

PALO ALTO UNIVERSITY

GRADUATE PROGRAMS 2014



Programs and Locations at Palo Alto University

Ph.D. in Clinical Psychology

Located on our main campus in Palo Alto, CA

Areas of Emphasis:

- Child & Family Psychology
- Diversity and Community Mental Health
- Forensic Psychology
- Joint J.D./Ph.D. Program
- LGBTQ Psychology
- Meditation & Psychology
- Neuropsychology

PGSP-Stanford Psy.D. Consortium

Located on our main campus in Palo Alto, CA and at the Department of Behavioral Sciences at Stanford University

M.A. in Counseling Psychology (Evening or Weekend Residential) emphasis in Marriage and Family Therapy or Professional Clinical Counseling

Four locations:
Palo Alto, Monterey Bay, San Mateo, and Los Altos

M.A. in Counseling (Global Online)

Online classes with a practicum requirement that can be satisfied wherever you are located.

One week residency section required after the first year

M.S. in Psychology (Global Online)

Classes completed online, located wherever you are

One week residency section required after the first year

B.S. in Psychology and Social Action

Full time day programs located at De Anza College and College of San Mateo

Evening/Online hybrid program requires attendance one evening per week located at Palo Alto University Main Campus

B.S. in Business Psychology

Full time day program located at Foothill College

Evening/Online hybrid program requires attendance one evening per week located at Palo Alto University Main Campus



PAU's Main Campus - Palo Alto, CA



President's Message...

I assume that you are a prospective student choosing among a number of outstanding programs in Psychology. The professional school in clinical psychology is a relatively new development. Palo Alto University (formerly Pacific Graduate School of Psychology) is over a quarter of a century old, but that is relatively young in terms of traditional institutions of higher education. We have developed a distinctive strategy for combining the advantages of a professional school and a traditional university. We have worked out cooperative relationships with such institutions as Stanford University, Golden Gate University, and the Palo Alto Veterans Administration.

These collaborative efforts give a student the advantage of a relatively small student body on our campus with the resources of major institutions of higher education. The results of this strategy can be seen in our students' outstanding test scores on the licensing examination, their placement in high quality internships, and their outstanding careers in our field. We hope you will consider joining us here in Palo Alto and if you have any questions, please do not hesitate to contact me directly at a.calvin@paloaltou.edu or contact our admissions office at admissions@paloaltou.edu.



Allen Calvin, Ph.D.
President

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Founded in 1975, the Pacific Graduate School of Psychology reincorporated to Palo Alto University in 2009. A private, non-profit, fully accredited higher education institution that combines the advantages of a professional school with a traditional university, Palo Alto University provides undergraduate and graduate students small class sizes with renowned faculty and impressive clinical training resources through the university's cooperative relationships with Stanford University, the University of San Francisco, Golden Gate University and Palo Alto Veterans Health Administration.

PAU SETTING



San Francisco Golden Gate Bridge

Located on the San Francisco Bay Area Peninsula 35 miles south of San Francisco and 25 miles north of San Jose, Palo Alto University is nestled in the foothills of Palo Alto just minutes away from Stanford University and downtown Palo Alto.

The area is home to Nobel Prize winners, Silicon Valley CEOs, venture-capital firms, HP, Facebook and one of the most renowned universities and medical centers in the world at Stanford University. The city of Palo Alto combines small-town charm with sophisticated elegance. Tree-lined streets and historic buildings reflect the California heritage, while a vibrant downtown core anchors its business and residential areas. This dynamic mix of tradition and innovation makes Palo Alto an extraordinary place for your academic endeavors.



Downtown Palo Alto



Arastradero Preserve neighboring Palo Alto University

The Palo Alto University Campus enjoys a serene setting overlooking the hills of Palo Alto and Portola Valley, with easy access to all that Silicon Valley and the richness that the San Francisco Bay area has to offer.

ABOUT PAU

Engaging Minds, Improving Lives



PAU programs are characterized by innovative and creative collaborations with a rich variety of institutions in the San Francisco Bay area and the world. PAU combines the emphasis on scientific research characterizing the best university programs with the intensity and breath of clinical training characterizing the best

professional programs to produce graduates and clinicians whose professional activities are grounded in science and the highest professional standards. PAU offers a select but diverse range of undergraduate, master's, Psy.D. and Ph. D. programs, emphasizing the integral role of psychology and the social sciences in a wide variety of academic and applied disciplines. The scientific and professional rigor and the broad range of degrees offered make PAU uniquely suited to train students at all levels who aspire to improve the human condition.



Our Mission

Palo Alto University is a diverse and dynamic community dedicated to education with an emphasis in the behavioral and social sciences, to promoting future innovators and leaders for the benefit of society; to generating knowledge through research and scholarship of the highest level; and to providing services to the community informed by science and scholarship.

Our Values

- excellence and distinction in all aspects of our programs and operations
- imagination and experimentation in current and future efforts in pursuit of science and pedagogy
- accountability to our profession, community and students to provide outstanding programs, operational transparency and fiscal responsibility
- a strong, committed relationship to internal, local, national, and international partners
- creative collaborations with other institutions

Our Vision

Using psychological insights, scientific rigor, and our own humanity to improve lives around the globe, Palo Alto University will establish its leadership by achieving the highest standards of excellence.

"I am very thankful for my experience at PGSP, now PAU, because it prepared me very well for the many roles I have enjoyed throughout my career as a psychologist. The professors were always highly dedicated to their craft, and the administration and staff worked hard and were always supportive of the needs of students. PAU provided for me a tremendous experience of growth and learning, and I feel great pride to be associated with such a fine institution of higher learning."

- YVETTE TAUREZ, PH.D., CLASS OF 2003

By The Numbers

Palo Alto University Key Facts*



739

Number of **Graduate Students** enrolled

Number of **Undergraduate Students** enrolled

173

31%

Diversity Enrollment

Number of countries represented by the PAU student body

25

96%

Percentage of the 2012 incoming cohorts of **PAU doctoral students** who are still currently enrolled

Over 80,000 hours per year of **in-kind clinical services** through internships and practicum placements, including collaborations with the VA healthcare system, national center for PTSD, and El Camino Hospital

80,000

2013 match percentage of **PAU Doctoral students** for pre-doctoral Internships (APA, APPIC and CAPIC)

92%

76%

Percentage of **PAU Doctoral students** who passed the California State Licensing exam for psychologists since 2001

Average **California Statewide** percentage of students who passed the California State Licensing exam for psychologists since 2001

63%

100

More than 100 **Full and part-time faculty** representing the foundational facets of psychology and specialized clinical interests

Number of **core faculty members** in both PAU Ph.D. and Psy.D. doctoral programs

44

19th

Overall ranking of **PAU Faculty** for research productivity in a study of 166 APA-accredited clinical psychology Ph.D. programs by Stewart, Roberts & Roy.

