



Master in

# PSYCHOLOGICAL COUNSELING

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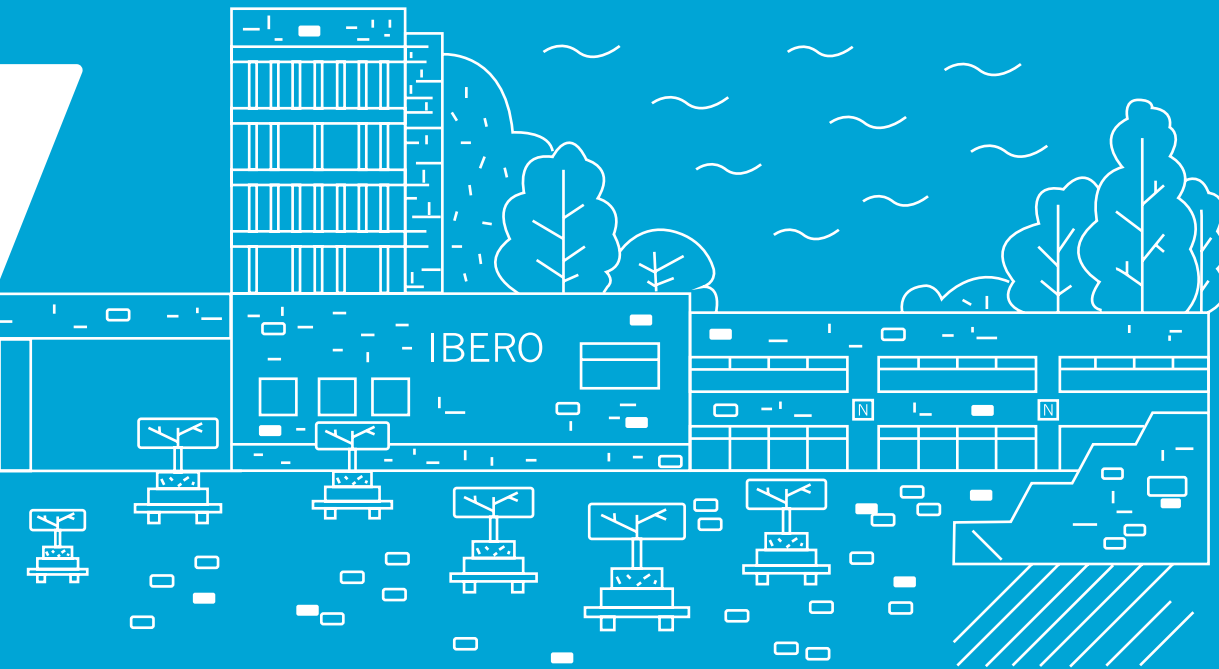
This is the only graduate program accredited by the [Council for Accreditation of Counseling and Related Educational Programs \(CACREP\)](#) outside the United States. It is also acknowledged by the [International Registry of Counselor Education Programs \(IRCEP\)](#).

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## CONTEXT AND RELEVANCE

The Master's in Psychological Counseling is a professional performance graduate program which meets the need of updating professionals working in the area of mental health, who require high preparedness in the areas of prevention, assessment and intervention. This program is designed to provide a theoretical-practical training of excellence that will allow graduates to practice integrative psychotherapy ethically, with high human and technical quality.

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## LINKAGE

The Psychology Department has formal and informal avenues of collaboration with other institutions, including:

- *Asociación de Universidades confiadas a la Compañía de Jesús en América Latina*
- *Colegio de Saberes, A. C.*
- *Facultat de Psicologia, Ciències de l'Educació i de l'Esport Blanquerna*
- *Red Nacional de Movilidad Académica, ANUIES*
- *The University of Scranton*
- *Universidad de Deusto*
- *Universitat Autònoma de Barcelona*
- *University of Haifa*

## OBJECTIVES

### General

To train professional counselors with an integrative clinical approach and a sound theoretical-methodologic basis that will enable them to apply the appropriate psychological counseling approaches and principles according to the specific cultural groups, roles and determining factors, in order to address their psychological support needs in the areas of assessment intervention and prevention.

### Specific

1. To practice psychological counseling from an integral and interdisciplinary approach.
2. To design strategies supporting individual and social adjustment and adaptation.
3. To act on the problem areas of each human development stage considering the specific context and conditions, and following the principles of mental health.
4. To propose cognitive, affective and behavioral strategies targeting prevention, diagnosis, and treatment of mental

health disorders and/or disturbances of the individual and his/her relationship with their social group.

5. To demonstrate openness and sensitive attitudes, acknowledging and respecting the different forms of socio-cultural expression.
6. To identify risk factors in the individual's biopsychosocial development throughout the different stages of life.
7. To identify levels of intervention in order to select the appropriate model and strategy of individual, group, or community attention.
8. To use evaluation strategies and procedures to assess psychological counseling services targeting prevention, diagnosis, and intervention.

