

**PSYCHOLOGY DEPARTMENT**

**COUNSELING AND CLINICAL SPECIALIZATION**

**OVERVIEW**

The Counseling and Clinical Psychology Specialization prepares students for careers and graduate study in the field of Psychology as a helping profession. In this specialization, you will learn about individuals who are affected by about a wide range of mental disorders and psychological problems, as well as the theories psychologists use to understand them, the research methods used to study them, and the techniques used to ameliorate them. The specialization offers opportunities for students to conduct clinically-relevant research and to develop knowledge and practical skills through field-work experiences in settings that assist those with a wide range of mental health issues. If you are considering graduate studies in the helping professions, such as a career as a clinical psychologist, counselor, psychotherapist, or social worker, this specialization may be a good fit for you.

For more information about this Specialization, contact the Counseling & Clinical Coordinator (Dr. Ashley Borders, [borders@tcnj.edu](mailto:borders@tcnj.edu)) or any of the affiliated faculty listed below.

**COURSEWORK FOR THE COUNSELING AND CLINICAL SPECIALIZATION**

*Core Courses*: PSY 101 – General Psychology

PSY 121 – Methods & Tools of Psychology

PSY 203 – Design & Statistical Analysis

PSY 299 – Research Seminar\*

\*Although we recommend a seminar focused on a topic related to Counseling and Clinical Psychology, any research seminar (PSY 299) fulfills this requirement.

*Foundation Courses:* PSY 217 – Psychological Disorders (*formerly* Abnormal Psychology); PSY 219 – Clinical Psychology students choose one additional Foundation course.

\*PSY 216 – Personality Theory and Research is no longer an active course. Students who took PSY 216 as a foundation course prior to Spring 2023 will still have the course count as a clinical/counseling course.

*Specialized Courses*: Students select 3 300-level Psychology courses. A list of recommended courses appears on the Counseling and Clinical Specialization web page. The required field placement (PSY 398 or PSY 399; see below) may satisfy one of the 3 required Specialized courses.

*Psychology Option*: Students select 1 course, recommended at the 300 or 400 level.

*Senior Experience:* Students select 1 Senior Experience (400-level) course. Examples: Senior Topics Study Group, Senior Honors Thesis II, Senior Individual Study; Senior Collaborative Research, or Senior Internship.

*Additional Requirements to complete the Counseling and Clinical Specialization:*

A field placement is required. This requirement can be met through PSY 398 (Counseling and Clinical Field Experience Seminar, *formerly* PSY 383), PSY 399 (Internship), or PSY 487 (Senior Internship, *formerly* PSY 499). We strongly recommend PSY 398 whenever possible.

**FACULTY AFFILIATED with the COUNSELING AND CLINICAL SPECIALIZATION**

*Dr. Ashley Borders* (Office: SB 138; Phone: 609-771-2291; E-mail: [borders@tcnj.edu](mailto:borders@tcnj.edu))

*Courses:* Psychological Disorders (*formerly* Abnormal Psychology), Research Seminar, Introduction to Clinical Psychology, Sexual and Gender Minority Mental Health, Psychology of Mindfulness and Meditation, Collaborative Research; Senior Topics Study Group; Internships.

*Research interests*: The causes and consequences of rumination, causes of aggressive behavior, potential

of mindfulness to counteract rumination and aggression.

*Lab*: COP (Clinical Outcomes and Processes) Lab

*Dr. He Len Chung:* (Office: SB 114; Phone: 609-771-2646; E-mail: [chung@tcnj.edu](mailto:chung@tcnj.edu))

*Courses:* Methods & Tools of Psychology; Psychological Disorders (*formerly* Abnormal Psychology); Research Seminar; Field Experience Seminar; Poverty, Mental Health & Well-Being; Collaborative Research; Internships.

*Research Interests:* Positive youth development; risk and resilience; community-based research; campus-community partnerships.

*Lab:* REACH (Research on Engagement, Adjustment, and Community Health) Lab

*Dr. Joanna Herres:*  (Office: SB 138; Phone: 609-771-2643; Email: [herresj@tcnj.edu](mailto:herresj@tcnj.edu))

*Courses*: Psychological Disorders (*formerly* Abnormal Psychology)Methods & Tools of Psychology; Design & Statistical Analysis; Collaborative Research.

*Research Interests*: Child and adolescent depression and anxiety; coping; emotional reactivity.

*Lab:* Reactivity Lab

*Dr. Margaret Ruddy:* (Office: SB 119, Phone: 609-771-2630; E-mail: [ruddy@tcnj.edu](mailto:ruddy@tcnj.edu))

*Courses*: Clinical Psychopharmacology; Biopsychology; Research Seminar; Collaborative Research;

Internships.

*Research Interests:* Temperament, imagination, and play in infancy and early childhood;Parenting controversies; Children’s books

*Lab:* Infant and Child Studies Lab

*Dr. Jeanine Vivona*: (Office: SB 120; Phone: 609-771-2634; E-mail: [jvivona@tcnj.edu](mailto:jvivona@tcnj.edu))

*Courses*: Psychological Disorders (*formerly* Abnormal Psychology); Research Seminar; Clinical Psychology; Developmental Psychopathology; Counseling and Clinical Field Experience Seminar; Collaborative Research; Senior Topics Study Group; Internships.

*Research interests*: Language and the psychotherapeutic process; early language development; identity

development; sibling relationships.

*Lab*: Psychodynamic Lab

**A sample of recent clinical/counseling internships**

* Eden Autism
* New Horizon Treatment Services
* The Children’s Home Society of New Jersey
* Mercer County Contact (Hotline)
* Ewing High School Guidance Department
* Center for Eating Disorders Care, University Medical Center of Princeton at Plainsboro