



## **Notification of Request for Authorization under the Degree-Granting Institutions Act**

**Date posted:** August 5, 2016  
**Institution:** Antioch University  
**Current status:** Authorized to offer degree programs in Washington State  
**Nature of request:** Authorization to an additional degree program at its Seattle campus  
**Proposed programs:** Bachelor of Arts in Health Counseling and Psychology  
**Location:** 2326 Sixth Avenue  
Seattle, WA 98121

### **Background:**

Antioch University is a private institution based in Yellow Springs, OH. It has been authorized to offer degree programs at its Seattle campus since 1980. It has been accredited by the North Central Association – Higher Learning Commission since 1927.

### **Nature of the review:**

Prior to granting authorization to offer new degree programs in Washington State, the Washington Student Achievement Council/Degree Authorization reviews elements such as program outcomes, course requirements, method of course delivery, faculty credentials, and student services.

The program to be offered by Antioch University appears to meet the requirements of the Degree-Granting Institutions Act.

Information on the additional program can be found at the end of this notice.

### **Timeline:**

The WSAC will accept comments on this application until August 19, 2016.

Any individuals with knowledge that may indicate the institution and/or the program does not meet the authorization requirements of WAC 250-61 are requested to submit comments to:

[Degree Authorization](#).

If you would like to know more about the current law and regulations that govern the program, they can be found at the following links: the statute is [RCW 28B.85](#) and the regulation is [WAC 250-61](#).

## **Bachelor of Arts in Health Counseling and Psychology**

### Introduction

The B.A. in Health Counseling and Psychology at Antioch University Seattle is a professional preparation degree embedded within a liberal arts undergraduate framework. In the major students undertake foundational coursework in psychology, health sciences, mind-body integration, and counseling as well as basic research skills and clinical fieldwork, toward an understanding and promotion of physical health and wellbeing. The program addresses biological, social and behavioral factors of health, as well as how culture, geography, race and experiences can factor into physical wellness. Students completing the major can will gain the following competencies:

- Develop an understanding and appreciation of the complex interplay between one's physical well-being and a variety of biological, psychological, and social factors.
- Learn how psychological research methods, theories, and principles can be applied to enhance biomedical approaches for promoting health and treating illness.
- Learn the nature of the stress response and its impact on the etiology and course of many health problems.
- Apply foundational counseling skills to assist individuals in coping with psychosocial stress while increasing wellbeing.
- Develop skills for designing wellness programs to improve personal health habits and lifestyles.
- Acquire an understanding of the perspective of the individual in dealing with symptoms and complex healthcare systems and settings.
- Understand the impact that chronic, disabling, or life-threatening illnesses have on patients and their families.
- Discover how psychological principles and counseling methods and can be applied to help patients manage and cope with chronic illness.

Upon completion of the B.A. in Health Counseling and Psychology, graduates will be prepared to work in the fast-growing applied healthcare sector with employment opportunities in hospitals, public health agencies, insurance companies, community organizations, and research laboratories. An emphasis area in Addiction Studies prepares students to also work as chemical dependency providers and prevention specialists; whereas an emphasis area in Wellness Counseling provides opportunities to work in a variety of clinical settings in promoting health wellness and stress management programs. Graduates can also use the degree to pathway into graduate degrees at AUS in Clinical Mental Health Counseling, Couples and Family Therapy, Art Therapy and/or Drama Therapy.

## Admissions Requirements

Applicants to the B.A. in Health Counseling and Psychology are expected to have the following:

- A minimum of 36 transferable credits
- Upper division writing and critical thinking skills
- Strong aptitude to work collaboratively with others in an interactive learning environment
- Interest in pursuing career paths and/or graduate study related to health counseling and psychology

## Degree Credits:

As this is a degree completion program, a minimum of 36 transfer credits is required. The degree requires a total of 180-quarter credits; a maximum of 120 lower division credits, plus a minimum of 60 upper division credits. A minimum of 45 residency credits must be earned at Antioch. Degree requirements can be met with a combination of transfer credits, prior learning credits (documented learning from life experience, maximum of 45) and current Antioch University Credits.

