

# MASTER OF ARTS IN EDUCATION - CLINICAL MENTAL HEALTH COUNSELING

The Clinical Mental Health Counseling Program offers a Master of Arts in Education. This degree program requires the successful completion of 60 credit hours of graduate education. Completion of the MAE in Clinical Mental Health Counseling provides graduates with the academic requirements toward mental health licensure in Nebraska. Along with the MAE degree, graduates who successfully pass the National Counselor Examination (NCE) will be prepared to apply for the provisional Licensed Mental Health Practitioner (PLMHP) license in Nebraska.

## Graduate Counseling Program Mission

The mission of the CSC Graduate Counseling Program is to prepare quality professional counselors for careers with state, regional, or national public and private mental health agencies, mental health institutions, and educational systems. We are committed to producing ethically and culturally competent counselors who demonstrate professional leadership with a purposeful commitment to client advocacy, and social justice, for the western High Plains States and the broader pluralistic nation.

## Graduate Counseling Program Objectives

1. The Counseling Program strives to educate academically prepared counselors.
2. The Counseling Program strives to produce diverse counselors.
3. The Counseling Program strives to develop dispositionally appropriate counselors manifesting clear counseling professional identities.

## Graduate Counseling Program Student Learning Outcomes

1. Professional Counseling Orientation and Ethical-Practice: Develop a professional identity as a counselor, demonstrate an understanding of the counseling profession, and demonstrate a willingness to provide counseling services within the ethical guidelines of the counseling profession.
2. Social and Cultural Diversity: Demonstrate an understanding of the social and cultural influences, the effects of power and privilege, and the impact of acculturative experience on the counseling process.
3. Human Growth and Development: Develop an understanding of developmental aspects of human growth and appreciation for the nature of human development and its integration within the counseling process.
4. Career Development: Develop an understanding of career development and approaches for conceptualizing the interrelationships between work, mental wellbeing, and other life roles within counseling.
5. Counseling and Helping Relationships: Gain significant knowledge and application of major counseling theories in the context of individual, family, group, and crisis counseling. Demonstrate effective individual counseling techniques that facilitate client growth and the ability to evaluate progress toward treatment goals.

6. Group Counseling and Group Work: Develop both experiential and theoretical understandings of group purpose, development, dynamics, counseling theories, group counseling methods and skills, and other group approaches.
7. Assessment and Testing: Gain knowledge and skills in assessment techniques and apply basic concepts to individuals and group appraisal.
8. Research and Program Evaluation: Develop the ability to read, critique, evaluate, and contribute to professional research literature.
9. Clinical Mental Health Programs: Practice counseling utilizing knowledge and application of various theories, dynamics, and techniques.
10. School Counseling Program: Develop a model for implementing a school counseling program.

## Program of Study

The Clinical Mental Health Counseling Program prepares students to work professionally in various public and private counseling agencies. In Nebraska, as well as most states, counselors must be licensed by the state to engage in counseling or therapy. The CSC Counseling Program provides the academic background to support students seeking licensure as a professional counselor. All students enrolled in the Clinical Mental Health Counseling program must pass a comprehensive oral examination prior to receiving a degree. Please see the Counseling Student Handbook on the CSC Counseling webpage for more information.

The Credentialing Division of the Department of Regulation and Licensure, Nebraska Health and Human Services System, generally approves CSC counseling courses for professional counseling continuing education (CE) credit.

## Courses:

Code	Title	Credits
EDCI 631	RESEARCH DESIGN AND DATA ANALYSIS <sup>1</sup>	3
COUN 519	COUNSELING RESIDENCY	6
COUN 523	DIAGNOSES AND THE DSM	3
COUN 531	COUNSELING AND COMMUNICATION SKILLS	3
COUN 532	TREATMENT ISSUES IN ADDICTIONS	3
COUN 533	COUNSELING ETHICS AND PROFESSIONAL IDENTITY	3
COUN 534	FUNDAMENTALS OF ASSESSMENT	3
COUN 535	MULTICULTURAL COUNSELING	3
COUN 541	COUNSELING THEORIES	3
COUN 545	ESSENTIALS OF ADDICTION COUNSELING AND CASE MANAGEMENT	3
COUN 601	PRACTICUM-CLINICAL MENTAL HEALTH COUNSELING <sup>2</sup>	3
COUN 629	COUNSELING CHILDREN	3
COUN 630	CRISIS COUNSELING	3
COUN 632	CAREER AND LIFESTYLE DEVELOPMENT	3
COUN 634	GROUP COUNSELING	3
COUN 636	FAMILY COUNSELING	3
COUN 637	ADVANCED HUMAN DEVELOPMENT	3
COUN 640	INTERNSHIP IN COUNSELING <sup>2</sup>	6
Total Credits		60

- <sup>1</sup> Students should complete EDCI 631 within the first 12-credit hours of the program.
- <sup>2</sup> The CMHC degree requires Practicum & Internship be completed in a clinical mental health setting.

## Counseling Field Experience

COUN 601: Practicum-Clinical Mental Health Counseling and COUN 640: Internship in Counseling are key courses in the counseling program curriculum. Enrollment is by instructor permission; To enroll, students are required to submit a reservation form each semester you intend to enroll in the courses to the Counseling Program Clinical Coordinator. