



UNIVERSITY OF CALGARY
WERKLUND SCHOOL OF EDUCATION

DOCTOR OF PHILOSOPHY (PHD) IN COUNSELLING PSYCHOLOGY



EDUCATIONAL STUDIES IN COUNSELLING PSYCHOLOGY

Our Mission

The mission of the Counselling Psychology program at the University of Calgary (hereafter the Program) is to prepare the next generation of Counselling Psychologists to be reflexive, critical, and culturally responsive researchers, educators, and practitioners. Taking on a generalist approach, the Program provides students with broad preparation for careers in a wide range of settings, including education (schools, colleges, and universities), government, social services, health units and hospitals, community agencies, business and industry, and private practice.

Both the MSc and PhD programs are grounded on a scientist-practitioner model, emphasizing: the integration of science and practice; critical evaluation of theory, research, and practice within the profession; and the generation and dissemination of cutting-edge knowledge.

Furthermore, the Program upholds an active commitment to social justice, highlighting the importance of infusing advocacy in both the science and practice of psychology. As such, we aim to use the power and privilege obtained as Counselling Psychologists to aid in the understanding, healing, and advocating for the wellbeing and justice within and outside of our communities.



Accreditation

The PhD program in Counselling Psychology at the University of Calgary has been accredited by the Canadian Psychological Association (CPA) since 2010-11. The next accreditation review is scheduled for the 2025-2026 academic year.

CPA Accreditation Office:

Canadian Psychological Association

1101 Prince of Wales Drive, Suite #230

Ottawa, ON, K2C 3W7

Tel: 613-237-2144

Toll free (in Canada): 1-888-472-0657

cpa.ca/accreditation

Goals

The Program prepares students for ethical, research-informed, and socially responsible practice in diverse settings. Our goals reflect a commitment to academic excellence, professional integrity, and community impact.

1. Social Justice & Community Engagement

Integrate equity, diversity, and Indigenous reconciliation across coursework, mentorship, and advocacy.

2. Ethical & Reflective Practice

Embed professional ethics, foster responsible decision-making, and promote accountability in research and practice.

3. Research Excellence

Develop expertise in diverse research methods, critical inquiry, and knowledge dissemination.

4. Scientist-Practitioner Competencies

Apply research and psychological science to assessment, intervention, and program development, emphasizing holistic and strength-based approaches.

Social Justice

The Program upholds an active commitment to social justice, with a shared understanding that people's suffering and psychological distress often arise out of interlocking systems of oppression, social injustices, colonialist, and human rights violation. Our training highlights the importance of infusing advocacy in both the science and practice of psychology. The Program actively engages in decolonization and anti-colonial efforts, aligning with the Truth and Reconciliation

Commission's Calls to Action and ii' taa'poh'to'p, the University of Calgary's Indigenous Strategy. Through critical, interdisciplinary research and advocacy, we address power, privilege, and oppression, fostering systemic change and equitable engagement. With a strong emphasis on lifelong learning, collegiality, and mutual growth, we cultivate an environment where students, staff, and faculty feel safe, respected, and empowered to reach their full potential.

During the 2021-22 academic year, we embarked on the extensive revision of the Program's mission, values and principles, and goals. This involved a collective reflection on, and articulation of our social justice value. Please see the full version at werklund.ucalgary.ca/graduate-programs/counselling-psychology-social-justice-statement

Our Students

Applicant Pool & Acceptance

Applicants to the PhD in Counselling Psychology program hold, or expect to hold by the start of the program, a Master’s degree in Counselling Psychology or a closely related field. For detailed admission criteria and FAQs, please visit the program website

werklund.ucalgary.ca/graduate-programs/future-students/programs/doctoral/counselling

Applicant Pool, Offer, and Admission Data

Start Year	Applied to program	Offered admission	Admission rate	Accepted offer
2018	14	6	28.6%	5
2019	17	7	41.2%	6
2020	18	7	38%	7
2021	13	4	30.8%	3
2022	17	4	23.5%	4
2023	19	5	26.3%	5
2024	11	5	45%	4

Attrition Rates

The Program has a strong record of student retention. Since 2015, **only one PhD student** has withdrawn before degree completion. While personal circumstances may influence a student’s ability to complete their studies in a timely manner, attrition remains rare.