* As of August 1, 2013

GRADUATE ACADEMIC PROGRAMS

- *Ph.D. in Clinical Psychology*
- *PGSP-Stanford Psy.D. Consortium*

- *M.S. in Psychology (Global Online)*
- *M.A. in Counseling Psychology (Evening Residential)*
- *M.A. in Counseling (Global Online)*



PH.D. IN CLINICAL PSYCHOLOGY

An Integration of research and practice, our APA Accredited Ph.D. program in clinical psychology aims to train both outstanding clinicians and researchers. Adhering to a practitioner-scientist model, clinical practice is a primary focus for most of our graduates.



Overview

The Ph.D. Program at PAU is deeply committed to educating well-rounded clinical psychologists who can excel as both clinicians and researchers. Students are taught to be science minded while appreciating the larger role of psychology in alleviating suffering in the world. Through a rigorous evidence based curriculum, outstanding faculty mentorship, and rich opportunities in both clinical training and scholarly research, we aim to provide the foundation for a distinctive career in psychology that integrates science and practice in the service of others.

Balance

Our balanced curriculum provides students with the requisite knowledge, skills, and attitudes both to successfully practice as a clinical psychologist and to consume and generate research. This balance leads to careers in a wide variety of settings, from hospital settings and private practice, to academic and administration settings. Through the many practicum opportunities and the large breadth of exceptional research opportunities, students are encouraged to find the right balance of science and practice for themselves that will best allow for their specific interests and goals.

Opportunity

Palo Alto University takes full advantage of a rich and diverse faculty along with community services to link your education to a career as a professional. Unique to Palo Alto University are the formalized and well-established relationships with other premier institutions such as Stanford University and the Palo Alto VA. In addition, students have clinical training opportunities from hundreds of practicum sites throughout the Bay Area, in environments as diverse as your own interests are. PAU faculty and students are encouraged to collaborate and draw from these resources to pursue a wide variety of opportunities and form the foundation of your career in psychology.

Internship

A primary emphasis of the Ph.D. program curriculum is to provide the appropriate opportunities and experiences necessary for students to obtain high quality pre-doctoral internship sites in environments that are relevant to each specific student's goals. With opportunities for tailoring students' elective coursework, research experiences, and clinical training environments, our students are well positioned to be competitive in the applied field they would like to pursue. Students in our Ph.D. program have historically had fantastic success in their internship experience, with a high percentage of students consistently placing each year. This success leads students on to outstanding careers in psychology as PAU alumni.

"The highlight for me at PAU was the opportunity to work with the faculty. They are influential, supportive, and challenging professors who manage to blend the program demands with a level of support that you don't see in the average professor. And they make the work interesting and fun."

- AMBER WEST, PH.D., CLASS OF 2001

"While academics at PAU have prepared me to work in this field, my clients have taught me so much more about life. I learned a great deal about severe mental illness while working at Santa Clara Valley Medical Center. With my degree in hand, I look forward to serving and learning from the underserved populations in Santa Clara County, for many years to come."

- GINNY ESTUPIAN, PH.D., CLASS OF 2010



Your Area of Emphasis

All students in the Ph.D. program study the core curriculum, which provides intensive but broad-based training in five areas: basic theoretical concepts in psychology, psychological evaluation and assessment, psychotherapy theory and process, research and clinical foundations, and field experience. In addition to this foundation, students may choose to pursue one of our many formalized specialty areas by their choice of elective coursework, the many research opportunities, and the clinical training experiences that fit the environment and/or populations that interest our students most. The Ph.D. program is designed with the flexibility to help our students discover their particular interests without getting locked into a specialty too early. Instead, we encourage our students to refine their interests by building on the experience and knowledge accumulated throughout the program. By combining coursework, mentorship and supervised clinical training environments, PAU graduates are well prepared to work in the area that fits their interests best.

Formal Area's of Emphasis Available:

- Child & Family Psychology
- Diversity and Community Mental Health
- Forensic Psychology
- Joint J.D./Ph.D. Program
- LGBTQ Psychology
- Meditation & Psychology
- Neuropsychology

Two additional formal areas of emphasis are also currently under development:

- Psychology and Trauma
- Health Psychology
- Gender Psychology

Five Year Curriculum

● First Year

All first year students take the didactic coursework that lays the foundation both in psychological theory and in practical applications. Courses include psychological sciences (e.g. biological bases of behavior), research methods/statistics, psychopathology, development, neuropsychology.

● Second Year

Second year students move into research groups, take the assessment sequence, begin their supervised clinical experience at PAU's Gronowski clinic, and engage in a variety of theoretical and therapy focused courses.

● Third Year

Third year students continue work in research groups, generally moving toward the development of a line of inquiry that will lead to the dissertation. Students will also include a third year practicum experience continuing the development of therapeutic approaches.

● Fourth Year

The fourth year of the curriculum is reserved for completing the dissertation. In addition, most students complete an additional year of practicum, and will identify and apply for internship sites, under the guidance of the Director of Clinical Training.

● Fifth Year

During the fifth year, the Ph.D. student completes an approved 2000 hour internship. The psychology internship is an organized training program that, in contrast to supervised experience or on-the-job training, is designed to provide the intern with a planned, programmed sequence of training experiences. Typically, the internship takes place in a multidisciplinary setting offering a wide range of services and training experiences.

RESEARCH AND CLINICAL TRAINING

Integral to the Ph.D. curriculum are the **research opportunities** available at PAU. As we believe in the idea that well informed research leads to well informed practice, all Ph.D. students are required to participate in small faculty-led research groups during their second and third years of the program. The research groups serve to engage students in ongoing research projects, facilitate development of mentoring relationships, and also assist students in planning their dissertations. Through this process students are provided with the necessary experience to become contributing members in the field of scientific psychology, and to critically evaluate research in order to integrate this into sound clinical practice. Below is a sample of ongoing research projects available at PAU.

Aging, Neuropsychology, and Depression - Rowena Gomez, Ph.D.
Alcoholism and Addictions - Theodore Jacob, Ph.D.
An Attachment Theory Based Perspective on Loss and Trauma - Nigel Field, Ph.D.
Behavioral Research and Assessment in Neuropsychology - Rayna Macher, Ph.D.
CBT with Anxious Youth - Robert Friedberg, Ph.D.
Clinical Crises and Emergencies: Emergency and Disaster Psychology; the Psychology of Courage - Bruce Bongar, Ph.D.
Clinical Neuropsychology and Psychological Assessment - James Moses, Ph.D.
Communication, Psychopathology and Treatment - Robert Russell, Ph.D.
College Student Substance Abuse -- Amie Haas, Ph.D.
Cultural Transitions -- Sita Patel, Ph.D.
Culture and Ethnicity -- Stanley Sue, Ph.D.
Disaster and Terrorism - Larry Beutler, Ph.D.
Ethnic Minority Mental Health - Joyce Chu, Ph.D.