## Shared Student Learning Outcomes:

Graduates of the B.A. with a major in Health Counseling and Psychology can expect to evidence the Shared Learning Outcomes common to all AU undergraduate programs:

1. Application of critical thinking and creative problem solving (Critical Thinking)
2. Articulation and understanding of multiple and diverse perspectives, within a global context (Diverse Perspectives)
3. Analysis of social justice issues (Social Justice)
4. Application of abstract knowledge to practical experience and concrete issues (Applied Learning)
5. Demonstration of effective communication (Communication)
6. Demonstration of increased self-awareness through critical reflection (Self-awareness)

## General Education Requirements & Liberal Arts Core Competencies

To meet the general education requirements each student must take minimum of 6 quarter credits in each of Communication, Arts & Humanities, Science & Qualitative Reasoning, and the Social Sciences.

In addition, each student must present evidence by graduation of competency in 12 liberal arts areas. Through a portfolio of sample papers, presentations, artwork, narratives of life experience and other forms of learning, students demonstrate college level competence in:

Critical Thinking, Communication, Creativity, Reflective Practice, Self-Awareness, Social Responsibility, Dialogue, Collaboration, Multiple Lenses, Social Justice, Global Perspectives and Natural World.

Required Liberal Arts courses

- LIB301 - *Liberal Studies Seminar* (3-4credits)
- LIB302 - *Diversity, Power and Privilege* (3-4 credits)
- WRTG406 - *Inquiry and Research* (3 credits)
- LIB440 - *Competency Integration Seminar* (1-2 credits)
- LIB445 - *Senior Synthesis Seminar* (1-2 credits)
- LIB450 - *Senior Synthesis Project* (1-6 credits)

Elective Liberal Arts courses

Students will have access to all courses currently offered in the B.A. Liberal Studies program from which to fulfill General Education and Liberal Arts core competency requirements. These range from Arts & Literature (e.g. *Ceramics, Socially Engaged Community Art, Postcolonial Narratives, Fiction Writing*); to Media & Communications (*Media for Social Change, Documentary Film*); Global & Social Justice (*Translating Gender, Climate Change Activism, LGBTQ Studies, Wealth & Poverty*); Leadership & Business (*The Resilient Leader, Narrating Change-Stories for Collective Action, Sustainable Business Development*); Spiritual Studies (*Dreams & the Earth, Buddhism East & West*); Urban Ecology (*Urban Agriculture, Environmental Racism, Political Ecology of the Skagit River*); and interdisciplinary seminars (*War & the Soul; When a Community Weeps, Birds in the Human Imagination and in the Field*).

Major Requirements

The major in Health Counseling & Psychology requires a minimum of 60 credits. At least 50% of the coursework for the major must be taken at the upper division level. Coursework divides into the following areas:

- Psychology Core (18 credits)

<p><b><i>Lifespan Development</i></b>          Traces the major phases of human development from a variety of perspectives. Lifespan is viewed as a continuum on which crises and change, coping and adjustment occur within a social context. Students address how a developmental perspective informs them of important lifespan issues.</p>	<p>3 credits</p>
<p><b><i>Abnormal Psychology</i></b>          This course introduces students to the theories and concepts of human behavior, as understood in the field of psychology. Topics include: defining abnormal behavior; understanding the historical context; reviewing psychological models and forms of assessment; delineating the major categories of abnormal behavior; treatment interventions; and social, cultural, ethical and legal issues related to this area of study.</p>	<p>3 credits</p>
<p><b><i>Social Psychology</i></b>          Provides an overview of classic and contemporary research in social psychology, the study of individual</p>	<p>3 credits</p>

behavior in group contexts, group behavior and associated phenomena.	
<b><i>Cognitive Psychology</i></b> Introduces students to the field of cognitive psychology through an overview of the basic research and contemporary issues that define the field. Attention to the study of the application of the research base to a range of diverse settings, populations and problems will be addressed.	3 credits
<b><i>Theories of Personality</i></b> This course explores the major Western and Eastern personality theories and theorists within their cultural and historical contexts in order to provide students with a broader understanding of the evolution of ideas concerning human nature. Attention given to the interaction of the individual with the social milieu, the cultural biases within theory and the effect of personal history on theoretical claims.	3 credits
<b><i>Social Science Research</i></b> An introduction to the theory and methods of social research. Students learn and practice skills needed to evaluate the research others have conducted and design research projects to answer questions about social issues.	3 credits

