

The Department of PSYCHOLOGY



"In my 55-year affiliation with the Psychology program at Point Loma Nazarene University, I believe the present faculty, the curriculum, and the administrative support have created the finest Department of Psychology ever."

~ Eugene Mallory, Professor Emeritus of Psychology

OBJECTIVES

- To develop mature personalities in students, so they will be able to meet problems of adjustment with realism and intelligence;
- To integrate the religious faith of students with the study of psychology;
- To prepare students who plan to undertake graduate study in psychology to enter careers related to mental health such as marriage and family counseling, clinical psychology, community psychology, and health psychology;
- To educate students who plan to enter careers in non-mental health-related fields such as ministry, business, medicine and law.

TRADITION OF EXCELLENCE...

The Department of Psychology at Point Loma Nazarene University emphasizes several features in striving for excellence in undergraduate education. The department's practicum program allows juniors and seniors to obtain training in specific psychological skills through a community mental health or social service agency. Supervised by an agency representative and a psychology professor, this program is an effective way for Psychology majors to complement course work with real world experience. Point Loma also offers classes designed to deal with the integration of psychology and the Christian faith. These courses give students an opportunity to think through issues related to personal faith and topics in psychology. Additionally, all students are encouraged to become part of a research project with qualified faculty that potentially may be presented at a national or regional psychology conference. The Department also maintains an active Psi-Chi organization (local and National Honor Society) that sponsors presentations in the field as well as preparatory workshops for those interested in graduate school. The Psychology Club meets several times throughout the semester for special social events and presentations.

STEP INTO YOUR FUTURE...

It is the goal of the faculty that all students desiring to pursue graduate studies be prepared to do so and to present a strong graduate application. Such an application results from a Department that emphasizes areas foundational to entrance and success in graduate school. In addition to strong academic achievement, these include practicum experience, research experience, and sufficient contact with faculty that allows a student to earn a credible letter of recommendation. Recent alumni surveys indicate that over one-half of PLNU Psychology majors eventually receive a graduate degree of some kind, one-third of those within one to three years of graduating from PLNU. When these graduates were asked about their level of satisfaction with the preparation received at Point Loma, over ninety-five percent reported that they were very satisfied or satisfied. There is a strong tradition of excellence in the Department of Psychology at PLNU able to prepare you for your next step into the future.

FACULTY

- Simmons Ballinger, Ph.D.
University of California, Los Angeles
- Holly Irwin-Chase, Ph.D.
University of Louisville
- G. Michael Leffel, Ph.D.
University of Illinois, Champaign-Urbana
- Kim W. Schaeffer, Ph.D.
University of Oklahoma Health Science Center
- Brad D. Strawn, Ph.D.
Fuller Theological Seminary
- John T. Wu, Ed.D.
Harvard University School of Education

Psychology MAJOR

LOWER-DIVISION REQUIREMENTS FOR ALL PSYCHOLOGY MAJORS

| COURSE # | TITLE | UNITS |
|----------|--|-------|
| PSY 101 | Psychology of Personal Development | 4 |
| PSY 103 | General Psychology | 3 |
| PSY 201 | Intro to Methods and Measurement in Psychology | 3 |
| MTH 203 | Intro to Statistics | 3 |
| TOTAL | | 13 |

UPPER-DIVISION REQUIREMENTS FOR ALL PSYCHOLOGY MAJORS

| COURSE # | TITLE | UNITS |
|--------------------------------|---|-------|
| PSY 322 | History of Psychology | 2 |
| PSY 330 | Theories of Personality | 3 |
| PSY 350 | Clinical and Research Assessment | 3 |
| PSY 401 | Experimental Design | 4 |
| PSY 409 | Psychology of Cognition and Learning | 4 |
| <i>Select one course from:</i> | | |
| PSY 305 | Developmental Psychology: Childhood | 3 |
| PSY 306 | Developmental Psychology: Adolescence | 3 |
| PSY 307 | Developmental Psychology: Adulthood and Aging | 3 |
| TOTAL | | 25 |

