

Doctor of Psychotherapy, Minor in Clinical Mental Health Faith-Based Counseling

HBI University

Course Duration: 3 Years

Total Credit Hours: 105

Program Description

The Doctor of Psychotherapy at HBI University is designed for licensed therapists, counselors, and clinicians who seek to deepen their expertise in therapeutic intervention, trauma-informed care, and advanced psychological theory. This program emphasizes integrative and evidence-based practices that address the mental, emotional, and spiritual needs of diverse populations.

Students gain proficiency in psychopathology, neuropsychology, therapeutic ethics, and client-centered modalities. The program blends clinical research, practical counseling, and supervision, empowering graduates to become thought leaders and clinical supervisors in the mental health field.

The Minor in Clinical Mental Health Faith-Based Counseling equips practitioners with tools to integrate spiritual frameworks with mental health support. Students explore pastoral psychology, spiritual trauma, religious identity, and ethics in faith-oriented therapy. The minor prepares graduates to counsel in churches, faith-based clinics, and interreligious communities.

Admissions Requirements

- Master's degree in Psychology, Counseling, or related mental health field
- Licensed or credentialed as a clinician in relevant jurisdiction (preferred)
- Minimum 3.5 GPA on graduate coursework
- Statement of Purpose (1,000–1,500 words) outlining clinical and research goals
- Academic transcript and resume or CV
- Clinical experience documentation or casework sample
- Interview with clinical psychology faculty

Practicum Experience

The practicum includes supervised clinical work in inpatient, outpatient, or community mental health settings. Students focus on complex diagnoses, case conceptualization, treatment planning, and interfaith client care.

Practicum Requirements:

- 600 hours of supervised psychotherapy work

- Weekly clinical supervision with licensed practitioner
- Submission of treatment summaries, client logs, and outcome evaluations
- Final case presentation and peer consultation session

Doctoral Thesis

Candidates must complete a dissertation that investigates clinical efficacy, therapeutic models, or integrative faith-based practice. The research must contribute to the field of psychotherapy with empirical findings or applied intervention studies.

Thesis Requirements:

- Approved research design with IRB clearance for client interaction (if applicable)
- Mixed or qualitative research with case examples or data review
- 100+ page dissertation with methodology, findings, and application
- Formal oral defense and submission to counseling journals

Program Outcomes

Graduates will:

- Deliver high-level psychotherapy for complex mental health needs
- Integrate faith, spirituality, and ethics into therapeutic models
- Serve as trainers, supervisors, and policy advocates in clinical psychology
- Conduct research on spiritual and psychological well-being
- Advance healing models grounded in both science and compassion

Core Foundational Courses (60 Credit Hours)

Course Code	Course Name	Credit Hours
PSY 801	Advanced Psychopathology and Diagnosis	3
PSY 802	Neuroscience and Brain-Based Therapies	3
PSY 803	Multicultural Counseling Competency	3
PSY 804	Trauma and Crisis Intervention	3
PSY 805	Therapeutic Supervision and Ethics	3
PSY 806	Couples and Family Therapy Models	3
PSY 807	Cognitive Behavioral Therapy (CBT) Applications	3
PSY 808	Psychodynamic Approaches to Healing	3
PSY 809	Group Therapy and Facilitation Skills	3
PSY 810	Quantitative and Qualitative Research Methods	3

PSY 811	Addiction and Recovery Counseling	3
PSY 812	Developmental Psychology across the Lifespan	3
PSY 813	Clinical Assessment and Psychological Testing	3
PSY 814	Mindfulness-Based Psychotherapy	3
PSY 815	Gender, Sexuality, and Identity in Therapy	3
PSY 816	Professional Writing in Clinical Practice	3
PSY 817	Evidence-Based Practice in Mental Health	3
PSY 818	Behavioral Neuroscience in Clinical Settings	3
PSY 819	Mental Health Policy and Advocacy	3
PSY 820	Capstone Seminar in Advanced Psychotherapy	3

Minor in Clinical Mental Health Faith-Based Counseling (15 Credit Hours)

Course Code	Course Name	Credit Hours
CMH 801	Spiritual Formation and Counseling	3
CMH 802	Pastoral Counseling Ethics	3
CMH 803	Interfaith Approaches to Healing	3
CMH 804	Trauma and Religious Identity	3
CMH 805	Clinical Ministry and Faith Integration	3

Specialized Electives (15 Credit Hours)

Course Code	Course Name	Credit Hours
ELE 801	Suicide Prevention and Postvention	3
ELE 802	Teletherapy and Digital Practice	3
ELE 803	Clinical Work with Marginalized Populations	3
ELE 804	Counseling in Humanitarian Settings	3
ELE 805	Journaling, Art, and Expressive Therapies	3

Research, Dissertation, and Defense (15 Credit Hours)

Course Code	Course Name	Credit Hours
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DISS 901	Doctoral Research and Method Design	3
DISS 902	Proposal and Literature Review	3
DISS 903	Clinical Study and Field Research	3
DISS 904	Dissertation Writing and Submission	3
DISS 905	Defense and Clinical Panel Review	3

Career Outcomes and Potential Pay Scale

Career Path	Average Salary (Annual)
Clinical Psychotherapist (Private Practice)	\$100,000 – \$160,000
Faith-Based Mental Health Director	\$85,000 – \$135,000
Counseling Professor or Clinical Supervisor	\$90,000 – \$140,000
Director of Behavioral Health Services	\$95,000 – \$150,000
Spiritual Trauma Specialist	\$80,000 – \$130,000

Dissertation Outline

1. Introduction

- Research question and clinical rationale
- Overview of target population or issue

2. Literature Review

- Review of theory and clinical interventions
- Faith-based frameworks or critique

3. Methodology

- Research design and ethical compliance
- Case sampling, tools, and setting

4. Findings

- Case narratives or statistical findings
- Therapeutic implications and limitations

5. Discussion

- Integration of clinical theory and spiritual relevance
- Implications for policy or faith-based care

6. Conclusion

- Final synthesis and future research directions

7. References and Appendices