- Health Psychology Core (15 credits)

<b><i>Bio-medicine and Psychology</i></b> This course explores the biological processes which underpin human behavior. Students will gain a core knowledge of Biology and Psychology and can choose from a wide selection of modules, starting with modules such as Human Physiology and Cognitive Psychology.	3 credits
<b><i>Health Psychology</i></b> The course provides an overview of health issues as they relate to psychology from a lifespan developmental perspective. Developmental challenges and opportunities will be integrated into presentation of health concerns that present at different stages of the life cycle.	3 credits
<b><i>Neuropsychology</i></b> An overview of the central nervous system in terms of its structure and function including the study of the relationship between neurophysiological processes and behavior, behavioral dysfunctions and related mechanisms, and approaches will be presented.	3 credits
<b><i>Bio Ethics</i></b> The course provides an opportunity to explore a range of contemporary topics in biomedical science, including stem cell research, euthanasia, assisted reproductive technologies, genetic engineering, human experimentation and the use of animals in research. Through contemporary issues, students will become knowledgeable of ethical decision making models.	3 credits
<b><i>Social Issues in Health Care Promotion</i></b> This course will focus on building an understanding of the components necessary for successful worksite health promotion. Included will be the development, implementation, and evaluation of worksite health promotion programs.	3 credits

- Counseling and Field Work (15 credits)

<b><i>Counseling Role</i></b> Offers students the opportunity to acquire and practice basic counseling tools such as listening skills, congruent communication, use of self as instrument and specific aspects of interviewing and contracting with a client. In-class role-playing and practice, as well as additional practice assignments, supplement the readings.	3 credits
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<b><i>Palliative Care and Bereavement Counseling</i></b> Explores the experience of loss and grief from a variety of perspectives – personal, socio-cultural, psychological, therapeutic, symbolic and spiritual within healthcare and hospice settings.	3 credits
<b><i>Family Systems Perspectives</i></b> Introduces family systems theory for understanding a variety of mental health problems, inclusive of multicultural perspectives.	3 credits
<b><i>Introduction to Wellness Counseling</i></b> This course provides students with the psychological aspects of wellness the integration of psychological, social and spiritual components with physical health.	3 credits
<b><i>Health Counseling Internship</i></b> Students provide health and wellness services in settings that serve the mental health needs of individuals, children, groups, couples and families.	3 credits

- Emphasis Area (12- 15 credits)

The program also requires students to select an ‘emphasis’ of advanced training prior to graduation or apply for a ‘running start’ into a Master of Arts degree in either Counseling or Marriage and Family Therapy (with or without a creative arts specialty) at AUS. These emphasis areas provide students with a specialized area of knowledge and skills when working within a healthcare setting. The MA pathway bridges qualified students into graduate mental health programs at AUS. These emphasis areas are:

1. Addiction Studies Advanced Study Sequence (15 credits)

The Addiction Studies emphasis is designed to provide specialized knowledge and skills related to counseling individuals and families impacted by addiction in a variety of settings. Inclusion of this track is based upon occupational outcomes identified as promising employment opportunities for graduates with this specialization:

- Chemical Dependency Professional
- Probation Assessment Officer
- Alcohol/Drug Information School Instructor
- Substance Abuse Prevention Specialist

<b><i>Survey of Addiction</i></b> This course covers the fundamentals of addiction counseling; including etiology, the history of the evolution of addiction counseling and treatment; an introduction to cultural considerations; an introduction to how the family system is effected; and an introduction to how addiction intersects with other mental health issues.	3 credits
<b><i>Addiction Counseling I: Advanced Assessment, Ethics, &amp; Case Management</i></b> This course builds on the case management skills already covered in UG course, and focuses on developing assessment skills as well as processing more complicated ethical dilemmas and confidentiality laws pertinent to addiction treatment.	3 credits
<b><i>Addiction Counseling II: Advanced Clinical Skills for Individuals, Families, &amp; Groups</i></b> The course will provide learning opportunities for students to gain knowledge about the unique therapeutic needs of other cultures, special populations, adolescents, at risk youth, impaired physicians,	3 credits