Early Intervention Clinic - Matthew Cordova, Ph.D. & Josef Ruzek, Ph.D.
Forensic - Christopher Weaver, Ph.D.
i4Health - Institute for International Interventions for Health- Ricardo Munoz Ph.D.
Juvenile Forensic Research Group -- Amanda Fanniff, Ph.D.
Latino Health - Alinne Barrera, Ph.D.
Lesbian, Gay, Bisexual and Transgender Research Group - Kimberly Balsam, Ph.D.
Meditation and Psychotherapy - Lynn Waelde, Ph.D.
Multicultural Suicide Research Center - Bruce Bongar, Ph.D., Joyce Chu, Ph.D., & Peter Goldblum, Ph.D., MPH
Neuropsychology, Mood and Anxiety Disorders and Women's Mental Health - Jennifer Keller, Ph.D.
Psychology and Law, and Pediatric Psychology (2 Research Groups), - Wendy Packman, J.D., Ph.D.
Psychotherapy - Larry Beutler, Ph.D.
Trauma, Dissociation and PTSD - Lynn Waelde, Ph.D.

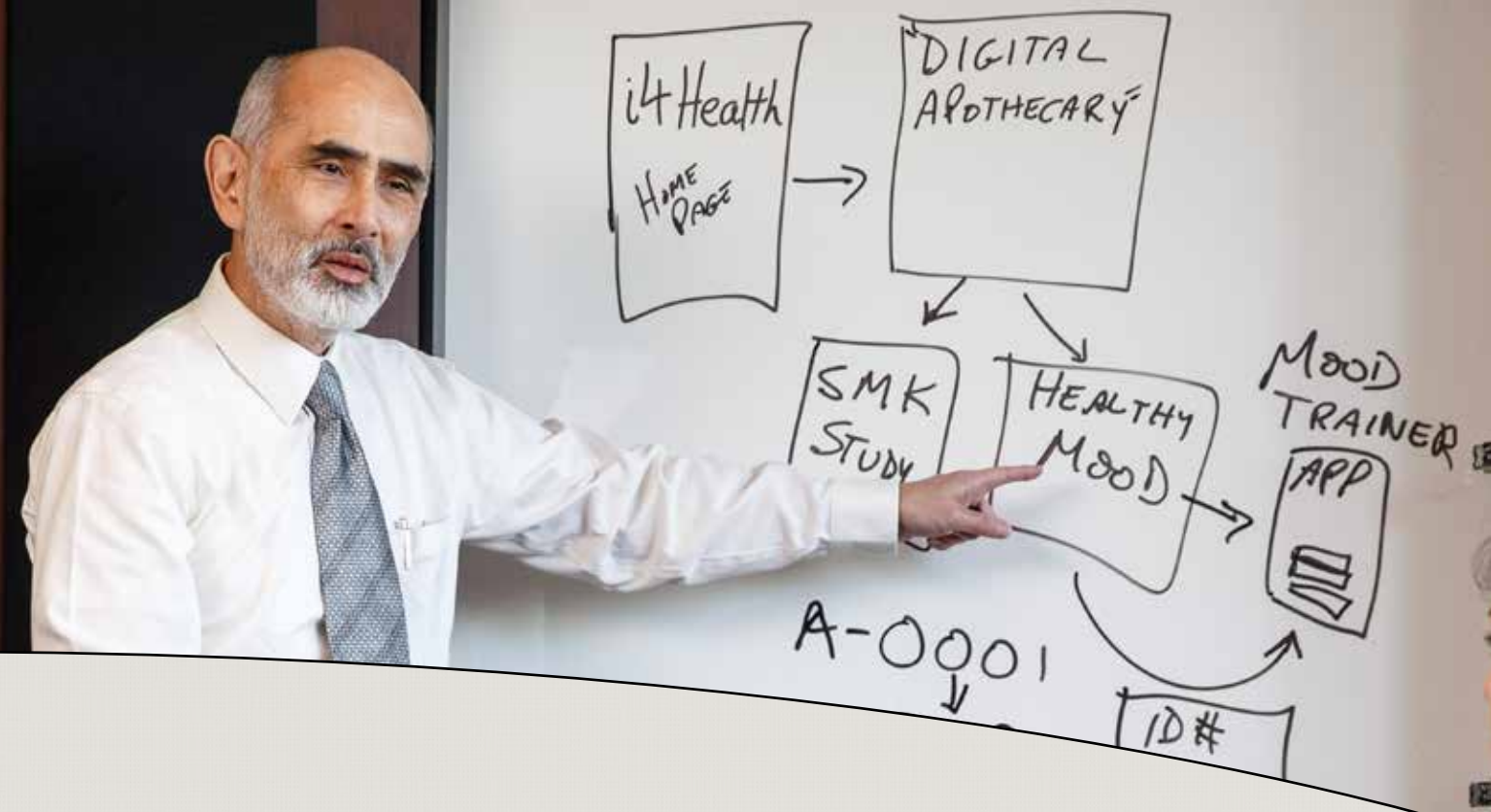
High quality **Clinical Training** depends on closely supervised practicum experience in a variety of settings. Practicum placements at PAU sponsored clinics and in the community begin in the second year of the Ph.D. program and provide valuable direct professional experience for our students. Students are first closely supervised by our faculty in PAU's own Gronowski clinic (www.mentalhealthclinic.org), followed by up to two additional years of community practicum environments, with placements managed by our practicum coordinator and the Office of Professional Advising and Development. PAU students have over 200 community practicum sites in a wide variety of populations and environments to choose from, with a sampling of these sites below:

Asian Americans for Community Involvement
Barbara Aarons Pavilion – Santa Clara Valley Medical Center
Behavioral Neuroendocrinology (Stanford University School of Medicine)
Children's Health Council
Children's Hospital Autism Intervention (at Children's Hospital & Research Center Oakland)
City of Fremont Youth and Family Services
Correctional Health Services, San Mateo County (Maguire Correctional Facility) Depression Research Clinic, Stanford University
Edgewood Community Center for Children and Families
El Dorado County, CA Mental Health Department
Goodwill of the Silicon Valley
Institute on Aging
San Francisco Jail Psychiatric Services
Kaiser Hospital/The Permanente Medical Group, Redwood City
La Familia
Laguna Honda Hospital and Rehabilitation Center
Memory and Aging Center & Epilepsy Center, UCSF
Notre Dame de Namur University, Counseling Services
St. Mary's Medical Center Project School Care

