

Mental Health Counseling

60 credits • 5-6 terms full time

Core program — LMHC • Addiction Counseling — CADAC, LADC • Geriatric Mental Health • Trauma Studies
Marriage & Family Therapy — MFT



MENTAL HEALTH COUNSELING provides graduate level professional training for mental health counseling licensure, with a strong commitment to an evolving multicultural society. Students are prepared to meet the licensing standards of the Massachusetts Board of Registration of Allied Mental Health Professionals.

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. They become familiar with state regulations applicable to mental health practice and licensure.

Academic Requirements

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| Mental health core courses, practicum and field experience. | 39 |
| SOPC electives and concentrations. | 21 |
| Exit portfolio (non-credit) | |
| Total | 60 |

Courses must be taken in sequence. For example, all term 1 courses must be completed before term 2 courses. Select no more than 4 courses each term for a maximum course load of 12 credits (all courses @ 3 credits).

Term 1

- CCP518 Research Design & Evaluation
- CCP540 Personality & Counseling Theory
- CCP550 Basic Counseling Skills: Rogerian Therapy
- CCP630 Human Development Across the Lifespan

Term 2

- CCP615 Psychopathology
 - or CCP614 Child & Adolescent Psychopathology
 - CCP650 Group Dynamics/Group Counseling & Human Systems
 - CCP520 Counseling Practicum
- One elective or concentration course.

Term 3

- CCP626 Assessment/Appraisal Process: Projective Testing
 - CCP641 Counseling Internship/SAC Field Experience II
 - CCP670 Career Counseling
- One elective or concentration course.

Term 4

- CCP754 Perspectives in Cross-Cultural Counseling
 - CCP700 Internship Seminar/SAC Field Experience III
- Two elective or concentration courses.

Term 5

- CCP622 Ethics & Professional Issues for School Counselors & Mental Health Practitioners
 - CCP701 Advanced Internship Seminar/SAC Field Experience IV (take as elective only if necessary to complete field experience hours)
- Two elective or concentration courses.

Term 6 and subsequent terms

Select no more than 4 courses to complete your program of study.

Concentration Options

Students may choose one or two concentrations. The program of study may not exceed 60 credits.

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

- CCP640 Addiction Disorders
- CCP606 Family Treatment of Substance Abuse
- CCP720 Psychopharmacology in Addictions & Mental Health Counseling

Trauma Studies — Professional training in crisis intervention and trauma treatment, education, prevention, and trauma-informed care.

- CCP724 Post Traumatic Stress Reactions
- CCA727 Clinical Interventions for Combat Stress & Trauma Fall
- or CCA729 Trauma Intervention in School Settings Spring
- CCP728 Trauma-Specific Interventions

Geriatric Mental Health — Professional training in mental health for older adults. Graduates will be prepared for non-medical positions in human service agencies, hospitals, community mental health centers, and other similar facilities.

- CCP600 Biopsychosocial Dimensions of Aging Fall
- CCP634 Death and Dying Fall
- CCP629 Geriatric Counseling Spring

Marriage & Family Therapy — Professional training for counseling traditional and non-traditional families and couples in a multicultural society. Choose six courses:

- CCP561 Counseling Techniques with Multi-Problem Families in Changing Communities
- CCP606 Family Treatment of Substance Abuse
- CCP625 Foundations of Couples Counseling
- CCP627 Family Assessment from a Multicultural Perspective
- CCP710 Marriage & Family Therapy: Basic Counseling Skills
- CCP721 Women in the Family: a Cross-Cultural Perspective
- CCP722 The Life of the Family in Context
- CCP723 Narrative and Collaborative Approaches to Therapy

Due to the length of the MFT concentration, no second concentration may be added.

Continued



Continued

Mental Health Counseling

Practicum and Internship

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

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

Trauma Studies: Must include documented counseling experience related to trauma.

Marriage & Family Therapy: Students must complete a minimum of 740 hours of on-site field placement time, of which 300 hours must be done in direct face-to-face client contact. Students must receive a minimum of 160 hours of supervision, which includes 55 hours of individual supervision by an approved supervisor, a minimum of 50 hours of group supervision with no more than 10 students, and 55 hours of either individual or group supervision. At least 25 hours of supervision must be done through video/audio supervision or direct observation. As this is a joint LMHC/LMFT program, students must also have 50 hours of documented LMHC supervision for licensure.

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.

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.
- LMFT licensure by the Mass. Board of Registration. Candidates must also pass another exam. The post-master's clinical practice must be structured to meet LMFT regulations. Students will be able to use their LMHC to apply to insurance companies as independent practitioners.

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