Concentration: General Psychology

UPPER-DIVISION REQUIREMENTS

- Fifteen units of psychology electives

Concentration: Therapeutic and Community Psychology

UPPER-DIVISION REQUIREMENTS

| COURSE # | TITLE | UNITS |
|----------|--|-------|
| PSY 301 | Physiological and Neuropsychology | 4 |
| PSY 321 | Abnormal Psychology | 3 |
| PSY 340 | Intro to Counseling/Clinical Interventions | 3 |
| PSY 370 | Theories of Individual Psychotherapy OR | |
| PSY 380 | Family Development and Family Therapies | 3 |
| PSY 410 | Issues in Psychotherapy-Theology Integration OR | |
| PSY 420 | Moral Development and Religious Experience | 3 |
| TOTAL | | 19 |

RECOMMENDED ELECTIVES

| COURSE # | TITLE | UNITS |
|----------|----------------------------|-------|
| PSY 320 | Social Psychology | 3 |
| PSY 341 | Group Counseling OR | |
| PSY 345 | Group Dynamics | 3 |
| PSY 360 | Human Sexuality | 3 |
| PSY 470 | Practicum in Psychology | 3-4 |

Pre-Therapeutic Psychology MINOR

This minor is for non-Psychology majors who desire an introductory exposure to therapeutic psychology. It is especially suited for individuals who plan to enter careers in social services, for example, ministry, nursing, medicine, or social work. The student must complete the courses listed below (a minimum of 16 units).

| COURSE # | TITLE | UNITS |
|----------------|--|-------|
| PSY 101 | Psychology of Personal Development OR | |
| PSY 103 | General Psychology | 3-4 |
| PSY 321 | Abnormal Psychology | 3 |
| PSY 340 | Intro to Counseling/Clinical Interventions | 3 |
| PSY 341 | Group Counseling OR | |
| PSY 345 | Group Dynamics | 3 |
| PSY 410 | Issues in Psychotherapy-Theology Integration OR | |
| PSY 420 | Moral Development and Religious Experience | 3 |
| <i>One of:</i> | | |
| PSY 305 | Developmental Psychology: Childhood | 3 |
| PSY 306 | Developmental Psychology: Adolescence | 3 |
| PSY 307 | Developmental Psychology: Adulthood and Aging | 3 |
| FCS 150 | Human Development | 3 |
| TOTAL | | 18-19 |

If a student needs more units to complete the minor (due to double-counting), the student chooses between Psychology 370 or Psychology 380.

Industrial-Organizational Psychology

INTERDEPARTMENTAL MAJOR

This Psychology-Business major is designed for those who wish to enter the job market in fields of management, personnel, and research at the Bachelor of Arts level. Offered jointly by the Departments of Psychology and Accountancy, Business, and Economics.

LOWER-DIVISION REQUIREMENTS

| COURSE # | TITLE | UNITS |
|----------|--|-------|
| PSY 103 | General Psychology | .3 |
| PSY 201 | Intro to Methods and Measurement in Psychology | .3 |
| MTH 203 | Intro to Statistics | .3 |
| ECO 101 | Principles of Economics I | .3 |
| ECO 102 | Principles of Economics I | .3 |
| | TOTAL | 1.5 |

UPPER-DIVISION REQUIREMENTS

| COURSE # | TITLE | UNITS |
|-------------------------|--|-------|
| PSY 374/ | Industrial and Organizational Psychology | .4 |
| BUS 374 | Psychology | .4 |
| BUS 312 | Principles of Management | .4 |
| BUS 332 | Principles of Marketing | .4 |
| PSY 345 | Group Dynamics | .3 |
| PSY 350 | Clinical and Research Assessment | .3 |
| PSY 401 | Experimental Design | .4 |
| PSY 409 | Psychology of Cognition and Learning | .4 |
| <i>One course from:</i> | | |
| PSY 301 | Physiological and Neuropsychology | .4 |
| PSY 320 | Social Psychology | .3 |
| PSY 411 | Emotion and Motivation | .2 |
| | TOTAL | 28-30 |

Psychology COURSES

PSY 101 (4) PSYCHOLOGY OF PERSONAL DEVELOPMENT - GE

Introduction to theories and issues in psychology as these relate to the student's own level of need to develop socially, mentally, and spiritually. Attitudes and skills which contribute to academic success; specifically understanding Point Loma as an academic, religious, and social culture, will have special focus. Colloquium, lectures, and small group laboratory experiences will be used. Enrollment is restricted to first-time freshmen. Others should take Psychology 103.