San Mateo County Mental Health Services Division, Juvenile Probation Mental Health Unit
Santa Clara University Counseling Center
Stanford/VA Aging Clinical Research Center (ACRC)
Stanford University Medical Center – Acute Psychiatry (H2/G2)
UC Davis, Counseling and Psychological Services
UCSF/AIDS Health Project
VA Menlo Park – National Center for PTSD
VA Palo Alto – Comprehensive Rehabilitation Unit (CRC)/TBI Inpatient Rehab Unit
VA Palo Alto – Defense and Veterans Brain Injury Center
VA Palo Alto – Geriatric Neuropsychology and Neuro-Imaging
VA Palo Alto – Neuropsychological Assessment Unit
VA Palo Alto – Psychiatric Intensive Care Unit
VA Palo Alto – Spinal Cord Injury
VA Palo Alto – Women's Mental Health Center
VA Palo Alto – Women's Trauma Recovery Program, National Center for PTSD
VA Palo Alto – MPD Nursing Home Care Unit
VA San Francisco – VA Medical Center
VA San Francisco – Geriatrics/Extended Care (VA Medical Center)
VA San Francisco – Substance Use PTSD Team

THE PH.D. PROGRAM CORE FACULTY

Lifetime Achievement awards, Past APA Presidents, Presidential citation for achievement from the APA, Distinguished Scholar awards are just some of the accomplishments represented by the Ph.D. program faculty at Palo Alto University. Comprised of talented and distinguished psychologists with a wide range of clinical and research specialties, the faculty members as a whole support evidence-based approaches to practice and are actively involved in clinical research. With a low student-to-faculty ratio, PAU's faculty can provide the personalized attention necessary to become teachers, mentors, counselors and friends.



Kimberly Balsam, Ph.D., MPH, Associate Professor, Co-Director of CLEAR, Co-Director LGBTQ Program

Areas of Emphasis: LGBT psychology, women and gender, same-sex and heterosexual couples, trauma, CBT

Alinne Barrera, Ph.D., Assistant Professor, Associate Director of Clinical Training, Ph.D. Program

Areas of Emphasis: Working with immigrant, Spanish-speaking individuals with mood disorders.

Designing and testing depression programs for underserved populations.

Leonard Beckum, Ph.D., Professor, Ph.D. Faculty Chair

Bruce Bongar, Ph.D., ABPP, FAPM, Professor

Areas of Emphasis: Suicide and Self Destructive Behaviors, Clinical and Legal Standards of Care,

Emergency and Disaster Psychology, and the Psychology of Suicide Terrorism.

Grace Chen, Ph.D., Associate Professor, Ph.D. Practicum Coordinator

Areas of Emphasis: Professional development and issues, training, psychotherapy, social advocacy

Joyce Chu, Ph.D., Associate Professor

Areas of Emphasis: Geriatrics, ethnic minority populations, and diversity

Amanda Fanniff, Ph.D., Assistant Professor

Areas of Emphasis: Development considerations in the assessment and treatment of juvenile offenders

Robert Friedberg, Ph.D., ABPP, Associate Professor, Director Center for Study and Treatment of Anxious Youth

Areas of Emphasis: Cognitive behavioral therapy with children, adolescents, and families experiencing anxiety,

stress, and performance issues

Peter Goldblum, Ph.D., MPH, Professor, Director of CLEAR, Director of LGBTQ Program

Areas of Emphasis: Lesbian, Gay, Bisexual and Transgender, Psychotherapy, Bullying, Suicide, HIV and Work

Rowena Gomez, Ph.D., Associate Professor and Director of Clinical Training, Ph.D. Program

Areas of Emphasis: Aging, Neuropsychology, and Depression

Amie Haas, Ph.D., Associate Professor

Areas of Emphasis: Substance abuse in college populations

Janice Habarth, Ph.D., Assistant Professor, Co-Director of PAU Ph.D. Academic Advising Center

Areas of Emphasis: Personality and normative attitudes, health psychology and psychology of gender and sexual

orientations

Shelley Howell, Ph.D., J.D., Associate Professor

Areas of Emphasis: Neuropsychological assessment of older adults, including early detection of dementia.

Rayna Macher, Ph.D., Assistant Professor, Director of Neuropsychology Program

Areas of Emphasis: Clinical neuropsychology, validity in assessment

Sandy Macias, Ph.D., Gronowski Clinic Director, Associate Professor

Areas of Emphasis: Couples and Children

Ricardo Munoz, Ph.D., Distinguished Professor of Clinical Psychology, Founder of i4Health Program

Areas of Emphasis: Prevention and treatment of depression; smoking cessation; evidence-based internet

interventions for health and wellness; digital self-help; reducing health disparities worldwide

Wendy Packman, J.D., Ph.D., Professor and Director: Joint J.D. - Ph.D. Program in Psychology and Law

Areas of Emphasis: Pediatric Psychology and Psychology Law

Sita G. Patel, Ph.D., Assistant Professor

Areas of Emphasis: Immigrant mental health

Robert Russell, Ph.D., Professor

Areas of Emphasis: Developmental Psychology, child and adolescent communication disorders

Stanley Sue, Ph.D., Distinguished Professor, Director of the Center for Excellence in Diversity

Areas of Emphasis: Mental health services to culturally-diverse groups.

Teceta Tormala, Ph.D., Assistant Professor

Areas of Emphasis: Prejudice, racial and ethnic identity process among Black immigrants

Lynn C. Waelde, Ph.D., Professor

Areas of Emphasis: Meditation and Psychotherapy, Trauma, Dissociation and PTSD.

Dr. Waelde's clinical and research interests focus on therapeutic applications of meditation and on predictors and

Christopher Weaver, Ph.D., Assistant Professor & Director, Forensic Psychology Program; and Associate Director of Clinical Training, Ph.D. Program

Areas of Emphasis: The role that trauma and substance use play in criminal offending, the

assessment of dissimulation in PTSD assessment.

Robert Wickham, Ph.D., Assistant Professor

Areas of Emphasis: Role of authenticity and attachment style in close relationship functioning, applied research

methods and statistical modeling; schematic knowledge structures and uncertainty reduction

"Dr. Goldblum's far-reaching and visionary contributions to the development of a science of LGBT psychology has provided the science base for practice, education, and the development of public policy."

- ARLENE NORIEGA, PH.D., APA DIVISION 44 PRESIDENT ON PAU PROFESSOR PETER GOLDBLUM, RECIPIENT OF THE 2013 APA DIVISION 44 DISTINGUISHED CONTRIBUTIONS TO EDUCATION AND TRAINING AWARD



PGSP-STANFORD Psy.D. CONSORTIUM

Founded in 2002, our APA accredited Psy.D. program draws from the resources of both Palo Alto University and Stanford University's department of Psychiatry and Behavioral Sciences. PAU's practitioner-scholar model aims to produce students and graduates who are critically reflective, informed consumers of psychology and associated clinical sciences.

