioral health and counseling psychology requires education beyond a bachelor's degree. Penn State Behrend offers a Master of Arts degree program in Applied Clinical Psychology that includes optional preparation for the Licensed Professional Counselor (LPC) credential. Penn State Behrend also offers a graduate certificate in Trauma-Informed Psychotherapy that pairs with the M.A. in Applied Clinical Psychology.

MORE INFORMATION ABOUT OPPORTUNITIES FOR GRADUATE STUDIES (<http://behrend.psu.edu/school-of-humanities-social-sciences/academic-programs/master-of-applied-clinical-psychology/>)

Professional Resources

- American Psychological Association (<https://www.apa.org/>)
- American Counseling Association (<https://www.counseling.org/>)

Contact

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