## APPLICANTS PROFILE

The Master's program is directed to graduates with B.A. or B.Sc. in Psychology and related disciplines such as Education, Pedagogy, Social Work, Nutrition or Medicine. To enter the program, applicants must have a global average of 8.0 in their B.A. and a professional background linked to the field of psychology.

\*If the applicant belongs to a related area and is accepted to the program, he/she must complete eight prerequisite courses which are mandatory.

## GRADUATES' PROFILE

At the end of the Master's program, the student profile will be integrated by the following elements:

### Knowledge:

- Trends and outcomes of cultural diversity, enabling the graduate to offer psychological counseling services to diverse populations and ethnic groups.
- Theoretical basis of prevention models implementation in professional, vocational and family setting

- Different levels of intervention to manage crisis, disabilities, exceptional behavior, addictive behaviors, and behaviors resulting from environmental factors.
- Different models of counseling and conflict resolution on the grounds of social differences and of the factors disrupting the individual's biopsychosocial development.
- Monitoring guidelines, perspectives, criteria and indicators to assess psychological counseling services.

### Skills:

- Perceptual acuity and empathic listening skills.
- Sensitivity to perceive personal and group situations within specific sociocultural contexts.
- Congruence and capability to behave spontaneously, naturally and to establish an environment of psychological security, affective warmth and personal closeness.

### Attitudes:

- Flexibility, respect and openness in the use of prevention, diagnosis and theoretical postulates and criteria according to the specific individual or group situation.
- Ability to accompany persons throughout diverse modalities of intervention in Psychological Counseling without exerting violence or manipulating the process.
- Deep respect for the experience of the persons or groups and ethical behavior in his/her personal and professional performance.

### The professional in Psychologic Counseling will be able to:

1. Improve overall health, supporting the individual's development, wellbeing and health inside the community.
2. Improve the individual's quality of life by identifying psychological development problems or issues of domestic violence.
3. Promote mental and emotional health.
4. Prevent mental and neurologic diseases.
5. Identify possible treatment and rehabilitation strategies for compulsive-addictive behavior and dysfunctional personality.
6. Increase staff's sensitivity to emotional, social, and behavioral situations.
7. Provide educational counseling to both professionals and general population.
8. Develop applied research in community psychology, clinical psychology, social psychology, etc.

## FIELD OF WORK

- Psychology Department in hospitals
- Government health centers
- Private health centers
- School psychologist
- Teaching
- Research centers
- Private practice
- Government departments
- Non-government organizations(NGOs)

# FACULTY MEMBERS

### Antonio Tena Suck

*Ph.D. in Psychological Research, B.A. in Psychology, Universidad Iberoamericana*  
*M.A. in Clinical Psychology, Universidad Nacional Autónoma de México*

### Line of Research:

Health Psychophysiology

### Publications:

Robles, R., Fresán, A., Zúñiga, T., Zaldivar, J., Santana, O., De la Cruz, D., Morales, C., Cota, M., Tena, A., & Páez, F. "Evaluación de constructos psicológicos positivos en población de habla hispana: El caso de las Creencias Acerca de Disfrutar la Vida." *Anales de Psicología*, Vol. 27, nº 1 (January), 2011, pp. 58-64 (<http://revistas.um.es/analesps>): 1695-2294; Polanco-Hernández, G. and Tena-Suck, A. "Minnesota Multiphasic Personality Inventory-2 as a detector of emotional risk factors for the academic performance of newly-admitted undergraduate psychology students". *Problems of Psychology in the 21st Century*. Vol. 3, 2012, pp. 76-81; Tena, A., Kleinberg, E., Hinkle, S., Alexandra, V.A. "Counseling in Mexico". In Hohenshil, T., Amudson, N., and Niles, S. Counseling around the World. An International Handbook. American Counseling Association, 2013, pp. 315-322.

**Contact:** [antonio.tena@ibero.mx](mailto:antonio.tena@ibero.mx)

### Elsa Sánchez-Corral Fernández

*Ph.D. in Humanities, Universidad Latinoamericana*  
*M.A. in Clinical Psychology, Universidad Nacional Autónoma de México*  
*B.A. in Psychology, Universidad Iberoamericana*

### Areas of interest:

Social Justice

### Publications:

"Orientación Psicológica y Justicia Social". *Temas Selectos en Orientación Psicológica*, VI, 2012, pp. 17-20; Aguilar, E., Modad, F., Banda, V. H., Cruz, M., Gutiérrez, R., Hernández, K., Ramírez, T., Robles, S., Rosas, Y. R., Sánchez, R., Sánchez-Corral, E., Silvano, M., Soto, D., & Stefani, R. ¿Conoces la Declaración de las Naciones Unidas sobre los Derechos de los Pueblos Indígenas? Mexico: Amnistía Internacional/Centro de Derechos Humanos Miguel Agustín Pro/Centro de Derechos Indígenas, A.C., 2010.