Program Overview

The Pacific Graduate School of Psychology at Palo Alto University and Stanford University School of Medicine Department of Psychiatry and Behavioral Sciences joined together in 2002 to form an innovative Doctor of Psychology (Psy.D.) Consortium program. This outstanding training program places an emphasis on a biopsychosocial understanding of psychological disorders (i.e., a model that conceptualizes psychological disorders and problems as having biological, psychological and social components). In addition, the program provides training for student psychologist-practitioners in the use of empirically supported treatments for a wide variety of psychiatric illnesses and behavioral disorders.

As a training consortium, the PGSP-Stanford Psy.D. program is able to draw upon nationally renowned faculty and resources from Palo Alto University and the Stanford University Department of Psychiatry and Behavioral Sciences. The five-year Doctor of Psychology degree program consists of three years of graduate coursework, a year spent working on a clinical dissertation, followed by a year-long internship in clinical psychology. As a practitioner-scholar oriented graduate program, the focus is on intensive clinical training and utilizes the rich resources of the San Francisco Bay area mental health community for pre-internship basic and advanced supervised clinical experiences. Students will earn their degree through the Pacific Graduate School of Psychology and upon completion of the five-year training sequence will be clearly identified as having completed all requirements of the PGSP-Stanford Psy.D. Consortium.

Training Model

The PGSP-Stanford Psy.D. Consortium is a practitioner-scholar program intended for individuals seeking careers devoted primarily to the direct delivery of clinical psychological services. The program provides a generalist education in clinical psychology, relegating the pursuit of more specialized training to students' later post-doctoral education. The Consortium training model emphasizes evidenced-based practice, and takes a bio-psycho-social approach to psychology striving for a balanced, integrated, contemporary understanding of the biological, social and psychological factors affecting human behavior. Thus, students' competent understanding of science and scientific methods represents a critical priority of the Consortium educational program.

About Stanford

Among the unique features of the PGSP-Stanford Consortium is the context in which students are trained. In addition to its research and teaching facilities, the Stanford University Department of Psychiatry and Behavioral Sciences is the home of the largest clinic at the Stanford University School of Medicine. The mission of the Stanford clinics involves the care of a wide variety of patients with diagnoses that span the spectrum from mood and anxiety disorders, to personality disorders, as well as bipolar disorder and schizophrenia. Combined with our resources in psychosocial treatment, we believe we can provide a broad and unique perspective on the nature of psychiatric and behavioral disorders.

"An interesting feature of the PGSP-Stanford Consortium in the cohort model. We study as a cohort throughout the program, so you get to know everyone in your class really well. It creates a comfortable environment in which familiar faces allow for intimate classroom discussions."

-LANDON BERGER, PSY.D., CLASS OF 2011

CURRICULUM AND CLINICAL TRAINING



Five Year Curriculum

In their first year, students are introduced to foundational material, as well as introductions to professional ethics, diagnostic and intervention skills. In Learning Psychotherapy: An integrative approach, students are introduced to the crucial elements of psychotherapy. In Foundations of Ethics and Professional Psychological Practice students are introduced ethical and professional guidelines, laws, principles, and practices that shape professional psychology in the 21st century.

Second year classes include courses that begin to detail specific types of interventions and disorders with courses such as Foundations of Psychodynamic Psychotherapy which introduces both brief and long-term psychodynamic psychotherapy, with an emphasis on the potential contribution of empirical research to theory validation and to the identification of efficacious treatment elements. Supervision and Group Work provides an introduction to the theory and practice of group psychotherapy including an historical overview of the development of group psychotherapy, particularly as it pertains to the emergence of the various approaches to group psychotherapy as well as an introduction to the theories and practice of clinical supervision. Similarly, Foundations of Cognitive Therapy provides an introduction to the concepts and theory underlying cognitive and cognitive behavioral therapy.

Third year classes continue to focus students on specific interventions and clinical populations with courses such as Dialectical Behavior Therapy for the Borderline Patient: A Clinical Overview that provides a comprehensive overview of DBT including empirical evidence and applicability to Borderline Personality Disorder in adult and adolescent populations. Family Therapy covers the basic concepts of systems theory and reviews major theoretical premises of the family-systems approach to the assessment and treatment of couples and families, family systems interviewing, assessment, and treatment planning.

The fourth and fifth year complete the program with a clinical dissertation followed by a year long internship.

Clinical Training

Students are introduced to practica in their first year, and are required to successfully complete two full years of practicum in a community setting in their second and third years and may elect to complete a fourth year, for additional clinical experience. During the practicum sequence, students are introduced to supervision, consultation, and clinical organizational management (See courses for more information). The PGSP-Stanford Psy.D. Consortium seeks to provide extensive supervised practicum experience (i.e., approximately 2000 hours prior to internship) in diverse settings. Practicum placements give students the opportunity to apply, integrate, and expand skills learned didactically.

The PGSP-Stanford Psy.D. Consortium draws upon a diverse number of practicum sites to provide applied experience for students. The PGSP-Stanford Psy.D. Consortium is primarily generalist in approach and students have the opportunity to work in settings that provide care to adults, adolescents, children and families. For example, PAU has forged a relationship with Stanford University's Children's Health Council and students will receive advanced experience working with children and families and receive videotaped supervision in this setting. Other community sites allow our students the opportunity to work extensively with LGBT populations (UCSF AIDS Health Project), Multicultural populations (Richmond Area Multi Service Agency), adolescents and young adults (San Jose Job Corps, San Jose State University Counseling Center), individuals with serious mental health issues (Valley Medical Hospital Inpatient, Stanford Hospital Inpatient, Santa Clara Bi-Polar Project) and with a variety of community individuals, couples, and families (Youth and Family Enrichment Services, Community Counseling and Education Agency).

Our community-based practicum sites give students exposure to a range of theoretical orientations, including CBT, DBT, brief dynamic, family systems, and a more eclectic, multi-systemic approach. We also have the opportunity to utilize the PGSP Gronowski Clinic as an excellent training site for students. In addition, we place many students in the Palo Alto VA Health Care System (VAPAHCS). Presently, our students are training in the Anxiety Disorders Clinic and other mental health clinics, such as the San Jose Outpatient VA Clinic and the Monterey VA Outpatient Clinic. The training model involves intensive supervision of each student, including weekly observed live, videotaped or audio taped observation and discussion with a senior psychologist. Thus, each student placed at a VA site is observed so that the supervisory feedback closely fits his/her developmental level.



PGSP-STANFORD Psy.D CONSORTIUM FACULTY

The Consortium faculty includes a number of distinguished PGSP at Palo Alto University faculty members and Stanford University School of Medicine, Department of Psychiatry faculty members offering a wide range of research interests and clinical specializations. Most are engaged in both clinical practice and research, and thus provide the knowledge, enthusiasm, and insights of those actively working in the field of psychology. Every faculty member is selected to model excellence in their specific professional endeavors; they teach and supervise based on their own extensive clinical and academic experience.