PSY 103 (3) GENERAL PSYCHOLOGY - GE

A survey of psychology as an empirical/behavioral science. Topics include biological correlates of behavior, learning, cognition, emotion, motivation, personality, assessment, development, psychopathology, psychotherapy, and social psychology.

PSY 201 (3) INTRODUCTION TO METHODS AND MEASUREMENT IN PSYCHOLOGY

Students will gain experience in methods of data collection, management, and analysis.

Prerequisite: Psychology 103.

PSY 270 (2-4) CAREER EXPLORATION

Students are placed in local mental health or social service agencies to obtain direct exposure in the field. The goal is to help them evaluate their career options and direction. May be repeated up to six units. Graded Credit/No Credit.

Prerequisites: Consent of instructor and approval of departmental faculty.

PSY 301 (4) PHYSIOLOGICAL AND NEUROPSYCHOLOGY

A study of the anatomical and physiological bases of mental events and behavior.

Prerequisites: Psychology 103 and 201, or consent of instructor.

PSY 305 (3) DEVELOPMENTAL PSYCHOLOGY-CHILDHOOD

A systematic study of the infant and child's physical, social, emotional, and cognitive development.

PSY 306 (2) DEVELOPMENTAL PSYCHOLOGY-ADOLESCENCE

A systematic study of the adolescent's physical, social, emotional, and cognitive development.

PSY 307 (3) DEVELOPMENTAL PSYCHOLOGY-ADULTHOOD AND AGING

Systematic study of early, middle, and late adult stages. Covers life from end of adolescence through retirement and coping with death.

PSY 320 (3) SOCIAL PSYCHOLOGY

A study of the theories and methods of social interactions in the development of personal and group behavior. Topics will include attitudes, communication, and pro-social and anti-social behaviors.

PSY 321 (3) ABNORMAL PSYCHOLOGY

Study of etiology, assessment, diagnosis, and treatment of various forms of abnormal behavior from various psychological perspectives.

Prerequisite: One of Psychology 103, 305, 306, 307, Family and Consumer Sciences 150 or consent of instructor.

PSY 322 (2) HISTORY OF PSYCHOLOGY

A survey of the history of psychology with emphasis upon scientific and systematic theoretical developments.

Prerequisites: Psychology 103 and 201.

PSY 330 (3) THEORIES OF PERSONALITY

A careful study of systematic approaches to personality, emphasizing the importance of developing a capacity for critical evaluation.

**PSY 340 (3) INTRODUCTION TO COUNSELING/
 CLINICAL INTERVENTIONS**

Introduces students to the changing fields of counseling/clinical psychology covering three types of therapeutic-based intervention fields. Social-community interventions emphasize the role of therapist as consultant in community settings. Individual-systems interventions introduces traditional individual and family therapy thinking, and the role of therapist as consultant to life development and family transition processes. Biopsychosocial interventions include health psychology and behavioral medicine applications, drug/alcohol prevention and treatment, and psychosocial rehabilitation. Overall focus is on how therapists are able to use therapeutic knowledge in a variety of settings.

PSY 341 (3) GROUP COUNSELING

An introductory survey of theories used to modify, ameliorate, or change personal behavior using group methods. Laboratory experiences required. May be repeated once.

Prerequisite: Consent of instructor.

PSY 345 (3) GROUP DYNAMICS

A laboratory learning experience in the formation and development of small group processes with emphasis upon understanding the effects of individual dynamics on the group.

Prerequisite: Consent of instructor.

PSY 350 (3) CLINICAL AND RESEARCH ASSESSMENT

A detailed study of selected psychological assessment instruments used in clinical and research settings. Emphasis is placed on reliability and validity, as well as selection of tests for diagnosis, treatment planning, and research.

Prerequisites: Psychology 201 and Mathematics 203.

PSY 360 (3) HUMAN SEXUALITY

Survey of behavioral, personality, and psychobiological components of human sexuality, with emphasis upon delineation of facts from sexual myths, social context, and values.

Open to non-Psychology majors; Psychology 103 not required.

PSY 370 (3) THEORIES OF INDIVIDUAL PSYCHOTHERAPY

Overview of the major theories of individual psychotherapy and applications to child, adolescent, and adult client populations. Includes cognitive-behavioral, humanistic-existential, and psychoanalytic-psychodynamic individual therapy treatment models. Emphasizes how psychotherapeutic principles of change can also be applied in social-community and biopsychosocial consultation settings.

