

**APPLICATION FOR ADMISSION  
DOCTORAL PROGRAM IN CLINICAL PSYCHOLOGY  
(Family Psychology Emphasis)**



ENTRANCE QUARTER: YR \_\_\_\_\_ Fall Quarter (Full-Time)

LEGAL NAME (Last First Middle Initial) Social Security Number Date of Birth

CURRENT ADDRESS (Street City State Zip code)

PERMANENT ADDRESS (Street City State Zip code)

TELEPHONE #s: (Day) (Evening) (Cellular) (Other)

EMAIL ADDRESSES: (Work) (Personal) (Other)

**PLEASE LIST ALL COLLEGES & UNIVERSITIES ATTENDED.** Please have your official transcripts of all graduate work sent to the Admissions Office at Antioch University Santa Barbara.

Other names appearing on transcript(s):

| INSTITUTION | LOCATION | DATES | CREDITS/<br>DEGREES | GRADUATION<br>DATE<br>(mo/yr) |
|-------------|----------|-------|---------------------|-------------------------------|
|-------------|----------|-------|---------------------|-------------------------------|

EMERGENCY CONTACT: (Name) (Relationship)

Address:

Telephone #s: (Day) (Evening) (Cellular)

The information below is used for statistical purposes only. Antioch University does not discriminate on the basis of gender, age, ethnic background, or national origin.

| Gender   | Citizenship | Country of Residence | Visa Type |
|--|-------------|----------------------|-----------|
| <input type="checkbox"/> Female<br><input type="checkbox"/> Male |             |                      |           |

Ethnic Background (please check all that apply)

| African American | Asian<br>/Pacific Islander | Caucasian<br>/European | Hispanic/Latino | Native American<br>/Alaskan Native | Other |
|------------------|----------------------------|------------------------|-----------------|------------------------------------|-------|
|                  |                            |                        |                 |                                    |       |

PREFERRED NAME (other than legal name)

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**PLEASE NOTE:** This application is not complete without your signature, a non-refundable \$60.00 application fee (Check# \_\_\_\_\_), and completion of the application requirements listed on the reverse side.

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## AUSB DOCTORAL PROGRAM IN CLINICAL PSYCHOLOGY APPLICATION REQUIREMENTS:

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- 1) **COMPLETION OF AN EARNED MASTER'S DEGREE IN PSYCHOLOGY OR RELATED DISCIPLINE FROM A REGIONALLY ACCREDITED INSTITUTION** with a minimum 3.2 grade-point average (or with outstanding narrative evaluations for those earning the master's degree at Antioch University or other institutions that do not award grades).
- 2) **COMPLETION OF CRITICAL THINKING AND WRITING SKILLS TASKS:** See enclosed supplement and attach your responses to this application.
- 3) **PERSONAL STATEMENT:** Write an autobiographical essay describing how your life history has contributed to the development of the person you are today. Include your family background, relationships, volunteer work, academic or other study, and employment and multicultural experiences that you consider to be formative. Be sure to relate your essay to your decision to pursue graduate studies and training in clinical psychology, and evidence of other activities relevant to family psychology. *Please limit your responses to 5 pages.*
- 4) **TWO (2) LETTERS OF RECOMMENDATION:** Please give the enclosed form to two individuals who can describe your academic and/or professional competence as well as your potential to be a clinician. Have the completed recommendation sent directly to the Admissions Office. Do not request letters from friends or personal therapists. Letters of recommendation must be received unopened from the original source.
- 5) **GRADUATE TRANSCRIPTS:** Have official transcripts of all graduate work sent directly to the Admissions Office. Your official transcripts must be received unopened from the original source.
- 6) **RESUME:** Preferred, but not required.
- 7) **TOEFL:** Submission of Test of English as a Foreign Language, if non-native English speaker.
- 8) **ADMISSIONS INTERVIEW:** Admissions interviews cannot be scheduled until this application, application fee, official graduate transcripts, and two letters of recommendation are received.

**STATEMENT OF ACCURACY:** I certify that the information I have provided in this application packet is complete and accurate, and that all the statements and essays are my own work (**unsigned applications will be returned for your signature**).

**WAIVER OF RIGHT OF ACCESS:** I, the undersigned, understand that the information provided in my letters of recommendation may be used by the university in deciding upon admissions to graduate study. I hereby waive any and all rights of access to these letters of recommendation (under the Family Educational Rights and Privacy Act).