Core Program Faculty

- Bruce Arnow, Ph.D., Professor and Associate Chair, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine
Areas of Emphasis: Depression, Moderators and mediators of treatment outcome
- Christine Blasey, Ph.D., Professor, Palo Alto University
Areas of Emphasis: Statistics
- Lian Bloch, Ph.D., Assistant Professor, PGSP-Stanford Psy.D. Consortium
Areas of Emphasis: Emotion, emotion regulation, couples, psychotherapy, psychology training
- Jenifer Culver, Ph.D., Clinical Associate Professor, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine
Areas of Emphasis: Bipolar Disorder, Evidence-based practice, DBT
- Cheryl Gore-Felton, Ph.D., Professor and Associate Chairman, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine
Areas of Emphasis: Trauma, Behavioral Medicine
- Robert Hall, Ph.D., ABPP, Assistant Professor, Palo Alto University
Areas of Emphasis: Psychology Practicum Training, Behavioral Medicine
- Nancy A. Haug, Ph.D., Assistant Director, The Gronowski Center and Assistant Clinical Professor, Palo Alto University
Areas of Emphasis: Eating and weight disorders, smoking cessation and alcohol/substance abuse. Current research interests include health behavior change interventions and evidence-based practices among substance abuse treatment providers
- Kimberly Hill, Ph.D., Director of Clinical Training, PGSP-Stanford Psy.D. Consortium, Clinical Associate Professor, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine
Areas of Emphasis: Psychology Training, Social Anxiety, PTSD, Behavioral Medicine, Media Psychology
- Robert Holaway, Co-Associate Director of Clinical Training, PGSP-Stanford Psy.D. Consortium, Assistant Professor, Palo Alto University
Areas of Emphasis: Psychology Practicum Training, Anxiety Disorders
- Megan Jones, Psy.D., Clinical Instructor, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine, Co-Practicum Coordinator, PGSP-Stanford Psy.D. Consortium
Areas of Emphasis: Eating Disorders and Obesity, Health Promotion, Technology-Assisted Prevention and Intervention
- Cheryl Koopman, Ph.D., Professor (Research), Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine
Areas of Emphasis: Behavioral Medicine, Breast Cancer, Lyme Disease
- Jennifer Phillips, Ph.D., Clinical Associate Professor, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine
Areas of Emphasis: Autism Spectrum Disorders, Assessment of young children, Developmental Disabilities
- Allison Thompson, Ph.D., Co-Associate Director of Clinical Training and Co-Practicum Coordinator, PGSP-Stanford Psy.D. Consortium, Clinical Assistant Professor, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine
Areas of Emphasis: PTSD, Treatment of underrepresented populations, Health Psychology, Evidence-based practice

Associated Program Faculty

- Kathleen Corcoran, Ph.D., Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine
Areas of Emphasis: CBT, Mindfulness Based Therapies, Depression, and Anxiety Disorders
- William Froming, Ph.D., Vice-President for Academic Affairs, Professor
Areas of Emphasis: Public and Private Aspects of the Self; The Development of Self-Regulation
- Ricardo Munoz, Ph.D., Distinguished Professor of Clinical Psychology, Palo Alto University
Areas of Emphasis: Internet interventions
- Debra Safer, M.D., Assistant Professor of Psychiatry, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine
Areas of Emphasis: The Use of Dialectical Behavior Therapy to Treat Bulimia Nervosa and Binge Eating Disorders
- Nicole Shiloff, Ph.D., Assistant Director, The Gronowski Center and Assistant Clinical Professor, Palo Alto University
Areas of Emphasis: Psychology Training
- Sharon Williams, Ph.D., Associate Professor, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine
Areas of Emphasis: Medically compromised children, cognitive deficits in children undergoing medical procedures
- Sanno Zack, Ph.D., Clinical Assistant Professor, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine
Areas of Emphasis: Children and Adolescents, Dialectical Behavior Therapy
- Philip Zimbardo, Ph.D., Professor, Palo Alto University
Areas of Emphasis: Prisons, Time, Shyness, Madness, Violence/Evil, Persuasion, Hypnosis, Dissonance, Teaching, Political Psychology, Terrorism

“The PGSP-Stanford Consortium is an evidence-based, science-based Psy.D. program. We do not train academic scientists; our students want to serve in clinical practice. But we believe in science and train our students to be analytical and reflective as practitioners.”

- JIM BRECKENRIDGE, PH.D., PROFESSOR AND DEAN OF ACADEMIC ADMINISTRATION AND OPERATIONS, PAST DIRECTOR OF CLINICAL TRAINING

M.S. IN PSYCHOLOGY

(GLOBAL ONLINE)

The M.S. in Psychology curriculum is a two-year part time program that is equivalent to the first year curriculum of PAU's Ph.D. program. This makes a great option for students who would like to enroll into our Ph.D. program but may not yet be ready to move to the Palo Alto area.



Overview

With a M.S. Psychology degree from Palo Alto University, graduating students have three options: (1) An opportunity to gain acceptance to Palo Alto University's residential Ph.D. program, (2) Preparation for application to other Ph.D. programs, and (3) A terminal master's degree applying psychology in publishing and technology, assisting in psychological research or teaching at the community college level.

The program is in its fifteenth year and has enrolled students from all continents of the world. It is truly an anytime, anywhere program, designed for students who are working part-time or full-time, as the online coursework can be completed during evenings and weekends. The program also includes a one-week on-campus summer residency at the end of the first year.

How is it Done?

The program uses a number of techniques to accomplish its educational goals. We have partnered with an educational technology company (Pearson) and they host the course materials online in a distance learning website called eCollege. Many of the courses use PowerPoint slides accompanied by lecture notes. A number of classes have an audio track so you can listen to the instructor as well. Readings for the classes are from texts or articles that are available on the course website in Adobe Acrobat format. Many classes also use threaded discussion groups to provide a way for students to discuss course materials with each other. Finally, chat rooms or conference calls are used to provide a forum for students to ask questions of the professor or TA.

When does it Happen?

Students start once a year, in September. Students cannot enter the program until the following September once classes have started.

The only synchronous parts of the courses are the chat rooms, webinar discussions, or phone conferences. For those classes that use chat rooms, the individual instructors will schedule chat times that work for their classes. Scheduling chat times can be complicated when students come from around the world. Chat times will generally occur sometime between 4 P.M. and 9 P.M. Mondays through Fridays. These times are all local times for San Francisco. Every reasonable effort will be made to schedule them at times that allow everyone to attend. If that is not possible, alternative arrangements will be made.

Why Do This?