Student Demographic Characteristics

The PhD student community is diverse in both identity and experience.

Student demographics in Year 2024:

Gender Identity:

- 81% identify as cisgender women (21 of 26 students)
- The remaining students identify as men or non-binary/transgender

Self-Identified Diversity:

- 40% of students identify as diverse in areas such as ethnicity, disability, and/or sexual orientation

Age Distribution:

- Student ages range from 24 to 45 years
- Mean age: 31.8 years



Our Faculty

The Counselling Psychology program at the University of Calgary is supported by a dynamic team of faculty with diverse research interests, clinical orientations, and methodological expertise.

Ling Jin, Assistant Professor, PhD (University of North Texas), R. Psych.

Research Interests: Racial trauma, PTSD, Emotion Regulation, Cross-Cultural Adult Attachment

Research Methods: Quantitative

Psychotherapy Orientation: Interpersonal Processing, Cognitive Behavioral Therapy

Elisa Lacerda-Vandenborn, Associate Professor, PhD (Simon Fraser University)

Research Interests: Selfhood, decolonizing mental health, intercultural understanding, communal ethics

Research Methods: Communally-constituted participatory research

Tanya Mudry, Associate Professor, PhD (University of Calgary), R. Psych.

Interests: Substance use, harm reduction, relational recovery, family therapy, critical approaches

Research Methods: Qualitative

Practice Orientation: Family Therapy, Collaborative Systems/Solution-Focused

Shelly Russell-Mayhew, Professor, PhD (University of Calgary), R. Psych.

Research Interests: Weight-related issues, well-being in educational contexts

Research Methods: Qualitative, quantitative, and mixed methods

Psychotherapy Orientation: Feminist/ Narrative

Yoshiyuki Takano, Assistant Professor, PhD (University of British Columbia), R. Psych.

Research Interests: Domestic violence, shame and violent/abusive behaviours, forensic assessment and mental health

Research methods: Qualitative

Psychotherapy Orientation: Narrative, Humanistic/Existential

Kaori Wada, Associate Professor, PhD (McGill University), R. Psych.

Research Interests: Sociocultural perspectives in grief/bereavement, social justice, critical psychology

Methods: Primarily qualitative, critical paradigms

Psychotherapy Orientation: Feminist/Narrative, Psychotherapy Integration

Gabriel Zamudio, Assistant Professor (Teaching), PhD (University of North Texas), R. Psych.

Research Interests: Multicultural counseling, social justice, Latinx mental health

Psychotherapy Orientation: Solution-Focused Therapy, Systemic Therapy

Xu Zhao, Associate Professor, EdD (Harvard University)

Research Interests: Child & youth mental health, social, moral & civic development

In addition, students benefit from the expertise of faculty in School and Applied Child Psychology werklund.ucalgary.ca/contacts/school-and-applied-child-psychology-faculty-members, as well as adjunct and affiliated faculty within and beyond the University of Calgary. This interdisciplinary collaboration broadens students' exposure to diverse theoretical frameworks, research paradigms, and professional practices.

Degree Timeline

For students who meet all PhD admission requirements, which includes completion of a master's degree in counselling psychology or equivalent, a typical plan of study is outlined below. Students admitted with additional course requirements may need to adjust the sequencing of their coursework accordingly.

Students may choose to complete their predoctoral residency in either Year 4 or Year 5, depending on their progress toward candidacy and individual training goals. The maximum time allowed to complete the PhD degree is six years.

Year 1
<ul style="list-style-type: none">• EDPS 772 & 773: Advanced Practicum in Psychological Assessment I & II• *EDPS 706 & 707: Advanced Research Seminar in Counselling Psychology I & II Or *EDPS 712 & 713: Program Evaluation and Consultation I & II• Any deficiencies/prerequisite courses identified at the time of admission• (Year 1 or 2) One 3-unit course in research methods at 600 or 700 level as approved by the supervisor
Year 2
<ul style="list-style-type: none">• EDPS 752 & 753: Advanced Practicum in Counselling I & II• EDPS 731: Clinical Supervision in Applied Psychology• *EDPS 706 & 707: Advanced Research Seminar in Counselling Psychology I & II Or *EDPS 712 & 713: Program Evaluation and Consultation I & II• (Year 1 or 2) One 3-unit course in research methods at 600 or 700 level as approved by the supervisor• Preparation for Candidacy <p><i>*EDPS 706/707 and EDPS 712/713 are offered in alternate years.</i></p>

