

# PSYCHOLOGY (PSYC)

## **PSYC 101 Introduction to Psychology** 3 Credits

Grade Mode: Standard Letter, Audit/Non Audit

This course introduces engineering undergraduates to the fundamental principles of psychology. Covering key topics such as cognitive processes, emotional regulation, development, social behavior, and mental health, students will gain a comprehensive understanding of human behavior and mental functions. Emphasizing the relevance of psychological concepts in engineering, the course explores how psychological principles can enhance problem-solving, team collaboration, and user-centered design. Through lectures, discussions, and practical assignments, students will develop critical thinking skills and an appreciation for the psychological factors influencing human interactions and technological advancements.

## **PSYC 600 Introduction to Psychology in the Islamic Tradition** 3 Credits

Grade Mode: Standard Letter, Audit/Non Audit

This course explores the Islamic intellectual heritage in relation to psychology. It familiarizes students with classical Islamic scholarly literature, drawing from primary sources such as Tibb, Falsafa, Tasawwuf, Kalam, and Fiqh. The course combines lectures, reading original texts with commentary, classroom discussions, and critical thinking exercises. It emphasizes comparative analysis between classical Islamic texts and modern psychology, encouraging students to examine convergence and divergence, and explore potential theoretical developments and clinical applications through critical thinking and synthesis of disparate knowledge.

## **PSYC 601 Foundations of Islamic Sciences** 3 Credits

Grade Mode: Standard Letter, Audit/Non Audit

This course introduces the foundations of Islamic sciences, providing students with a comprehensive understanding of core disciplines. It covers the aims, scope, and methods of each discipline, including Quran, Hadith, Islamic law, Discursive theology (Kalam), and the science of Islamic spirituality (Tasawwuf). Auxiliary sciences like philosophy, logic, and medicine will also be discussed. The course explores connections between these Islamic disciplines and the field of psychology, enabling students to grasp the interplay between them. It serves as a foundational knowledge base for understanding Islamic sciences and their relationship to psychology.

## **PSYC 602 Psychopathology & Diagnosis** 3 Credits

Grade Mode: Standard Letter, Audit/Non Audit

This course will introduce participants to the assessment, diagnosis, and treatment of mental disorders as defined by the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition, DSM-5, (2013) classification system. In addition to differential diagnosis using the DSM-5, the course will address the current understanding of etiology, prevention, and treatment issues related to psychopathology.

## **PSYC 603 Appraisal & Psychological Assessment Methods** 3 Credits

Grade Mode: Standard Letter, Audit/Non Audit

This course covers psychological and cognitive assessment techniques, including standardized and non-standardized methods like norm-referenced and criterion-referenced assessment, performance assessment, environmental assessment, tests, inventories, psychological testing, behavioral observations, and clinical interviewing. It aims to develop students' skills in creating psychological/cognitive profiles for clients, integrating data from different assessment methods to address diagnostic and referral questions, and writing comprehensive reports suited to the referring source's needs.

## **PSYC 604 Introduction to Psychotherapy & Counseling Theories** 3 Credits

Grade Mode: Standard Letter, Audit/Non Audit

This course provides an overview of counseling theories and practices, emphasizing their philosophical and theoretical foundations. It explores mainstream counseling theories and then delves into Islamically integrative orientations to psychotherapy, including Islamic epistemology and an ontological framework of the human psyche. Students will learn how to conceptualize and treat psychological disorders using Islamically integrative models, targeting cognitive, behavioral, spiritual, and emotional aspects of the human psyche. Concrete skills and therapeutic goals related to Islamic cognitive restructuring, behavioral reformation, spiritual growth, and emotional regulation will be demonstrated.

## **PSYC 605 Cross-Cultural Psychotherapy** 3 Credits

Grade Mode: Standard Letter, Audit/Non Audit

This course focuses on client diversity and challenges cultural biases in mental health services. It examines ethnographic, demographic, and status variables and explores multicultural psychotherapy models, cultural identity development, and the impact of culture on psychopathology, health, well-being, and service delivery. Students learn skills for cultural attunement, adapting interventions, and considering cultural factors in diagnosis and assessment. The course aims to promote awareness and sensitivity to diverse populations, ensuring culturally appropriate and effective mental health care.

## **PSYC 606 Group Therapy** 3 Credits

Grade Mode: Standard Letter, Audit/Non Audit

This course explores the fundamental principles of group dynamics and their application in group therapy. It examines the formation, sustainability, and dynamics of groups, as well as how change is facilitated by the group leader. The course covers the different phases of group development, including factors such as composition, structure, selection, preparation, and overall group process. While focusing on general group concepts, the course also explores various theoretical approaches to group therapy. An experiential component is included, allowing students to participate in a group process experience as members, enhancing their learning and understanding.

**PSYC 607 Ethics, Professional & Legal Issues in Psychology****3 Credits**

Grade Mode: Standard Letter, Audit/Non Audit

This course examines the ethical and legal aspects of psychology and counseling. It covers various domains, including ethical guidelines, mental health laws, ethical case studies, and best practices. Students will learn about Islamic ethical guidelines and the conduct expected of mental health practitioners. The course explores ethical dilemmas that arise at the intersection of Islamic values and international professional codes of ethics, emphasizing strategies for reconciliation. Students will reflect on and develop their professional identity as mental health care providers throughout the course.

