



Master of Education With Concentration and Program Option

School Adjustment & Mental Health Counseling

65 credits: Core program — DESE, LMHC

75 credits: Addiction Counseling — DESE, LMHC, CADAC, LADC

SCHOOL ADJUSTMENT and MENTAL HEALTH COUNSELING trains mental health professionals to work within the school culture and in clinical settings, serving the mental health needs of PreK-12 students and their families. The use of evidence-based counseling strategies when working with children and adolescents in school settings is emphasized. Students are prepared to meet the licensing standards for the Board of Allied Mental Health Providers and the Massachusetts Department of Elementary and Secondary Education.

Learning Outcomes — Students learn and apply the principles of therapeutic relationships; knowledge of normal and abnormal intellectual, social, and emotional development; learning disorders and emotional issues affecting student achievement. They develop working knowledge of treatments; state-of-the-art diagnostic instruments, procedures for testing, and interpreting results; medical conditions and medication related to physical disabilities and learning disorders. They learn to work with families, schools and community personnel. They learn and apply prevention and treatment strategies for substance abuse, physical and sexual abuse, and violence in PreK-12 students. They develop a working knowledge of the criminal justice system with particular reference to juvenile justice. They learn and apply laws and regulations addressing the legal rights of students and families.

YEAR 1

Professional Seminar & Research credits

CCP691-693 Professional Seminar — 3 terms @ 2 credits
begin in first term 6

Includes clinical journal, assessments, professional growth plan.

Take Communication & Literacy test (MTEL) in term 1 or 2.

CCP518 Research Design & Evaluation 3

CCP800 Independent Research Project — on a topic related to school adjustment counseling; taken with Seminar III . . . 3

Workshops (no courses may be substituted)

- Core program, Addictions option: CCP590 one workshop. 1
- Trauma option: 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

CCP614 Child & Adolescent Psychopathology 3

CCP617 School Adjustment Counseling/School Social Work . . . 3

CCP630 Human Development Across the Lifespan 3

CCP650 Group Dynamics/Group Counseling & Human Systems 3

Mental Health Practicum/Internship—see next page

CCP520 Counseling Practicum/SAC Field Experience I 3

CCP641 Counseling Internship/SAC Field Experience II 3

PROGRAM OPTION

Core program Year 1-2 modified as noted on this page **and** choose Addictions. See next page.

YEAR 2

Professional Identity, Function & Ethics credits

CCP730 The Practice of Mental Health Counseling 3

CCP622 Ethics & Professional Issues for School Counselors & Mental Health Practitioners 3

Social/Cultural

CCP754 Perspectives in Cross-Cultural Counseling 3

Assessment/Appraisal

CCP624 Assmt/Appraisal Proc: Intelligence & Achiev Testing . . . 3

CCP626 Assmt/Appraisal Proc: Projective Testing. 3

Working with Children, Families & Community — choose one . . . 3

CCP561 Counseling Techniques with Multi-Problem Families in Changing Communities

CCP715 Multicultural Counseling: Children, Adolescents in Context

Special Treatment Issues — Core program only, choose one 3

CCP606 Family Treatment of Substance Abuse

CCP640 Addiction Disorders

CCP724 Post Traumatic Stress Reactions

School Adjustment Field Experience—see next page

Prerequisites

- Pass all first-year requirements including IRP.
- SAC Pre-Practicum — 75 hours of directed field-based training in a school site 0
- Pass all teacher tests required by your state for this license. Massachusetts: Communication & Literacy test (MTEL).
- Site approval form signed by SAC coordinator.

CCP700 Internship Seminar/SAC Field Experience III 3

CCP701 Advanced Internship Seminar/SAC Field Experience IV . 3

CCP708 School Adjustment Counseling Exit Portfolio 0

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Cambridge College



Continued

School Adjustment & Mental Health Counseling

School Adjustment Field Experience / Mental Health Internship

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

The SAC supervising practitioner must have both clinical and DESE licensure, and be acting in an SAC role.

- 900 hours total (minimum); 225 hours in each of four terms in school and mental health settings.
- LMHC internship recommended in first year (CCP520 and 641),
- SAC field experience recommended in second year (CCP700-701).
 - ▶ School placement must be approved by the SAC coordinator.
 - ▶ 450 hours (minimum), completed in two sequential terms.
 - ▶ In one school setting approved by the SAC coordinator and DESE.
 - ▶ Intern must work in SAC role with children, adolescents and families.

The SAC field experience is guided and evaluated by a licensed/certified clinical counselor in the classroom and by a licensed/certified Cambridge College site visiting supervisor. Practicum/field experience locations are subject to state regulations and are to be approved by the program coordinator or regional center director.

Prospective SAC students are responsible for:

- Checking with the appropriate state licensure entity to determine whether this program is accepted for licensure in their state.
- Discussing options for licensure practicum with the program coordinator or regional center director prior to enrollment.
- *Addictions option:* Must include 300 hours in an approved substance abuse treatment program with appropriate supervision in the 12 core functions.

PROGRAM OPTION

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

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

Addictions—choose one elective 3

CCP627	Family Assessment from a Multicultural Perspective
CCP631	The Counselor in the Forensic Environment
CCP670	Career Counseling
CCP695	Counseling & Consulting Techniques Lab
CCP710	Marriage & Family Therapy: Basic Counseling Skills
CCP716	Cognitive Behavior Therapy: Theory & Practice
CCP724	Post Traumatic Stress Reactions
CCP725	Psychopharmacology

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

- School Social Worker/School Adjustment Counselor (all levels) — Program approved by the Mass. Dept. of Elementary & Secondary Education as preparation for initial licensure.
- Mental health counseling 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.
- CADAC certification by MBSACC and LADC licensing by the Mass. Dept. of Public Health.

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.

Admission requirements: Bachelor's degree and other general requirements for counseling psychology and educator licensure programs apply; see Admission.