**STATEMENT OF UNDERSTANDING:** I understand that the training for which I hereby make application will not in itself qualify me for a psychology license. It satisfies only the Board of Psychology's minimum educational requirements. I must check with the Board of Psychology for other training requirements which I must complete before being eligible for licensure.

It is further recognized by the undersigned that the initial acceptance into the program does not obligate Antioch University Santa Barbara or any of its representatives to maintain any student in the program if said student is found to be unfit for the program by any reason of academic, personality or attitudinal characteristics or because of unmet financial obligations.

**Signature of Applicant** \_\_\_\_\_  
**Date** \_\_\_\_\_

**PLEASE NOTE:** Your Master's degree must have been earned at a school accredited by one of the six regional accrediting bodies of the Commission on Institutions of Higher Education.

APPLICATION FOR ADMISSION  
Critical Thinking and Writing Skills Supplement

**FIRST ESSAY**

To paraphrase Family Therapist, Augustus Napier, **We marry or partner with our worst nightmare.** How would you evaluate this assumption? What kinds of information would you use and how would you determine which of these are valid and reliable?

Please do not exceed 500 words in your essay.

**SECOND ESSAY**

Please read the essay "Food, emotions and the family" (attached) and then write a 500 word critique. Consider the following questions in shaping your critique.

1. What was the author's intent in writing this essay?
2. What is the problem or question which this essay attempts to address?
3. What are the author's assumptions?
4. What is the author's point of view or bias?
5. On what data, information or evidence does the author base her position?
6. What are the concepts or ideas which shape this essay?
7. What are the inferences or interpretations made by the author to draw her conclusions?
8. What are the implications that follow from the author's perspective?

Reference: Lupton, D. (1996). Food, emotions and the family. In D. Lupin (Ed). *Food, the body, and the self*, Newbury Park, CA.: Sage Publications)

## FOOD, EMOTIONS AND THE FAMILY

It is in the context of the family that the social dimensions of eating and those of emotion are particularly tied together. Food beliefs and behaviors are developed from earliest childhood, and are closely tied to the family unit. They are an integral dimension of the first relationship an infant has with its caregivers, and of the acculturation of children into adult society. The family has also become the chief locus of emotional involvement: family relationships are expected to provide enduring and continuing emotional support. One major emotion that is constantly linked with food is that of love, particularly maternal love, romantic love and wifely concern for the well-being of one's husband. These emotions are frequently drawn upon in the marketing of food products and in popular accounts of food. Women's magazines and commercial advertising have, for decades, routinely constructed the mother as demonstrating her affection and caring approach to her husband and children via the food she serves them at home. One example is an American advertisement for prunes published in 1928 which depicted a man setting off from home, waving to his wife standing beaming in the doorway: "What does HIS health mean to you?" it asked. "It means everything to you. It is the very foundation of your home, your happiness, your security" (reproduced in Whorton, 1989, p. 111).

This discourse privileging love as the basis for marital and familial relations is a relatively modern development. Family relationships before industrialization were largely based on economic interdependence. Romantic love began to emerge in the late eighteenth century as a basis for long-term heterosexual relationships. Around this time, familial relationships became centered around emotional warmth, and the mother as the emotional center of the family was constructed as an ideal. By the early nineteenth century, a high value was beginning to be placed on affective relationships within the family. In the late twentieth century, love and family relationships are central human fulfillments and the expression of emotion is valorized as part of maintaining affective bonds (Taylor, 1989, p. 293). With the separation of the private and the public spheres in the nineteenth century, women's activities became confined to the home, and their sphere of influence revolved

around the maintenance of affective ties (Giddens, 1992, pp. 38-43). Men were expected to go out into the world of industry and commerce, requiring calculation and lack of emotion to succeed, while women, referred to as the "angels of the house" were expected to provide bodily care and comfort and emotional support, ensuring that the home was a "secure haven" from the pressures of the public sphere (Leonard & Speakman, 1986, p. 10).

