



Master of Education With Elective Concentrations

Mental Health Counseling

60 credits • 5-6 terms full time

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

Mental health core courses, practicum and field experience.	39
SOPC electives and concentrations.	21
CCP592 SOPC Exit Portfolio.	non-credit
Total	60

Elective Concentrations

The core program provides the academic preparation for mental health counseling licensure. Students may choose one or two concentrations to earn additional credentials and knowledge. The program of study may not exceed 60 credits.

- *Addictions Counseling* — CADAC, LADC
- *Geriatric Mental Health*
- *Holistic Counseling*
- *Marriage & Family Therapy* — MFT (Due to the length of this concentration, no second concentration may be added.)
- *Mental Health Counseling* core program with no concentrations — LMHC
- *Pastoral Counseling*
- *Rehabilitation Counseling* — CRC, LRC (Due to the length of this concentration, no second concentration may be added.)
- *Trauma Studies*

Courses should 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.

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

- CCP636 Psychological 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.

Practicum & Internship

The practicum and internship include field experience under a qualified supervisor, conforming to Massachusetts regulations 262 CMR. May be individually designed to support licensure requirements. Further requirements are briefly outlined under each concentration. See also program handbook.

(All courses @ 3 credits.)



Elective Concentrations

for degrees in: **Mental Health Counseling (MEd and CAGS)**

Marriage & Family Therapy — MFT 18 credits

Elective concentration for Mental Health Counseling (MEd only).

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

Practicum/Internship Field Experience: 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. See also program handbook.

Rehabilitation Counseling — CRC, LRC 18 credits

Elective concentration for Mental Health Counseling (MEd and CAGS).

Professional training to become vocational rehabilitation counselors.

- (new) Vocational Analysis & Job Placement
(take **instead** of CCP670 Career Counseling)
- (new) Vocational Assessment & Evaluation
- (new) Vocational and Affective Counseling
- (new) Rehabilitation Plan Development
- CCP643 Medical & Psychological Aspects of Disabilities
- CCP727 Clinical Interventions for Combat Stress & Trauma

Practicum/Internship Field Experience: Internship of 600 clock hours supervised by a CRC. This experience is a distinctly defined, post-practicum, supervised curricular experience intended to enable the rehabilitation counselor to refine and enhance basic rehabilitation counseling skills, develop more advanced rehabilitation counseling skills, and integrate professional knowledge and skills pertinent to the initial post-graduate professional experience. See also program handbook.

CAGS students please consult with advisor and/or program chair and enroll in the corresponding CAGS-level courses.

(All courses @ 3 credits.)