**Contact:** [elsa.sanchez@ibero.mx](mailto:elsa.sanchez@ibero.mx)

**Bernardo Turnbull Plaza**

*Ph.D. in Social Sciences, Sussex University.*

*M.A. in Community Counseling, Chapman University*

*B.A. in Social Psychology, Universidad Autónoma Metropolitana, Unidad Iztapalapa*

**Line of Research:**

Health Psychophysiology

**Publications:**

Turnbull, B., Hernández, R. & Reyes, M. “Street children and their helpers: An actor-oriented approach”. *Children and Youth Services Review*, 31(12), 2009, pp. 1283–1288; Turnbull, B., Martínez-Andrade, G. Huérfano, N., Ryan, GW., and Martínez H. “A contrast between mothers’ assessments of child malnutrition and physical anthropometry in rural Mexico: a mixed methods community study”. *Journal of Nutrition Education and Behavior*; 41(3), 2009, pp. 201–206; Vargas-Daza, E.R., Turnbull, B., and Camacho, N. “Necesidades sentidas de los adultos mayores derechohabientes de unidades de medicina familiar”. *ENE Revista de Enfermería*, 3(1), 2009, pp. 32–41.

**Contact:** [bernardo.turnbull@ibero.mx](mailto:bernardo.turnbull@ibero.mx)

**Ana Lilia Villafuerte Montiel**

*Ph.D. in Psychology, M.Sc. in Psychology, with Specialty in Family Therapy, B.A. in Psychology, Universidad de las Américas, CDMX*

**Areas of interest:**

Clinical Supervision, Integrative Psychotherapy, Ethics and Research in Psychotherapy

**Contact:** [ana.villafuerte@ibero.mx](mailto:ana.villafuerte@ibero.mx)

**José Luis Zamudio Jiménez**

*M.Sc. in Addiction Studies, Clinical and Public Health Aspects, Institute of Psychiatry, Maudsley Hospital; King’s College*

*B.Sc. in Psychology, Universidad Iberoamericana*

**Areas of interest:**

Clinical supervision and treatment of addictions

**Contact:** [jose.zamudio@ibero.mx](mailto:jose.zamudio@ibero.mx)

**LINES OF RESEARCH**

The Master’s program collaborates with the three areas of research managed by the Doctorate in Psychological Research:

1. Gender and Culture
2. Vulnerable Groups, Quality of Life and Family
3. Health Psychophysiology

**IDEAL PLAN**

<b>First semester</b>	<b>20 credits</b>
Introduction to Psychological Counseling	4
Psychological Counseling Theories	4
Group Process	4
Developmental Psychology	4
Interview Skills for Counseling	4

<b>Second semester</b>	<b>21 credits</b>
Multiculturalism in Counseling	4
Psychiatric Disorders	4
Addictive Behaviors	4
Counseling Assessment Techniques	4
Supervised Practicum	5

<b>Third semester</b>	<b>17 credits</b>
Crisis intervention	4
Counseling and Family Therapy	4
Vocational Development and Lifestyles	4
Internship I	5

<b>Fourth semester</b>	<b>16 credits</b>
Elective 1	4
Elective 2	4
Internship II	4
Research Methods	4

<b>Compulsory</b>	<b>66 credits</b>
<b>Elective</b>	<b>8 credits</b>

<b>Total Credits</b>	<b>74 credits</b>
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**ELECTIVE SUBJECTS**

- Special issues in counseling
- Advanced studies in counseling
- Child mental health
- Counseling for patients with chronic and terminal diseases
- Domestic violence
- Disability and inclusion
- Neuropsychology and counseling
- Human sexuality: theory and intervention
- Eating disorders and obesity

**ADMISSION PROCEDURES**

- Original birth certificate
- Simple photocopies of university degree and professional license, or evidence of graduating from B.A. or M.A. Copies will be verified against original documents
- Course subjects request form
- Application form (provided by School Service Directorate along with new admission instructional materials)
- Letter of acceptance to the Graduate Program
- Letter of commitment and Addendum duly completed and signed (provided with first admission instructive materials by the School Service Directorate)
- Application process payment receipt

**Foreign Students**

Foreign country applicants or Mexicans coming from foreign institutions must also deliver:

- Birth certificate legalized for México
- Revalidation of studies extended by the Mexican Ministry of Public Education. If the documents are not in Spanish, they must be translated by an authorized translator
- Photocopy of Migration Form FM-2 (the student is responsible of keeping his/her migratory status in Mexico up to date)

\*Each graduate program has specific admission requirements. Please consult with the coordinator.

For further information, please contact:

[ana.villafuerte@ibero.mx](mailto:ana.villafuerte@ibero.mx)



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