



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. . . . . | 42         |
| SOPC electives and concentrations. . . . .                          | 18         |
| CCP592 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*

**Admission requirements:** Bachelor's degree and other SOPC requirements.

**Program chair:** Hugh Ferguson, PhD  
Hugh.Ferguson@cambridgecollege.edu

**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 (for Rehabilitation Counseling concentration take CCP651 Vocational Analysis & Job Placement **instead** of CCP670)
- 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 (If field experience requirements are already completed, CCP701 may be replaced with an elective.)
- 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. Completed Verification form required by SOPC office before registering.

(All courses @ 3 credits.)