



Master of Education With Elective Concentrations

Mental Health Counseling

• CIP code 511508 • 60 credits • 5-6 terms full time

Program Description — 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 Allied Mental Health and Human Services 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
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, but also have the option to take a blend of elective courses without completing a concentration. The entire program of study may not exceed 60 credits.

- *Addictions Counseling* — CADAC, LADC
- *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 School of Psychology & Counseling requirements.

Program chair: Hugh Ferguson, Ph.D.
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Courses — the sequence below is highly recommended. Field experience courses **must** be taken in sequence. Take 2-4 courses/term.

Term 1

- CCP622 Ethics & Professional Issues for School Counselors & Mental Health Practitioners
- CCP540 Personality & Counseling Theory
- CCP550 Rogerian Person-Centered Therapy: Basic Counseling Skills (includes assessment of readiness for field experience)
- CCP630 Human Development Across the Lifespan

Term 2

- CCP615 Psychopathology
- CCP650 Group Dynamics/Group Counseling & Human Systems
- CCP518 Research Design & Evaluation
- CCP639 Career Development

Term 3

- CCP520 Field Experience I (req. CCP550)
- CCP636 Psychological Testing
- CCP754 Perspectives in Cross-Cultural Counseling
- One elective or concentration course

Term 4

- CCP641 Field Experience II
- Two or three electives or concentration courses

Term 5

- CCP700 Field Experience III
- Two or three elective or concentration courses

Term 6

- CCP701 Field Experience IV or one elective (if approved substitution has been granted by program chair)
- One elective or concentration course

Field Experience

The field experience includes practicum and internship 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.)