FOCUS Facts

NORTHWESTERN COLLEGE
ST. PAUL, MINNESOTA

ADULT EDUCATION YOU CAN HAVE FAITH IN.

PSYCHOLOGY – HEALTH PSYCHOLOGY EMPHASIS

The Bachelor of Science in Psychology – Health Psychology Emphasis provides training in theories of psychology and methods of stress and pain management in a clinical setting. Biblical coursework enables students to apply psychological principles from a Christian perspective.

Program Cost

Academic year
2012-2013
Tuition: $400 per credit
Books: $1,355 (est.)

General Education Requirements (31 credits)

English Composition	4
Research Writing	2
Speech	3
Humanities (2 areas)	6
Math	4
Science	4
Social Science (2 areas)	8

Electives (44 credits)

Talk to your FOCUS admission counselor about these options for earning elective credit:

- DSST/CLEP
- Distance education
- Additional college courses
- Vocational or technical credits
- Prior learning essays
- Military training
- Internships

Psychology – Health Psychology Emphasis Coursework (51 credits)

PYC4011	Adult Learning Theory	3
ETH4021	Foundations for Ethics	3
ETH4023	Worldview and Ethics	3
PYC4025	Professional Ethics	3
PYC4033	Life Span Development	6
PYC4041	Research and Statistics	6
PYC4043	Tests and Measurements	3
PYC4051	Principles of Counseling	3
PYC4053	Counseling Children and Adolescents	3
PYC4073	Personality and Psychopathology	6
PYC4081	Psychology of Stress Management	3
PYC4083	Psychology of Pain Management	3
PYC4085	Clinical Health Psychology	6

Bachelor of Science in Psychology – Health Psychology Emphasis coursework can be completed in approximately 18 months.

Courses subject to change. Consult current catalog at nwc.edu/catalog for complete course descriptions.
Contact your FOCUS admission counselor at 651-631-5200 for more information.

Rev. 09/2012

PYC4011 Adult Learning Theory 3 cr
Students examine learning theories and the role of learning in the development of behavior. Attention is given to methods of assessing learning style and how learning style affects educational and occupational decision making.

PYC4021 Foundations for Ethics 3 cr
Students construct a value system for making ethical decisions based upon biblical principles. Attention is given to methods of interpretation and the application of biblical concepts.

PYC4023 Worldview and Ethics 3 cr
Students continue to develop their value systems with greater emphasis on the philosophical and theological foundations for ethics. Attention is given to the application of ethical principles to economic and political ideologies.

PYC4025 Professional Ethics 3 cr
Students examine ethical standards for the profession of psychology. Attention is given to biblical principles and how these relate to legal and ethical decisions in counseling.

PYC4033 Life Span Development 6 cr
Students examine developmental theories from birth through adulthood. Attention is given to emotional, social, cognitive, and spiritual dimensions related to development. Emphasis is upon aspects of development most related to clinical issues.

PYC4041 Research and Statistics 6 cr
Students examine various approaches to research and data analysis. Attention is given to descriptive and inferential statistics as well as the use of empirical research for developing clinical techniques.

PYC4043 Tests and Measurements 3 cr
(PQ: PYC4041) Students examine the principles of psychological measurement, including validity and reliability, and the administration and interpretation of tests. Attention is given to tests measuring personality, learning, and occupational interests.

PYC4051 Principles of Counseling 3 cr
Students examine principles and methods of various schools of counseling. Interviewing skills related to assessment, diagnosis, and treatment planning are discussed. Attention is given to the application of biblical concepts.

PYC4053 Counseling Children and Adolescents 3 cr
(PQ: PYC4051) Students examine clinical issues facing children and adolescents in treatment planning. Reference is made to assessment procedures and related personality concepts. Attention is given to specific techniques for treating children, including play therapy.

PYC4073 Personality and Psychopathology 6 cr
An examination of the major modern theories of personality including classical psychoanalytic, object relations, trait, behavioral, cognitive, narrative and humanistic approaches. Students will be encouraged to evaluate each theory constructively and develop a comprehensive theory of personality. A systematic consideration of the nature and causes of various forms of mental illness will be included. Assessment and treatment approaches from the various theories of personality will also be examined.

PYC4081 Psychology of Stress Management 3 cr
This course examines the physiological, psychological, and spiritual dimensions of stress and its management. Students are trained in practical stress management techniques. The relationships among stress, illness, and pain management are considered.

PYC4083 Psychology of Pain Management 3 cr
This course examines various theories of pain and the use of the biopsychosocial model in the treatment of pain. Physiological, psychological, and social causes of pain are considered in the context of a Christian worldview. Attention is given to the role of personality characteristics and pain. Methods of treating pain are examined.

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PYC4085 Clinical Health Psychology 6 cr
(PQ: PYC4081 or PYC4083) This course addresses the issues for establishing an integrated primary care health psychology practice. Common medical conditions and treatments are explored along with biopsychosocial factors and strategies for intervention within a primary care context.

Optional: PYC4995 Psychology Internship 1–3 cr
(PQ: Junior/senior status, 4+ major courses completed, must be related to major, consent of faculty supervisor)