attorneys, pilots, other professionals, as well as more complex co-occurring clients in a variety of settings.	
<b>Addiction Counseling III: Advanced Theory and Practice</b> This course is focused on examining the relationship between trauma, attachment injury, and other mental health issues, and addiction. Furthermore, the course will provide information and learning opportunities to gain competence in assessing/referring/treating the process addictions.	3 credits
<b>Addiction Psychopharmacology and Physiology</b> This course covers the neuroscience of addiction, and the physiological changes in the central nervous systems of clients who meet criteria for addiction. In addition, the course examines the complicated relationship between individuals recovering from addiction and psychopharmacology.	3 credits

## 2. Wellness Counseling (12 credits)

The Wellness Counseling emphasis introduces students to the psychological aspects of wellness, focusing on the integration of psychological, social and spiritual components with physical health. This emphasis specialty also explores the actual and potential roles of interventions that can improve health and wellness in individuals who either receive or provide services in health care organizations or other related groups. Further opportunities to develop this into a concentration for Masters' degree student within existing clinical Masters' degree programs or as stand alone certificate programs are being developed from this track. The following is a brief overview the required coursework.

<b>Introduction to Applied Mindfulness</b> This is an 8 week training overviewing the essential aspects of mindfulness-based stress reduction (MBSR) students will learn how to create in-the-moment, nonjudgmental awareness through the use of three formal techniques; mindfulness meditation, body scanning and simple yoga postures.	3 credits
<b>Introduction to Holistic Health</b> In this course, students will overview the elements of holistic healing and wellness principles for daily life, while developing the knowledge necessary to co-create a comprehensive Holistic Wellness Plan with others.	3 credits
<b>Introduction to Somatic Experiencing</b> This course will explore with students the mind-body model of healing medicine with an emphasis on somatic experiencing. The course will explore how intense emotions and or trauma can be recognized and expressed in incremental and healthy ways.	3 credits
<b>Introduction to Creative Arts Healing</b> This course will focus on the introducing students to integrative approaches to creative therapies. Students will learn to foster awareness, encourage emotional growth, and enhance relationships with others utilizing a variety of creative modalities. The course will include arts as therapy and healing.	3 credits

## 3. Integrated Study Plan (12 credits)

The integrated study emphasis is designed for students wishing to design a collection of courses specific to their learning needs and professional aspirations. Once advisor approval is obtained, students may select courses across programs at AUS as well as within the AU system.

#### 4. MA/Graduate Pathway (15 credits)

The MA pathway emphasis provides a “running start” for qualified students in the Health Counseling and Psychology Major to transition into a graduate counseling program while completing their undergraduate coursework. Once students have completed a minimum of 90 credits (including the Psychology and Health Psychology core as well as the Communication and Counseling Skill course) they may apply for acceptance into either the Clinical Mental Health Counseling or Couples and Family Counseling program. With accredited graduate courses, the completion of the MA pathway concentration allows student to reduce the time needed to complete their graduate studies. The following is a brief overview the required coursework.

<b><i>Human Development across the Lifespan</i></b> Presents current theories and perspectives on the development of gender identity and gender role across the lifespan.	3 credits (graduate)
<b><i>Family of Origin</i></b> Introduces family of origin systems perspective as a basic interpretive framework for understanding and addressing issues of human development.	3 credits (graduate)
<b><i>Multicultural Perspectives</i></b> Promotes an understanding and appreciation of cultural and ethnic differences among individuals, groups and families, and the impact of such differences.	3 credits (graduate)
<b><i>Group Counseling</i></b> Introduces students to the theory and practice of group counseling. Emphasizes integrating theoretical approaches to group counseling and learning basic skills needed to prepare for leading a variety of helping groups.	3 credits (graduate)
<b><i>Introduction to Creative Arts Healing (w/portfolio for AT/DT candidates)*</i></b> Provides an overview of five creative art therapy modalities: drama, poetry/ bibliotherapy, art, dance/movement, and music, and explores how the theory and application of each modality theory can be applied to specific groups.	3 credits (graduate)

\* denotes a course already in the AUS curriculum