



Master of Education With Concentration and Program Options

# Mental Health Counseling

62 credits: Core program — LMHC

62 credits: Trauma Studies — LMHC, CTS

62 credits: Addiction Counseling — LMHC, CADAC, LADC

72 credits: Addiction Counseling & Trauma Studies — LMHC, CADAC, LADC, CTS

**MENTAL HEALTH COUNSELING** provides graduate level professional training for mental health counseling licensure, with a strong commitment to an evolving multicultural society.

**Learning Outcomes** — Students learn and apply the principles and best practices of counseling, including various psychotherapeutic techniques for work with individuals, couples, families and groups; group counseling, and consultation to organizations and communities. They study human development, dysfunctional behavior and

mental illness. They learn to assess, diagnose and treat within the scope of the counselor's practice, and become able to utilize community resources for referrals. They learn and apply strategies for prevention and treatment of substance abuse, domestic violence, the spectrum of mental illnesses; and learn to use psychoeducational techniques aimed to prevent such disorders. They study research design and methodology, and conduct their own research project. They become familiar with state regulations applicable to mental health practice and licensure.

## YEAR 1

### Professional Seminar & Research credits

CCP691-693	Professional Seminar — 3 terms @ 2 credits	6
CCP518	Research Design & Evaluation	3
CCP800	Independent Research Project — taken with Seminar III	3

### Workshops (no courses may be substituted)

- Core program: CCP590 one workshop . . . . . 1
- Addictions and/or Trauma options — none may be taken . . . . . 0

### Counseling Practice Courses

CCP501	Introduction to Counseling	1
CCP540	Personality & Counseling Theory	3
CCP550	Basic Counseling Skills: Rogerian Therapy	3
CCP615	Psychopathology <i>or</i>	
CCP614	Child & Adolescent Psychopathology	3
CCP630	Human Development Across the Lifespan	3
CCP650	Group Dynamics/Group Counseling & Human Systems	3

### Practicum & Internship

Includes field experience under a qualified supervisor, conforming to Massachusetts regulations 262 CMR. See program handbook.

*Addictions option:* Must include 300 hours in an approved substance abuse treatment program with appropriate supervision in the 12 core functions.

*Trauma option:* Must include documented counseling experience related to trauma.

CCP520	Counseling Practicum/SAC Field Experience I	3
CCP641	Counseling Internship/SAC Field Experience II	3

## YEAR 2

### Internship credits

CCP700	Internship Seminar/SAC Field Experience III	3
CCP701	Advanced Internship Seminar/SAC Field Experience IV	3

### Professional Identity, Function & Ethics

CCP730	The Practice of Mental Health Counseling	3
CCP622	Ethics & Professional Issues for School Counselors & Mental Health Practitioners	3

### Social/Cultural 3

CCP754	Perspectives in Cross-Cultural Counseling	
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### Assessment/Appraisal

CCP626	Assmt/Appraisal Proc: Projective Testing	3
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### Special Treatment Issues — Core program only, choose one 3

CCP616	Counseling in the Schools	
CCP617	School Adjustment Counseling/School Social Work	
CCP640	Addiction Disorders	
CCP670	Career Counseling	
CCP680	Human Sexuality	
CCP710	Marriage & Family Therapy: Basic Counseling Skills	

### Two Elective Courses — Core program only 6

One elective must be in counseling psychology, one may be in education or a mediation course in the graduate management curriculum.

## PROGRAM OPTIONS

Core program Year 1-2 modified as noted above, **and** choose Addictions, Trauma, or both. See next page.

**Continued** → on next page

## Cambridge College School of Psychology & Counseling

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Continued

# Mental Health Counseling

## PROGRAM OPTIONS

Core program modified as noted above, **and** choose Addictions or Trauma block below, or both Addictions and Trauma:

### Addictions (includes LMHC special treatment issues)

Professional training in substance abuse/addiction treatment, education and prevention, leading to certification or licensure.

CCP510	Ethics & Boundaries in Substance Abuse Counseling . . . .	1
CCP640	Addiction Disorders . . . . .	3
CCP606	Family Treatment of Substance Abuse. . . . .	3
CCP720	Psychopharmacology in Addictions & Mental Health Counseling. . . . .	3

### Trauma (includes LMHC special treatment issues)

Professional training in crisis intervention and trauma treatment, education and prevention, leading to certification.

CCP607	Disaster Mental Health . . . . .	1
CCP724	Post Traumatic Stress Reactions. . . . .	3
CCP727	Clinical Interventions for Combat Stress & Trauma . . . . .	3
CCP728	Trauma-specific Interventions . . . . .	3

### Addictions and Trauma

Take both Addictions and Trauma blocks, above . . . . .20

**Cambridge College strives to cover academic requirements** for the following credentials, for which graduates may apply:

- Licensed Mental Health Counselor (LMHC) licensure by the Mass. Board of Registration of Allied Mental Health Professionals. Candidates must also pass an exam and complete two years of post-master's supervised clinical practice.
- Certified Alcohol & Drug Abuse Counselor (CADAC) certification by MBSACC and Licensed Alcohol & Drug Counselor (LADC) licensing by the Mass. Dept. of Public Health.
- Certified Trauma Specialist (CTS), a credential from the Association of Traumatic Stress Specialists, International Certification Board (ATSS).

Regulations may change at any time. Cambridge College reserves the right to alter the program accordingly. Program coordinators are available to advise students.

**Students are responsible** for monitoring and understanding state requirements and regulations, and for ensuring that their program of study complies with all requirements for licensure/certification.

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