The family meal is an important site for the construction and reproduction of the contemporary "family" in western societies and the emotional relationships and power relations within the family. Meal times are also integral events at which children are acculturated into the rules and norms of "civilized" behavior. It is for this reason that concern is often expressed in both public and private forums about the prevalence of take-away foods and the tendency for family members to eat meals at different times or to eat the evening meal in front of the television. These practices, it is argued, do not allow children to develop the social skills and table manners appropriate for "civilized" eating behavior and also detract from the cohesion of the family. For example, a feature article published in the *Sydney Morning Herald* spent quite some time discussing the importance of meal times for the development and support of family life. According to the writer, Morag Fraser, the sharing of food is one of the "ancient as salt" rituals "that build the familiarity and tolerance that make a family strong enough to countenance experiment" (1994, p. 15). Fraser went on to argue that: "Meal tables are the training grounds of a family, a community and a civilization." In her own family, Fraser noted "Meal tables were the sites for confession, laughter, revelations of catastrophes, for rites of passage and initiation.....It is around the table, not in passing that the family skills and family experiences are to be acquired." (1994, p. 15). As this article suggests, it is not necessarily the food that is served at family meals that is considered important, but the ritual of sitting down to eat the meals. The "family meal" and the "dinner table" are potent symbols, even metonyms, of the family itself.



**DOCTORAL PROGRAM IN CLINICAL PSYCHOLOGY  
APPLICANT RECOMMENDATION FORM**

**APPLICANT MUST COMPLETE THIS SECTION AND PROVIDE RECOMMENDER WITH A STAMPED & ADDRESSED ENVELOPE. ADDRESS ENVELOPE TO:** Antioch University, 801 Garden St., Santa Barbara, CA., 93101, Attn: Admissions Office (Psy.D.)

APPLICANT'S NAME (Please Print): \_\_\_\_\_

WAIVER OF RIGHT OF ACCESS: I, the undersigned, understand that the information provided in my letters of recommendation may be used by the university in deciding upon admissions to graduate study. I hereby waive any and all rights of access to these letters of recommendation (under the Family Educational Rights and Privacy Act).

Signature of Applicant \_\_\_\_\_  
Date \_\_\_\_\_

**RECOMMENDER PLEASE FILL IN THE REQUESTED INFORMATION AS YOU FEEL QUALIFIED.**

**Section 1:** In comparison with other candidates for graduate school that you have known, how would you rate the applicant with respect to the following qualities.

| Qualifications                             | Below Average | Average | Good | Outstanding | Unable to observe |
|--|---------------|---------|------|-------------|-------------------|
| Ability in Critical Thinking               |               |         |      |             |                   |
| Ability in Theoretical/Conceptual Thinking |               |         |      |             |                   |
| Ability to Work with Others                |               |         |      |             |                   |
| Ability to Work in a Multicultural Context |               |         |      |             |                   |
| Integrity/Ethics                           |               |         |      |             |                   |
| Intellectual Capacity                      |               |         |      |             |                   |
| Maturity/Emotional Stability               |               |         |      |             |                   |
| Openness to Feedback                       |               |         |      |             |                   |
| Oral Communication Skills                  |               |         |      |             |                   |
| Perseverance                               |               |         |      |             |                   |
| Quality of Clinical/Practical Skills       |               |         |      |             |                   |
| Quality of Scholarly/Professional Writing  |               |         |      |             |                   |

(Over)

**Section 2:** Please write a separate letter of recommendation on the applicant's behalf in which you address the areas listed below:

- Length and academic or professional capacity in which you have known the applicant
- Likelihood of academic success in a doctoral program
- Applicant's personality or interpersonal qualities and their relation to working with others
- Applicant's most outstanding talents or characteristics
- Applicant's chief needs for improvement or development
- Overall assessment of the applicant's suitability for the program & for graduate study at this time

**Section 3:**

- I strongly recommend
- I recommend
- I recommend with some reservations
- I do not recommend

Please explain any reservations:

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NAME OF RECOMMENDER (*Please print or type*) \_\_\_\_\_

POSITION/TITLE: \_\_\_\_\_ EMPLOYER \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TELEPHONE NUMBERS: \_\_\_\_\_

SIGNATURE OF RECOMMENDER: \_\_\_\_\_ DATE \_\_\_\_\_

PLEASE RETURN THE COMPLETED FORM AND SEPARATE LETTER OF RECOMMENDATION TO ANTIOCH UNIVERSITY'S ADMISSIONS OFFICE IN THE RETURN ENVELOPE PROVIDED BY THE APPLICANT.

***Thank you for taking your time on behalf of the applicant!***