Year 3
<ul style="list-style-type: none">• Candidacy and Proposal Oral Exam (completed by October 15)• Residency applications• Dissertation
Year 4
<ul style="list-style-type: none">• Full-year residency• Dissertation Defense

Year 3
<ul style="list-style-type: none">• Candidacy and Proposal Oral Exam (completed by November 30)• (Additional clinical experience)• Dissertation
Year 4
<ul style="list-style-type: none">• Residency application• Dissertation
Year 5
<ul style="list-style-type: none">• Full-year residency• Dissertation Defense

Time to Completion & Registration Status

While it is possible to complete the PhD within four years, most students take five years, with some requiring more than six years. Those who take longer often do so due to personal life circumstances. Extended timelines do not indicate failure; we view all completions as successes.

Curriculum revisions made since 2021-22 provide stronger scaffolding for candidacy progression, dissertation development, and residency preparation. We anticipate that these changes will support a higher proportion of students completing their degrees within five years in the years ahead.

Graduation Data: PhD in Counselling Psychology

Academic Year	Number of Graduates	Mean Months to Completion†
2018-19	5	63
2019-20	7	63
2020-21	6	66
2021-22	3	55
2022-23	5	70
2023-24	5	55
2024-25	5	69

† Measured from the date of program start to the later of two milestones: the successful dissertation defense or completion of the predoctoral residency. Periods of official leave are excluded from this calculation.

Out of 24 most recent graduates:

- 3 finished within 48 months
- 10 finished within 49-60 months
- 5 finished within 61-65 months
- 6 finished after 65+ months

94% (33 out of 35) of students who graduated from the PhD program in Counselling Psychology between 2018 and 2025 are registered as psychologists.



Tuition & Graduate Funding

Tuition and Fees

For the 2025–2026 academic year, the total estimated cost of graduate tuition and general fees is **\$5,767.53** CAD for domestic students and **\$8,632.83** CAD for international students. For full details on graduate fees, visit the University Calendar calendar.ucalgary.ca/uofcregs/tuitionandfeesoverview/grad

Guaranteed Funding

The minimum guaranteed funding amount will not be less than **\$22,000** CAD annually for domestic students and **\$24,000** CAD annually for international students for each of the first four years of their program. This funding typically includes research and teaching assistantships.

Additional Funding

Students have opportunities to secure additional funding through scholarships and awards. We recommend starting your scholarship applications early—ideally while preparing your program application. Students who receive substantial additional funding may have their guaranteed funding reduced; however, their total funding will remain above the guaranteed minimum, with a top-up applied.

Canada Graduate Scholarships – Doctoral (CGS-D)

- Open to all incoming and current students who hold Canadian citizenship or permanent residency. International students are eligible to apply once admitted to the Program.
- Apply via SSHRC, CIHR, or NSERC
nserc-crsng.gc.ca/Students-Etudiants/PG-CS/CGSD-BESCD_eng.asp

UCalgary Graduate Award Competition (GAC)

- Open to all incoming and current students regardless of citizenship
- One application for multiple awards
grad.ucalgary.ca/awards/opportunities/gac



Predoctoral Residency

In line with CPA-accredited program standards, all PhD students complete a 1600-hour predoctoral residency in professional psychology in their final year, which serves as a capstone for independent practice. Residency completed full-time over one year or half-time over two years. Students must apply to the Association of Psychology and Professional Internship Centers (APPIC) appic.org system. Students are advised that, due to the limited number of APPIC residency sites available in Calgary, they will likely need to complete their residency outside of Calgary/Alberta.