There are a number of reasons students are interested in this program. The most obvious one is the tremendous residential cost savings of completing 46 units online. If you are able to do well in the M.S. Psychology program, you will have the opportunity to apply, and if admitted, transfer all 46 units into the Ph.D. on campus. That means you will be well on your way to the Ph.D., knowing that you can master the course material and having saved yourself the costs and uncertainty of moving to Palo Alto before starting any classes.

Teaching psychology in a community college is also a possibility. We have a number of graduates who have gone on to do this. A master's in psychology can be used to assist in psychological research, textbook publishing, or high tech and Internet publishing.

Beyond the direct and obvious career options, achieving a master's degree in psychology will provide the skills to succeed in a diverse variety of fields. Places where graduate-level psychology skills are valued also include social causes, advocacy organizations, non-profits, and the business world.

The Distance Learning M.S. in Psychology program was developed in order to provide students who may have the ability to handle Ph.D.- level work at PAU with an opportunity to demonstrate that ability. It is our hope that every student who is admitted to the M.S. program will be successful in moving to the Ph.D.

- WILLIAM FROMING, PH.D., PROVOST

Program Director Spotlight: Denise Daniels, Ph.D.

Dr. Daniels holds a bachelor's degree in psychology from the University of California at Berkeley, and her M.A. and Ph.D. in psychology from the University of Colorado at Boulder. Daniels' expertise is in large-scale evidenced based program development, information dissemination, and online education. Prior to joining PAU, Daniels had experience at Oracle Corporation, Simon & Schuster Interactive, and Education.com.



M.A. IN COUNSELING PSYCHOLOGY (CALIFORNIA EVENING RESIDENTIAL)

Students in this program follow either a Marriage and Family Therapy track (MFT), or an Licensed Professional Clinical Counselor track (LPCC)



Overview

Our residential M.A. in Counseling Psychology program prepares students to serve their communities as licensed Marriage and Family Therapists or licensed Professional Clinical Counselors in the state of California. The program is partially residential, partially online, and designed to accommodate students' schedules with evening or weekend classes. Classes are offered at our Palo Alto, Monterey Bay, San Mateo, and Los Altos Weekend locations.

Program Goals

Our professors draw from their academic backgrounds and professional experiences to provide students with the training they will need to be successful and practice professionally. Students learn through lecture, discussion, and evidenced-based learning material, then put their new knowledge to work in their practica, all guided by their professors. The program also has a unique multicultural focus with an emphasis on culture, social justice and families. Instructors equip students to serve individuals from different backgrounds and with widely different needs.

The M.A. in Counseling Psychology program also involves innovative and creative collaborations with a rich variety of institutions in the San Francisco Bay Area and the Monterey Bay Area.

Career and Licensure

The MA in Counseling Psychology with emphasis in Marital and Family Therapy or in Professional Clinical Counseling is an accredited program approved by the California Board of Behavioral Science Examiners. It is designed to meet the Marriage and Family license requirements of the Board of Behavioral Science in the State of California (Section 4980.36 or 4980.37). It is also designed to meet the Professional Clinical Counselor license requirements of the Board of Behavioral Science in the State of California (Business and Professions Code §4980.36).

This degree is the first step to obtaining your

license. After graduation you will need to accumulate 104 weeks of supervision and 3,000 hours of pre- or post-masters supervised work experience. Once you accrue the required amount of experience you may take the written licensing exams for your license. While the MA in Counseling Psychology was designed to meet California counseling license requirements, it also meets the licensure requirements of many other states and foreign countries. Anyone who may potentially seek licensure in another state or country should check on those specific laws and regulations.



Program Director Spotlight: William Snow, Ph.D.

Dr. William Snow received his B.A and M.A. from Pacific Lutheran University and Ph.D. from the University of Washington. Prior to joining Palo Alto, Dr. William Snow served at Bethany University for over 25 years where he was Professor of Psychology, Director of Institutional Research, Vice President for

Academics and Chair of the Department of Psychology. Dr. Snow is also a Colonel in the Army National Guard Medical Department and Commander of the California Medical Command where he supervises the physical and behavioral health assessment and health promotion of over 16,000 individuals.

I came to Palo Alto University for my master's degree because I anticipated that the program would provide me with both strong counseling skills and clinical training, as well as a high level of academic rigor grounded in research. I certainly found both to be true. I came out of the M.A. in Counseling Psychology program feeling very well-prepared to apply my skills in counseling in a variety of settings, and to use my training to evaluate situations from a research-minded perspective.

- DEANNA BERGER, M.A., MASTER'S ADMISSIONS MANAGER AND CLASS OF 2012



M.A. IN COUNSELING (GLOBAL ONLINE)

Geared towards students seeking a Licensed Professional Clinical Counselor (LPCC) Licensure, students can pursue either a general mental health emphasis track, or a forensic/correctional emphasis track. Both tracks are almost entirely online, with only a one-week session required in residency.

Overview

No need to uproot your life to go back to school – our regionally accredited program is delivered 98 percent online, with only one week of the two-year, three month program requiring you to visit campus. Hands-on experience through required practicum can also be completed in your own home community. Yet, the dynamics and interaction of a traditional classroom are not lost. Today’s multimedia technologies enable students to still share ideas and critical thought – even if they are an opposite sides of the country, or around the world.

Mental Health/Family Emphasis Cross-Cultural Crisis & Trauma

Our M.A. in Counseling with emphasis in mental health and family counseling is designed to prepare students to serve their communities as licensed Professional Clinical Counselors in most of the 50 states and around the world. Courses take place primarily online, with the exception of one week of residency in Palo Alto and fieldwork in the location of your choice.

Our M.A. in Counseling with emphasis on cross-cultural crisis & trauma consists of elective courses taken in:

- Cross Cultural Issues & Trauma: Preparing to Counsel Abroad
- Trauma Assessment and Treatment: From Rwanda to India and the Homeland
- Crisis, Disaster, and Acute Trauma Counseling

Career and Licensure

The M.A. in Counseling program is a global online blended program, meaning courses primarily take place online, but are supplemented with a 1-week on campus residency requirement and field work in your city/country of choice. In the Summer, students come to the Palo Alto campus for one week of intensive study and competency based skill training.

An advantage of online learning is that students may start the MA in Counseling program at any quarter: Fall (September), Winter (January), Spring (April), or Summer (June). Students can enroll either part-time or full-time, and the program can be completed in a little over two years.

The MA in Counseling with emphasis in Mental Health/Family is a WASC accredited program approved by the California Board of Behavioral Science Examiners. It is designed to meet the Professional Clinical Counselor license requirements of the Board of Behavioral Science in the State of California (Business and Professions Code §4980.36). This degree is the first step to obtaining your PCC license. After graduation you will need to accumulate 104 weeks

of supervision and 3,000 hours of post masters supervised work experience. Once you accrue the required amount of experience you may take the written licensing exams for the Professional Clinical Counselor license.

