Master of Science (MS) in Clinical Psychology with a specialization in Sex Therapy

Effective January 8, 2018
Master of Science (MS) in Clinical Psychology with a specialization in Sex Therapy

The master’s Sex Therapy specialization engages learners in a curriculum that builds on clinical counseling foundations and expands training to include coursework in human sexuality and sex therapy. Specialization topics include sexology; basic anatomy for mental health professionals; hormones; sexuality across the lifespan; gender; lesbian, gay, bisexual, and transgender concerns; sexuality and culture; low sexual desire; sexual compulsivity; recovery from sexual abuse; treatment of sex offenders; and issues and trends in sexual health treatment.

Personal Suitability and Fitness for the Profession
Capella embraces the principles and guidelines set forth by the Council of Chairs of Training Councils (CCTC) related to professional psychology programs in that the faculty, training staff, supervisors, and administrators in the MS Clinical Psychology degree program have a professional, ethical, and potentially legal obligation to ensure, insofar as possible, that all learners have the competence to manage professional relationships in an effective and appropriate manner and that they possess the emotional maturity, interpersonal stability, and intellectual judgment required to work with vulnerable populations. Personal suitability and fitness for the profession includes but is not limited to demonstration of sufficient interpersonal and professional competence; self-awareness, self-reflection, and self-evaluation; openness to processes of supervision; and resolution of issues or problems that interfere with professional development or functioning in a satisfactory manner. Throughout the graduate training of each learner, faculty and staff are responsible for educating and assessing learners with regard to their personal suitability and fitness for the profession.
Career Information

**RELATED EMPLOYMENT SETTINGS TO EXPLORE**

- Land-based or online college or university
- Community college
- Nonprofit organization
- P–12 public schools
- P–12 private schools
- Community/social service organization
- Faith/religious organization
- Private/group practice
- Health care system
- Hospital inpatient or outpatient
- Mental health clinic
- Research institute

**RELATED JOB TITLES TO EXPLORE**

- Sexual health educator
- Consultant
- Researcher
- Instructor
- Adjunct or part-time faculty

**SPECIALIZATION OUTCOMES**

- Apply leadership in the field of sex therapy consistent with scholarship and ethical standards
- Communicate in scholarly writing, verbally, and through the use of any technologies using the professional standards of the discipline
- Engage in practice consistent with ethical standards of professional organizations and relevant codes
- Apply best practices in the treatment of sex therapy concerns based on the research and standards of care
- Adapt best practices for cultural differences in an ethical manner that honors the diversity of sexual expression, and self-awareness of personal biases

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*These are examples intended to serve as a general guide. Because many factors determine what position an individual may attain, Capella cannot guarantee that a graduate will secure any specific job title.

† Capella University cannot guarantee licensure, certification, or endorsement. State regulations vary regarding professional licensure and salary benefits. It is the learners’ responsibility to understand and comply with requirements for their states.
Curriculum

- 11 required courses
- Total program credits: 55 quarter credits

TRANSFER CREDIT

A maximum of 15 quarter credits from previous graduate coursework may be transferred and applied to your program’s requirements.

ADMISSION REQUIREMENTS

Bachelor’s degree from an institution accredited by a U.S. Department of Education-recognized accrediting agency or an internationally recognized institution

Grade point average of 2.3 or higher on a 4.0 scale

The Sex Therapy specialization includes coursework that is rooted in clinical psychology and covers a wide range of issues for which individuals seek treatment. For graduates with prior counseling or therapy experience, this specialization provides the foundation for certification as a sex therapist through AASECT or equivalent, giving you a competitive advantage.

The Sex Therapy specialization curriculum is aligned with American Association of Sexuality Educators, Counselors, and Therapist’s (AASECT) certification.