Residents Applications Data

Residency Year	Total applicants	APPIC applicants*	Matched to CPA-accredited Site	% Matched to accredited Site	Mean Stipend (CAD)
2019-20	4	3	2	50%	\$31,188
2020-21	3	2	2	66%	\$31,500
2021-22	7	6	3	43%	\$33,567
2022-23	8	7	4	50%	\$46,531
2023-24	4	4	2	50%	\$39,125
2024-25	4	3	3	75%	\$48,794
2025-26	5	5	5	100%	\$44,671

**Students unable to apply via APPIC due to personal circumstances (e.g., caregiving responsibilities, health-related concerns) may complete a local residency.*

CPA-Accredited Residency Programs where students have matched (Since 2020)

- Centre for Addiction and Mental Health
 - Correctional Service Canada, Grand Valley Institution for Women
 - Edmonton Cross-Specialty Psychology Consortium
 - Edmonton Health and Counselling Psychology Residency Consortium
 - Kingston Internship Consortium
 - London Clinical Psychology Residency Consortium
- Northern Ontario Psychology Internship Consortium
 - SickKids Centre for Community Mental Health
 - University of Alberta Counselling and Clinical Services
 - University of British Columbia Counselling Services
 - University of Manitoba - Counseling
 - University of Victoria

Training Facility & Resources

Location & Accessibility

The Counselling Psychology program is housed in the Education Tower on the University of Calgary’s main campus, with access to classrooms in the adjacent Education Classroom Block. Both buildings are wheelchair accessible and equipped with gender-neutral washrooms, supporting an inclusive and barrier-free learning environment.

Training Clinic & Practicum Sites

The Centre for Wellbeing in Education werkklund.ucalgary.ca/centre-for-wellbeing-in-education/about-us offers an in-house clinic with five rooms suitable for counselling and assessment sessions. These rooms are equipped with one-way mirrors annexed by observation rooms, as well as state-of-the-art recording technology. The Centre also manages an assessment library with testing inventories and scoring software.

For field-based practicums, our students are placed in various sites, including post-secondary counselling centres, schools, private practice, hospitals, and community agencies.

Note: Students are responsible for arranging transportation to practicum sites. While a personal vehicle is not required, students without one may be limited to placements within the Calgary area and should anticipate potentially long commutes. Practicum seminars are held in on-campus classroom facilities.

Libraries & Computer Access

UCalgary’s Libraries and Cultural Resources library.ucalgary.ca boast a substantial collection, housing over 7.8 million items across its High Density Storage Facility and seven university libraries, including the Taylor Family Digital Library (the central library on main campus), as well as the Doucette Library located within the Werkklund School of Education. They offer valuable intellectual collections and databases as well as spaces for study and collaboration, access to computers loaded with various software, and regular workshops on research skills.

Taylor Family Digital Library	Doucette Library
2,910 study spaces	358 study spaces
250 computer workstations	12 computer workstations
33 workrooms	4 workrooms
14 flexible learning/study spaces	

All students are provided with University email accounts, which give them **free access to Microsoft Office software**. Through the Software Distribution service, they also have access to data analytic software such as SPSS, SAS, Amos, and NVivo.

Student Workspace

Werkklund School of Education graduate students have access to dedicated workspaces throughout the Education Tower. These quiet, collegial environments are designed to support academic and research activities and include:

- Personal desks and seating
- Lockable storage units
- Swipe-card access to Oasis, a shared kitchen and lounge area equipped with, microwave, dishwasher, fridge, photocopier, eating and social space

In addition, students have access to bookable meeting rooms and touch-down spaces for collaborative work throughout the Education Tower.



Land Acknowledgment

The University of Calgary, located in the heart of Southern Alberta, both acknowledges and pays tribute to the traditional territories of the peoples of Treaty 7, which include the Blackfoot Confederacy (comprised of the Siksika, the Piikani, and the Kainai First Nations), the Tsuut'ina First Nation, and the Stoney Nakoda (including Chiniki, Bearspaw, and Goodstoney First Nations). The City of Calgary is also home to the Métis Nation of Alberta (Districts 5 and 6).

The University of Calgary is situated on land Northwest of where the Bow River meets the Elbow River, a site traditionally known as Moh'kins'tsis to the Blackfoot, Wíchísipa to the Stoney Nakoda, and Guts'ists'i to the Tsuut'ina. On this land and in this place we strive to learn together, walk together, and grow together "in a good way."