The MA in Counseling also meets the licensure requirements of many other states and foreign countries. Anyone who may potentially seek licensure in another state or country should check on those specific laws and regulations.

Director of Clinical Training Spotlight: Timothy Baima, Ph.D.



Dr. Timothy Baima received a Ph.D. in Marriage and Family Therapy from Syracuse University and a MA in Marriage and Family Therapy from Alliant International University in San Diego. Dr. Baima’s clinical work has focused on providing home-based individual, couple and family therapy in economical disadvantaged communities. Dr. Baima draws upon a variety of therapeutic models to examine the intersections of loss, trauma, oppression and interpersonal relationships. He has worked with the Violence Intervention and Prevention Program in Syracuse, NY, and The Family Institute of Pinole in Pinole, CA.

CONTACT Us

In the admissions office, we look forward to your interest in attending PAU. If you have any questions regarding our school, our programs, or admissions requirements please do not hesitate to contact us. We welcome any inquiries, are happy to schedule a personalized tour, and will help you with the information you need to guide you through the admissions process, from start to finish.

ADMISSIONS REQUIREMENTS

Interested in applying for admission? Call us or fill out the application online at my.paloalto.edu/ICS/Admissions. Refer to the below checklist of required supplementary materials to complete your application.

General Admissions Office Contact Information

Phone:	(800) 818-6136	Address:	1791 Arastradero Road
email:	admissions@paloalto.edu		Palo Alto, CA 94304
web:	www.paloalto.edu	Fax:	(650) 433-3888
Facebook:	Facebook.com/PaloAltoUniversity		

Admissions Office Staff



Eirian Williams
Director of Admissions
(650) 433-3847
ewilliams@paloalto.edu



Stacey Lien
Admissions Coordinator
(650) 433-3819
slien@paloalto.edu



Deanna Berger
Admissions Manager for the
Masters' Programs
(650) 417-2023
dberger@paloalto.edu

What impressed me about PAU was that the staff was so welcoming and informative. Even before coming here I got the sense that I was valued, and that my individual experience was very important to the school.

- JESSIE GANDOLFI, PH.D., CLASS OF 2013

Application Checklist

● Application Form

The application form for all programs can be filled out online at www.paloalto.edu. Doctoral applicants can apply to either program or both the Ph.D. and Psy.D. programs simultaneously if they wish. Preferred application deadline is January 2nd, however applications submitted after that date are still considered on a space available basis. For Masters' program deadlines, please visit www.paloalto.edu/masters.

● Application Fee

An application fee of \$50 is required for doctoral program applications. Only submit this fee once, even if you are applying to both doctoral programs. An application fee of \$40 is required for Master's program applications.

● Official Transcripts

Please submit official transcripts of all post-secondary work completed

● Statement of Purpose

Please type, double space, and maximum 1,000 words

● Resume/C.V.

Please include a resume or C.V. that lists all employment, training, and any volunteer work relevant to the field of psychology as well as other full-time employment.

● Letters of Recommendation

Three letters of recommendation are required for doctoral applications and the M.S. psychology application; two letters of recommendation are required for the M.A. programs in Counseling and Counseling Psychology

● GRE General Exam

The general GRE exam is required for doctoral program applicants; please use school code 4837. Applicants into the Psy.D. program also are encouraged though not required, to submit scores for the GRE Psychology Subject exam as well. Master's program applicants are NOT required to take the GRE exam.



PAU COMMUNITY

"PAU's mission statement is engaging minds, improving lives. As a graduate student, that is exactly what they have done for me."

- JRIC REYES, M.A. IN COUNSELING PSYCHOLOGY CURRENT STUDENT

There are numerous aspects of my experience at PAU that have helped me to learn, to change, and to grow as a psychologist and clinician. However, the facet of the PAU experience that most stands out to me is the faculty here. The faculty here has a broad array of interests and experiences. This means that when you develop a new interest or idea, there is a good chance that you can meet with someone who not only has a deep understanding of the literature, but may also be an expert in the field.

The relationships that I've developed with the faculty here have helped me define goals for myself and have provided me with many exciting opportunities to get involved with research, teaching assistance, and receive advanced clinical training. Overall, the mentorship at PAU is of the **highest quality**.

BENJAMIN SCHNARE, CURRENT PH.D. STUDENT



"The culture at PAU is to work hard and use your strengths. People have a sense of urgency here; they are **focused**, so they accomplish a lot.

I get more done here than I've ever thought possible – but I still have a life. It has prepared me for a professional environment."

- LANDON BERGER, PSY.D., CLASS OF 2011

"In the heart of the San Francisco Bay Area, PAU offers **world-class training**, research, and practice-oriented opportunities, including alliances with Stanford University and the Palo Alto Veterans Hospital. PAU graduates consistently outperform those who choose other programs. Students now come from all over the world to study here. We hope you will consider joining them."

- ALLEN CALVIN, PRESIDENT

I'm **amazed by the variety** of clinical training experiences available to PAU students.

-STEPHANIE SHIPPEN, PSY.D., CLASS OF 2011

"I found my educational experience at PAU to be very gratifying. The instructors are motivated and always willing to work with students of all levels. I found the administrators at PAU very attentive to addressing any problems that arose during my **two wonderful years**. I am grateful for the level of education that I have received and am happy to refer others to the school."

- MOLLY DUNCAN, M.A. IN COUNSELING PSYCHOLOGY CURRENT STUDENT

"In my crystal ball, there is a clear vision that the **best is yet to come for psychology**. Psychologists will continue to expand the diversity of their research into areas such as behavioral economics, social neuroscience, terrorism, and genocide.

As more women enter the field, we will see further expansion into domains with great practical relevance, such as health, environment, culture, peace, family, and social identity."

- PHILIP ZIMBARDO, PAU PROFESSOR



My name's Michael Richards, and I started the Ph.D. program in clinical psychology at Palo Alto University in September 2012. I'm particularly interested in working with LGBT populations and intend to complete the LGBT and Diversity and Community Mental Health tracks. I'm also now beginning work with Dr. Balsam in her lab focusing on LGBT issues in psychology. Two things stand out in my mind about PAU: the professors and my fellow students.

The professors have been invariably impressive, both in their knowledge of class subjects and the research they do. They're accessible and really **care about how their students** do. My classmates have also been a great resource, as students in the program tend to have supportive professional and personal relationships with one another. The program is challenging, so it's been helpful to have peers who want you to succeed. Starting this program has been great and I'm looking forward to continuing my education at PAU.

- MICHAEL RICHARDS, CURRENT PH.D. STUDENT



PALO ALTO UNIVERSITY
1791 ARASTRADERO ROAD
PALO ALTO, CA 94304
(800) 818-6136
WWW.PALOALTOU.EDU