



Master of Education With Elective Concentrations

School Adjustment & Mental Health Counseling

60 credits • 5-6 terms full time

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 of the Massachusetts Board of Registration of Allied Mental Health Professionals and the Massachusetts Department of Elementary and Secondary Education.

MTEL Required — The Mass. Communication and Literacy Test (MTEL) must be passed before a student may enter the School Adjustment Counseling program. All new students must register for Mental Health Counseling until they pass. Then they may transfer into the School Adjustment & Mental Health Counseling program.

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.

Academic Requirements

Mental health core courses and practicum	30
School adjustment core courses and internship.	18
SAC electives and/or concentration.	12
CCP708 School Adjustment Counseling Exit Portfolio . . non-credit	
Total	60

Elective Concentrations

Students electing a concentration take only one school adjustment elective. The program of study may not exceed 60 credits.

- *Addictions Counseling* — CADAC, LADC
- *Geriatric Mental Health*
- *Holistic Counseling*
- *School Adjustment & Mental Health Counseling*
core program with no concentrations — LMHC, DESE
- *Pastoral Counseling*
- *Rehabilitation Counseling*
- *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

- CCP614 Child & Adolescent Psychopathology
- CCP650 Group Dynamics/Group Counseling & Human Systems
- CCP520 Counseling Practicum
- CCP636 Psychological Testing

Term 3

- CCP641 Counseling Internship/SAC Field Experience II*
- CCP670 Career Counseling (for Rehabilitation Counseling concentration take CCP651 Vocational Analysis & Job Placement **instead** of CCP670)
- CCP617 School Adjustment Counseling/School Social Work*
One elective or concentration course.

Term 4

- CCP754 Perspectives in Cross-Cultural Counseling
- CCP700 Internship Seminar/SAC Field Experience III*
- CCP561 Counseling Techniques with Multi-Problem Families in Changing Communities*
- or** CCP715 Multicultural Counseling: Children, Adolescents in Context*
One elective or concentration course.

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.

* SAC core courses & internship.



(All courses @ 3 credits.)



Continued

School Adjustment & Mental Health Counseling

Practicum & Internship

The practicum and internship include field experience under a qualified supervisor, conforming to Massachusetts regulations 262 CMR. Requirements for the SAC/LMHC practicum/internship are briefly outlined on the next page. Further requirements are briefly outlined under each concentration. See also program handbook.

Completed Verification form required by SOPC office before registering.

School Adjustment Field Experience Prerequisites

- Pass all first-year requirements.
- SAC Pre-Practicum — 75 hours of directed field-based training in a school site (non-credit)
- Pass all teacher tests required by the state for this license. Massachusetts MTEs: Communication & Literacy test.
- Site approval form signed by SAC chair.

School Adjustment Field Experience / Mental Health Internship

Includes field experience under a qualified supervisor, conforming to Massachusetts regulations 262 CMR. Internship must be supervised by a dually licensed qualified supervisor (262 CMR and SAC by DESE) who is in an SAC role and meets all state standards. See program handbook.

- 900 hours total (minimum), to be completed in three or four terms in school and mental health settings.
- LMHC internship recommended in first year (CCP520),
- SAC field experience after practicum is completed (CCP641, CCP700; and 701 if needed).
 - ▶ School placement must be approved by the SAC chair.
 - ▶ 450 hours (minimum), completed in two sequential terms for SAC placement.
 - ▶ In one school setting approved by the SAC chair according to DESE standards.
 - ▶ Supervisor 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 school setting and by a licensed/certified Cambridge College site visiting supervisor. Practicum/field experience locations are subject to state regulations and must be approved by the program chair. Students are responsible for discussing options for field experience with the program chair, in the previous term.

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 chair or regional site director prior to enrollment.
- Submitting SAC Field Experience Approval form to SAC chair or designee the term **prior** to field experience.
- **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.

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

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

Required to enter program for licensure:

- Pass Massachusetts Communication & Literacy Test (MTEL).
- 3.0 GPA at entry; must be maintained throughout program.

Non-licensure option: Mental Health Counseling, which is not an ESE licensure area.

Program and schedule subject to change.

Program chair: Vita Golub • Vita.Golub@cambridgecollege.edu