Prerequisites: Psychology 321 and Psychology 340, or consent of instructor.

**PSY 374 (4) INDUSTRIAL AND ORGANIZATIONAL
 PSYCHOLOGY**

A study of organizational behavior, selection procedures, performance appraisal, human factors, engineering, and consumer behavior applications of psychological theory and research.

Prerequisites: Mathematics 203, and either Business 312 or Psychology 201.

**PSY 380 (3) FAMILY DEVELOPMENT AND FAMILY
 THERAPIES**

Introduction to the normative stages and crises affecting families over the life span, and to the major theories of family and marital psychotherapy. Emphasis on how various models work with relational systems to facilitate development through times of crisis and developmental transition. Also focuses on therapeutic issues of substance abuse, and on legal issues involved in child, spousal, and elder abuse. Family developmental theories are applied to community organizations in order to assist students in understanding how system principles are used in community consultation.

Prerequisites: Psychology 321 and Psychology 340, or consent of instructor.

PSY 401 (4) EXPERIMENTAL DESIGN

Study of the design of research in psychology and the use of statistics. Practice in the integration of design and statistics is included. Students undertake a significant research project.

Prerequisites: Psychology 201 and Mathematics 203, or consent of instructor.

**PSY 409 (4) PSYCHOLOGY OF COGNITION AND
 LEARNING**

A study of the major theories and empirical findings in the fields of cognition and learning, as well as practical applications to human behavior. Laboratory activities may be included.

Prerequisites: Psychology 103 and 201, or consent of instructor.

**PSY 410 (3) ISSUES IN PSYCHOTHERAPY–THEOLOGY
 INTEGRATION**

More detailed study of issues involved in the integration of theological insights and psychotherapy approaches within the therapeutic setting. Includes an overview of the historical relationship between religion and psychotherapy, differing models of the therapeutic relationship, and various models for integrating psychotherapeutic theory with theological world views. Introduces specific issues that arise in conducting therapy with religious persons, including criteria for evaluating healthy and unhealthy forms of religious belief.

Prerequisites: Psychology 321 and Psychology 340, or consent of instructor.

PSY 411 (2) EMOTION AND MOTIVATION

A study of the leading theories, empirical findings, and basic principles related to emotional and motivational processes.

Prerequisite: Psychology 103.

PSY 420 (3) MORAL DEVELOPMENT AND RELIGIOUS EXPERIENCE

Psychological and theological studies of the meaning of moral character and of the relationship between processes of moral development, religious faith, and the experience of God. Emphasis is placed on understanding moral developmental determinants of religious experience, and on the application of psychotherapeutic principles in facilitating moral character change. A multi-disciplinary approach is taken to encourage integrative scholarship in the areas of faith development, spiritual formation, and character change. Integration within the Wesleyan theological tradition is emphasized. Open to students who are not Psychology majors.

Prerequisites: Psychology 101 or 103 and Bible 101 or 102.

PSY 430 (2-4) CONTEMPORARY TOPICS IN**PERSONALITY AND CLINICAL PSYCHOLOGY**

A detailed study of selected topics of interest in contemporary personality/clinical psychology. Course is designed to help students develop a research interest and begin independent study. Topics studied in recent years include: narrative theory, personality disorders, attachment theory, autobiographical memory, transference theory. Seminar format. Students completing sophomore or junior years especially encouraged. Offered summers only.

Prerequisite: Consent of instructor.

PSY 470 (3-4) PRACTICUM IN PSYCHOLOGY

Students are placed in local mental health or social service agencies to obtain training in specific psychological skills. May be repeated up to seven units. Graded Credit/No Credit.

Prerequisites: Consent of instructor and approval of department faculty.

PSY 490 (1-3) SPECIAL STUDIES IN PSYCHOLOGY

Detailed study of selected individual topics in psychology. Designed for advanced students to go deeply into an area not included in the curriculum. May be repeated up to six units.

Prerequisite: Consent of instructor.

PSY 499 (1-4) RESEARCH IN PSYCHOLOGY

Open to students of proven ability. Designed for students to undertake a significant self-initiated research project. May be repeated up to six units.

Prerequisites: Consent of instructor and approval of department faculty.

142**Psychology**