



Mental Health & School Counseling

- CIP code 511508 • 66 credits • 6 terms full time
- Program approved by the Massachusetts Dept. of Elementary & Secondary Education for the preparation of school counselors (PreK-8 or 5-12).

Program Description — School and Mental Health Counseling trains professional counselors to work within the school culture and in clinical settings, serving the guidance and mental health needs of PreK-12 students and their families. The program emphasizes the role of the school counselor in reducing barriers in the multicultural 21st century: a group worker skilled in developmental guidance, a broker of educational and community resources, an interpreter of assessment tools, and a consultant to students, parents, and staff. Students are prepared to meet the licensing standards of the Massachusetts Board of Allied Mental Health and Human Services Professionals, and of the 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 Counseling program. All new students must register for Mental Health Counseling until they pass.

Learning Outcomes— Students learn about normal and abnormal intellectual, social, and emotional development, dysfunctional behavior and mental illnesses. They learn and apply the principles and best practices of counseling and collaboration within schools and community counseling practice, including:

- Resources and skills for enhancing children’s and adolescents’ educational and vocational experiences and facilitating their ability to make good use of opportunities.
- Assessment, diagnosis and treatment of learning and behavior disorders and mental illnesses.
- Psychoeducational techniques for prevention and strategies for treatment of substance abuse, physical and sexual abuse, mental illnesses, and violence in PreK-12 students and throughout the lifespan.
- Psychotherapeutic techniques for work with individuals, couples, families and groups.
- Group counseling, leadership and consulting techniques; and school and community resources for referral.

Students gain and apply knowledge of:

- Psychology of learning, curriculum frameworks, student testing.
- Research design and methodology.
- Relevant federal, state, and municipal laws and regulations.

Courses should be taken in sequence. Please note: school-based field work is NOT available during the summer term. Term 1 courses must be completed before term 2 courses. A maximum of 4 courses can be taken each term.

Term 1

- CCP 540 Personality & Counseling Theory
- CCP 550 Rogerian Person-Centered Therapy: Basic Counseling Skills (includes assessment of readiness for field experience)
- CCP 622 Ethics & Professional Issues for School Counselors & Mental Health Practitioners
- CCP 630 Human Development Across the Lifespan

Term 2

- CCP 518 Research Design & Evaluation
- CCP 615 Psychopathology
- CCP 650 Group Dynamics/Group Counseling & Human Systems
- CCP 699 Mental Health Counseling Jurisprudence Seminar (0 credits)
- CCP 520 Field Experience I (preq. CCP 550, CCP 699),
- OR BOTH:** CCP 522 Pre-Internship Clinical Skills (preq. CCP 550, CCP 699)
- CCP 524 Pre-Internship Supervision Laboratory

Term 3

- CCP 636 Psychological Testing
- CSG 616 Counseling in the Schools
- CCP 638 Group Work with Children & Adolescents
- CCP 641 Field Experience II

Term 4

- CSG 695 Counseling & Consulting Techniques Lab
- CCP 754 Perspectives in Cross-Cultural Counseling
- CCP 672 Counseling Adolescents Transitioning to Adulthood
- CCP 700 Field Experience III

School Counseling Internship Prerequisites

- School Counseling Internship approval form signed by program chair.
- Pass all teacher tests required by the state for this license. Massachusetts: Communication & Literacy Test (MTEL)



(All courses @ 3 credits.)



Continued

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Term 5

- CCP 701 Field Experience IV or one elective (if approved substitution has been granted by program chair)
- CCP 730 Practice of Mental Health Counseling
OR any CCP elective

Term 6

- CCP 639 Career Development
- School Counseling Internship Fieldwork & Seminar I **Fall only**
 - for **PreK-8:** register for CSG 792E
 - for **5-12:** register for CSG 792S

Term 7

- One elective
- School Counseling Internship Fieldwork & Seminar II . . . **Spring only**
 - for **PreK-8:** register for CSG 793E
 - for **5-12:** register for CSG 793S

Suggested electives:

- CCP 561 Counseling Techniques with Multi-Problem Families in Changing Communities
- CCP 715 Multicultural Counseling: Children, Adolescents in Context
- CCP 729 Trauma Intervention in Schools
- CCP 640 Addiction Disorders
- CCP 606 Family Treatment of Substance Abuse
- CCP 637 Neurobiology: Basics & Beyond

Admission requirements: Bachelor's degree and other School of Psychology & Counseling requirements.

Required to enter program for DESE licensure:

- Massachusetts Educator Personnel ID (MEPID) number
- Pass Massachusetts Communication & Literacy Test (MTEL).
- 3.0 GPA at entry; maintained throughout program.

Program sequence may be modified to suit the needs of the cohort.

Program and schedule subject to change.

Program chair: Brian Sasso, M.A., LMHC
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Field Experiences

Mental Health Field Experiences I, II, III: CCP 520, 641, 700

Includes field experience under a qualified supervisor conforming to Massachusetts regulations 262 CMR. May be individually designed to support licensure requirements. See also program handbook.

In the term PRIOR to enrolling in the school counseling field experience students are responsible for:

- Discussing options for internship with the program chair or regional site director. All school counseling field experience sites **must** be within the state of Massachusetts.
- Submitting School Counseling Field Experience Approval form to program chair, with copy of MTEL passing score.
- Successful completion of CCP 698 Pre-Practicum Readiness Seminar. This zero credit, pass/fail course will fulfill DESE compliance standards.

School Counseling Internship Fieldwork & Seminar: CSG 792-793

Fieldwork is guided and evaluated in the classroom by a school counselor licensed in Massachusetts, who meets all state standards; and by a licensed Cambridge College site visiting supervisor. See program handbook.

- 2 sequential terms @ 225 hours, plus 75 hours of pre-practicum for 525 hours total in one school setting.
- Internship locations are subject to state regulations and must be approved by the program chair or designee.
- Completed Exit Portfolio required for graduation and endorsement.