The courses in this program may require live web conferencing activities and/or learner audio/video recordings. Learners who require assistive technology or alternative communication methods to participate in these activities should contact Disability Services to request accommodations.
Core Course Descriptions

**PSY5002 Foundations of Theory and Practice for Master’s Psychology Learners**

In this course, learners acquire the ability to navigate the Capella courseroom and use the resources that support academic success, including the library and writing center. Learners identify and practice the academic requirements (including APA style and formatting) necessary to successfully complete the Master’s degree program in their chosen specialization; review their specialization’s requirements, associated professional roles and organizations, and ethics and professional standards; and articulate a professional identity based on master’s-level psychology or counseling training. For MS in Psychology and MS in Clinical Psychology learners only. Learners may earn credit for either PSY5002 or PSY5005, but not both. Must be taken during the learner’s first quarter. Cannot be fulfilled by transfer.

**PSY5005 Foundations of Theory and Practice for Master’s Psychology Learners**

In this course, learners acquire the ability to navigate the Capella courseroom and use the resources that support academic success, including the library and writing center. Learners identify and practice the academic requirements (including APA style and formatting) necessary to successfully complete the Master’s degree program in their chosen specialization; review their specialization’s requirements, associated professional roles and organizations, and ethics and professional standards; and articulate a professional identity based on master’s-level psychology or counseling training. For MS in Psychology and MS in Clinical Psychology learners only. Learners may earn credit for either PSY5002 or PSY5005, but not both. Must be taken during the learner’s first quarter. Cannot be fulfilled by transfer.

**PSY6095 Theories of Counseling and Psychotherapy**

This course provides an overview of foundational counseling and psychotherapy theories and research-based practice. Throughout the course, learners examine various schools of therapeutic intervention; their underlying theoretical assumptions; and their historical, cultural, and ethical context, with an emphasis on the application of current theory in a variety of clinical populations.

**PSY6210 Introduction to Psychopathology**

In this course, learners examine the assessment, diagnosis, and treatment of various forms of psychopathology throughout the lifespan. Learners review the etiology of psychopathology; examine theories and research of psychopathology; and explore current methods of psychological interviewing, assessment, diagnosis, and treatment. Learners also discuss the politics of mental disorders, emerging diagnoses, and ethical and multicultural issues associated with psychopathology.

**PSY7610 Tests and Measurements**

This course focuses on essential concepts, principles, applications, and social and theoretical issues of psychological testing. Learners gain understanding in the construction of tests; analyze the development and use of tests in measuring aptitudes, achievement, attitudes, interests, and personality; and identify underlying theories of various tests. Learners analyze the characteristics desired in psychological and educational tests, with particular emphasis on reliability and validity, and examine best practices and professional standards for educational and psychological testing, including test bias and fairness. In addition, learners study the role of technology in delivery, administration, scoring, and interpretation of tests.

**PSY7860 Survey of Research Methods**

Learners in this course critically evaluate research in order to gain an understanding of the scientific methods of inquiry and the ethical considerations of research. Learners focus on becoming educated consumers and creators of research. Learners also use their research design skills to analyze and apply research methodologies, validity, reliability and other components of scientific research related to their field of interest.
Specialization Course Descriptions

**PSY7210  Lifespan Development**
5 QUARTER CREDITS
In this course, learners gain and apply knowledge of lifespan development from infancy through adulthood, including human development processes and milestones. Learners evaluate theories and approaches for examining human development and analyze human development processes related to their specialization.

**PSY7340  Human Sexuality**
5 QUARTER CREDITS
This course is an exploration of sexuality within the larger context of human experience, emphasizing physical and psychosexual development, cultural diversity, health-related issues, and the application of scientific information to sexual topics and issues. Current issues include sexual deviation, sexual inadequacy, treatment of sexual problems, trauma, sexual identity, gender identity, and reproductive health care. Learners examine scholarly literature related to the implications of these issues and research evidence-based interventions in human sexuality.