**PSYC 608 Career & School Counseling****3 Credits**

Grade Mode: Standard Letter, Audit/Non Audit

This course provides an introduction to career and school counseling, covering theories, assessment tools, and their application in various educational and vocational settings. It includes career development theories, vocational counseling, decision-making models, career planning, and sources of educational and occupational information. The course also explores mental health needs of students in different school settings, including etiology, symptomology, treatment approaches, and crisis intervention strategies. Additionally, it covers socio-emotional program development, curriculum consultation, and strategies for supporting students' well-being in early childhood, elementary, middle, and high school settings.

**PSYC 609 Substance Abuse and Addictions****3 Credits**

Grade Mode: Standard Letter, Audit/Non Audit

This course is designed to provide a supportive, structured learning environment for acquiring substance use and addictive behavior counseling skills. The course will provide students with an understanding of correlates of physiological and psychological effects of drugs and the significance of treatment planning in diverse settings. It will help student use the knowledge of individual, group, and family counseling strategies as they are applied to behavior change and relapse prevention. Students will learn about the diagnostic criteria of substance use and addictive behavior, models of etiology, and approaches to treatment.

**PSYC 690 Project****6 Credits**

Grade Mode: Pass/Non Pass

Students will be expected to complete a project.

**PSYC 691 Internship****6 Credits**

Grade Mode: Pass/Non Pass

This internship is a capstone experience designed to provide mental health counseling students opportunities to use and apply the knowledge, concepts and skills acquired in their graduate program. Interns take on the role(s) of a counselor at their placement site(s). They will engage in a full range of activities, including intake, assessment, diagnosis, and individual and group counseling. Six hundred on-site clock hours are required, and weekly faculty supervision is provided on an individual and group basis, as well as on-site supervision by a licensed practitioner. Students receive a Pass/Fail grade for course.

**PSYC 695 Master Thesis Hour's****1-6 Credits**

Grade Mode: Pass/Non Pass

Students will be expected to conduct a thesis. They will develop a research question, identify aims, and select appropriate methods informed by the research methods class in order to answer their research questions.

**PSYC 697 Practicum****1 Credit**

Grade Mode: Pass/Non Pass

This initial practicum is an introductory experience field placement designed to provide counseling psychology students opportunities to begin to use and apply the knowledge, concepts and skills acquired in their graduate program. Interns take on the role(s) of a psychotherapist at their placement site(s). They will engage in an initial range of activities, including intake, assessment, diagnosis, and begin some therapy sessions. One hundred (100) on-site clock hours are required, and weekly faculty supervision is provided on an individual and group basis, as well as on-site supervision by a licensed practitioner. Students receive a Pass/Fail grade for course.

**PSYC 700 Marital and Family Therapy****3 Credits**

Grade Mode: Standard Letter, Audit/Non Audit

This course provides an overview of the development and conceptualizations of marital and family therapy. It explores different theories used in the field, including various schools of family therapy, and addresses current trends and issues in marriage and family therapy with a specific focus on the Muslim family. The course examines Islamic Family and marital therapy models, emphasizing the reinforcement of Islamic family values and the integration of Islamically oriented strategies and interventions to enhance marriages and strengthen the family unit.

**PSYC 702 Advanced Techniques & Interventions****3 Credits**

Grade Mode: Standard Letter, Audit/Non Audit

This advanced course expands on the Introduction to Psychotherapy & Counseling Theories, focusing on Islamically-integrated psychotherapy. Students explore the practical application of these principles in different therapeutic contexts and pathologies using case vignettes. They engage in discussions, present their own cases, and collaborate on treatment goals. The course emphasizes the development of integrative skills and techniques for addressing psychological disorders within an Islamic framework. Advanced interventions targeting cognition, behavior, spirit, and emotions are covered, including adaptations of mainstream and Islamic approaches. Complex case demonstrations and the nuances of providing psychological care within an Islamic context are explored, and hands-on components enhance the learning experience.

**PSYC 703 Human Growth & Development****3 Credits**

Grade Mode: Standard Letter, Audit/Non Audit

This course covers the comprehensive development of individuals across the lifespan, encompassing physical, cognitive, social, emotional, spiritual, and moral aspects. The influence of significant contexts such as family, schools, cultures, and peer groups on development is explored. Students will gain insights into major life transitions and an extensive understanding of development within each stage. The course incorporates major theoretical perspectives from developmental and Islamic psychology. It also focuses on culturally appropriate interventions and assessments supported by research to promote the growth and development of clients in psychotherapy. Practical applications in the helping professions are integrated into both readings and in-class content.

**PSYC 707 Research and Program Evaluation****3 Credits**

Grade Mode: Standard Letter, Audit/Non Audit

This course introduces students to quantitative and qualitative research methods in counseling psychology. It covers the language, tools, and principles of various research methods, statistics, and program evaluation. Topics include needs assessments, survey and interview data collection, statistical analysis, and Islamic epistemology for interpreting data in counseling psychology research. The course emphasizes the grading and evaluation of self-report data, with a focus on research tools validated in Muslim populations. Students will gain skills in identifying, appraising, reconciling, and interpreting data to address research questions in counseling psychology.