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916.686.8668
PsyAdmissions@cnsu.edu
psychology.cnsu.edu

CNU - College of Psychology
9700 West Taron Drive
Elk Grove, CA 95757

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Our mission is to advance the science and practice of psychology by developing clinicians trained to promote health through knowledge, research, service, and social responsibility.

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The San Francisco Bay Area is located just two hours west and is home to the cities of San Francisco, Berkeley, Oakland, San Jose, and the famous Silicon Valley.
Area Information

Welcome to California

California Northstate University is located just 15 minutes from the capital city of Sacramento, CA. Known as the “City of Trees,” Sacramento offers the best combination of natural beauty and urban living – with much of the midtown area covered by a thick canopy of elms, oaks, and sycamores. Bordering the American and Sacramento Rivers, area residents have access to many forms of water recreation, including sailing, kayaking, rowing, paddle boarding, and both calm- and white-water rafting.

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APA Accreditation is one of our top priorities.

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A Five-year Curriculum

We provide students with the guidance, support, and exemplary training required to excel as professional psychologists. We believe strongly in fostering a graduate culture with high student engagement, individualized attention, inter-professional collaboration, and rigorous academics.

We offer smaller class sizes, lower student-to-faculty ratios, and do not require weekend, evening, or summer classes.*

Our curriculum is designed to provide students with the discipline specific knowledge and profession-wide competencies outlined by the American Psychological Association (APA). Course series include Human Diversity, Foundations of Behavior, Assessment, Interventions, Psychometrics and Research Design, Dissertation Seminar, and Internship Preparation.

Unparalleled Support

Students meet quarterly with a dedicated faculty advisor to ensure that they are on the right track to meet their academic and professional goals. These quarterly reviews synthesize feedback from academic faculty and field-placement supervisors to provide students with the best possible guidance toward earning their Psy.D. Degree.

A reduced course load (and reduced tuition) in Year 4 helps students focus on completing their dissertation and applying to internships. Dissertation Seminars and Internship Preparation courses further support and guide students toward timely completion of dissertation research and acceptance to paid internships.

Community Outreach

We believe in giving back to the community. Students are expected to participate in community health fairs and outreach events scheduled throughout the year. Events like the East & West Health Fair provide community service experience and increased visibility for both the school and the profession of psychology. Students use these opportunities to increase their familiarity with local mental health resources and the health-related needs of Greater Sacramento’s diverse communities.
A Culture of Collaboration

The Clinical Psy.D. Program is a joint creation between students, faculty, and administration. Student voices have a profound and lasting impact in shaping the program and culture of the College of Psychology.

We encourage our students to serve on university committees with faculty and staff to develop policy and address challenges facing the CNU community. Students are also encouraged to participate in local and statewide professional organizations, attend ongoing professional development events and conferences, and join the Colleges of Pharmacy and Medicine in community outreach events.

Professional Involvement

The College of Psychology at CNU has an excellent relationship with local professional organizations and is a regular sponsor of professional conferences and research symposia – providing our students with access to important venues for professional networking and mentorship.

We encourage our students to participate in policy decisions as student representatives in the Sacramento Valley Psychological Association (SVPA) and California Psychological Association of Graduate Students (CPAGS). Opportunities also exist to join and participate in smaller local professional interest groups, such as the Sacramento Psychoanalytic Society.

Year 1 Fall
Foundations of Behavior: Biological Research Methods and Statistics 1
Psychopathology: Adult History and Systems of Psychology
Practicum Preparation 1

Year 1 Spring
Foundations of Behavior: Developmental Research Methods and Statistics 2
Psychopathology: Child and Adolescent Standards and Ethics
Practicum Preparation 2

Year 2 Fall
Foundations of Behavior: Cognitive and Affective Assessment Series: Intellectual Intervention Series: Adults Psychometrics
Practicum Case Conference
*Practicum 1

Year 2 Spring
Practicum Case Conference
*Practicum 1

Year 3 Fall
Human Diversity Assessment Series: Neuropsychology Leadership in Health Professions 1 Elective Practicum Case Conference
*Practicum 2

Year 3 Spring
Consultation and Supervision Psychopharmacology Leadership in Health Professions 2 Elective Practicum Case Conference
*Practicum 2

Year 4 Fall
Preparation for Internship Dissertation Seminar 1 Practicum Case Conference
*Practicum 3

Year 4 Spring
Dissertation Seminar 2 Practicum Case Conference
*Practicum 3

Year 5 Fall, Spring, and Summer
Predoctoral Internship

Elective Courses:
Crisis / Trauma Intervention Substance Abuse Treatment Introduction to Health Psychology Introduction to Forensic Psychology

* Some practicum settings require weekend/evening/summer hours
Clinical Training

Practicum Preparation

We believe it is important to prepare our students before sending them into the community to train. The Practicum Preparation Course is a year-long introduction to the essential skills that students will need in their clinical field training. Through classroom instruction and experiential learning, student gain exposure to the basics of theoretical orientation, building and establishing rapport, beginning and ending treatment, safety and risk assessment, and their rights and responsibilities as clinicians-in-training.

As part of this course, students will engage in interaction with standardized patients (actors) under the guidance and observation of faculty in CNU’s simulation clinic.

Training Sites

Our students choose from among numerous field training sites throughout the Greater Sacramento Area that have been selected and screened by our Clinical Training Office. These year-long experiences promote the integration of academic knowledge with practical experience in a real world setting, preparing students for future practice in professional psychology.

Our contracted training sites include hospitals and affiliated mental health clinics, community mental health agencies, school districts, specialty clinics (i.e., agencies that specialize in the treatment of anxiety disorders, eating disorders, alcohol and substance abuse), and specialty private practices (i.e., comprehensive assessment clinics).

CNU Community Counseling and Psychological Services (CCAPS)

The CCAPS training clinic is staffed exclusively by our students, who provide low-fee mental health and assessment services to the community under the supervision of our licensed CNU faculty. The clinic features eight therapy offices, a group room, lobby, reception, and administrative area for student trainees.
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As part of this course, students will engage in interaction with standardized patients (actors) under the guidance and observation of faculty in CNU’s simulation clinic.

Before ever setting foot in a real-world clinical situation, our students spend a full year being trained in basic assessment, diagnosis, and patient interaction.

Practicum Case Conference

In years 2 through 4, students participate in weekly seminars designed to provide case consultation, collaboration, and ongoing clinical development. Practicum Case Conference provides space for participants to share their clinical experiences and receive feedback from their peers and the professor.

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