**PSY7341  Introduction to Sex Therapy**
5 QUARTER CREDITS
Learners in this course gain an understanding of common sexuality concerns including low sexual desire, sexual compulsivity, recovery from sexual abuse, and treatment of sex offenders. Learners analyze strategies for sex therapy and demonstrate competence in cultural elements associated with sex therapy, taking a sex history, and assessment. **Prerequisite(s): PSY7340.**

**PSY-R6230  Introduction to Psychological Testing**
5 QUARTER CREDITS
This course includes both an online courseroom and a face-to-face residency experience. Learners engage in preparatory online courseroom activities to prepare themselves for the residency experience, during which they focus on the common psychological instruments (e.g., psychological tests, checklists, and rating scales) used to assess intelligence, achievement, vocational interests, adaptive and neuropsychological functioning, addiction, and personality traits, and their uses in professional practice. Learners then engage in a face-to-face residency experience that guides them as they study psychological testing instruments appropriate for their level of training and examine effective methods for making referrals to licensed psychologists. Other course topics include ethical and legal considerations of testing and the various levels of qualifications needed to administer, score, and interpret psychological tests. **For MS in Clinical Psychology learners only. Test kits are required and are available for loan at psytestkits@capella.edu. Prerequisite(s): PSY7610, PSY-R6313. Cannot be fulfilled by transfer.**

**PSY-R6313  Clinical Interventions**
5 QUARTER CREDITS
This course includes both an online courseroom and a face-to-face residency experience. Learners engage in preparatory online courseroom activities to prepare themselves for the residency experience, during which they explore and practice foundational counseling skills, including establishing the therapeutic alliance, conducting clinical interviews, applying psychotherapeutic techniques, and providing feedback. Learners then engage in a face-to-face residency experience that guides them as they study key professional competencies such as psychological assessment, multicultural responsiveness and diversity principles, and ethics in clinical work. **For MS in Clinical Psychology learners only. Prerequisite(s): PSY6090 or PSY6095 or PSY6310 or PSY8310.**

**PSY-R7545  Ethics and Multicultural Issues in Clinical and Counseling Psychology**
5 QUARTER CREDITS
This course includes both an online courseroom and a face-to-face residency experience. Learners engage in preparatory online courseroom activities to prepare themselves for the residency experience, during which they analyze multicultural perspectives and factors such as ethnicity, socioeconomic status, and gender, and their influences on the ethical behavior of psychology professionals. Learners then engage in a face-to-face residency experience that guides them as they evaluate and articulate multicultural issues within the context of different settings and practice applying ethical reasoning principles and standards within their profession. **For MS in Clinical Psychology learners only. Prerequisite(s): PSY-R6230.**
Recommended Course Sequence

This recommended course sequence assumes learners take two courses per quarter. Some learners elect to take fewer or more based on workload and the amount of time available for graduate study.

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<tr>
<th>YEAR 1</th>
<th>COURSES</th>
<th>RESIDENCIES</th>
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| Q1     | PSY5002 | Foundations of Theory and Practice for Master's Psychology Learners* OR  
       | PSY5005 | Foundations of Theory and Practice for Master's Psychology Learners* |
| Q2     | PSY7210 | Lifespan Development  
       | PSY6095 | Theories of Counseling and Psychotherapy |
| Q3     | PSY7610 | Tests and Measurements |
| Q4     | PSY6210 | Introduction to Psychopathology  
       |       | PSY-R6313 Clinical Interventions  
       |       | PSY-R6230 Introduction to Psychological Testing |

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<th>YEAR 2</th>
<th>COURSES</th>
<th>RESIDENCIES</th>
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| Q5     | PSY7340 | Human Sexuality  
       | PSY7860 | Survey of Research Methods  
       | PSY-R7545 | Ethics and Multicultural Issues in Clinical and Counseling Psychology |
| Q6     | PSY7341 | Sex Therapy  
       |       | |

*Learners who may need additional support developing graduate-level academic and professional writing skills are placed in PSY5005.
Financial Aid

Capella University offers assistance to learners who qualify and would like to secure educational funding to help finance their academic program. A number of options are available, given the diverse needs and backgrounds of prospective learners. Options include:

- Federal Direct Stafford Loan Program
- Federal Direct PLUS Loan Program
- Non-federal loans through preferred lenders and financial institutions
- Capella scholarships
- External scholarships
- Veterans’ educational benefits and U.S. armed forces discounts
- Corporate and higher education alliances
- Employer tuition reimbursement

Regarding loan programs, interest rates for Stafford student loans are low compared to other types of consumer loans, and repayment can be deferred until after graduation. In compliance with federal and state laws, Capella University has established policies for all learners regarding satisfactory academic progress, which is necessary for financial aid eligibility.
Academic Leadership

Andrea Miller, PhD
Dean

Andrea Miller is the dean of the Harold Abel School of Psychology at Capella University. Dr. Miller has worked as a member of the Capella undergraduate psychology department since 2010 and has taught online since 2005. Her professional background includes work as a psychologist in the public schools and as a psychologist and supervisor for non-profit clinics. She specializes in working with children and families as well as individuals of all ages with intellectual and/or developmental disabilities. Dr. Miller is licensed as a psychologist in three states, licensed as a specialist in school psychology, and a human services board certified practitioner. She is active in psychological associations and served as President of the Georgia Psychological Association from 2013–2014. Dr. Miller holds PhD in Counseling Psychology from Texas Woman’s University and a BA in Psychology from the University of Michigan.

Bethany Lohr, PhD, LP
Faculty Chair

Dr. Lohr joined Capella in 2011 as a part-time professor in the master’s programs in clinical and counseling psychology, and in 2012 became a full-time member of the Core Faculty and Colloquia Lead. Dr. Lohr became chair of the MS and PsyD programs in clinical psychology in 2014. She earned her master’s and PhD degrees in Clinical Psychology with a subspecialty in Behavioral Medicine from the University of Georgia in 1997, and did her internship at Harvard Medical School, specializing in Cognitive Behavioral Therapy and Behavioral Medicine. Prior to her role as a Capella faculty member, Dr. Lohr ran a private practice in a rural area while always continuing to teach in higher education. She has had numerous experiences and training in various settings, including forensic work, physical rehabilitation, community mental health, and hospitals and schools. Her research interests and publications include aspects of psychopathology, health psychology, and CBT. Dr. Lohr is a very evidence-based practitioner with a strong theoretical orientation in CBT. She has provided cognitive behavioral therapy to individuals, couples, and groups of all ages. She also has training and experience in administering a wide range of psychological assessments, and is licensed as a psychologist in the states of Alabama and Tennessee. Dr. Lohr has been involved in her State Psychological Associations, serving as President and Disaster Response Coordinator, and feels strongly about the importance of advocacy in our role as psychologists. Among her favorite activities with Capella are the learning and networking with students and faculty that occurs at residencies.
Move Forward with Capella University

WORKING SCHOLARS
Capella provides an online, flexible learning environment for working adults who are also determined scholars. That connection between academic and professional work infuses the entire Capella experience—from the faculty we recruit to the course projects you complete. The theories discussed in the courseroom are designed to develop working knowledge for everyday situations.

AN ACCREDITED UNIVERSITY
Our accreditation* is an assurance to students, employers, and the public that Capella University meets established standards for quality of faculty, curriculum, and learner services. It is also an important factor in the ability to transfer credits among higher education institutions. Regional accreditation, the type held by Capella, is the most common type for major public, state, and private institutions in the United States.

VALUING YOUR KNOWLEDGE AND EXPERIENCE
Adults bring a wealth of experience and learning to their education. Capella courses are designed to bring out your perspectives just as you gain from others’ ideas. Your knowledge can also be worth time and money: An enrollment counselor can help you estimate how much of your prior learning may apply toward your Capella degree program.

Important Information about the educational debt, earnings, and completion rates of students who attended this program: http://capellaresults.com/assets/includes/gainfulemployment/cta/GE/GE15/masters/MS_Clinical_Psy_Sex_Ther_gedt.html.

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www.capella.edu

*ACCREDITATION
Capella University is accredited by the Higher Learning Commission.
HIGHER LEARNING COMMISSION
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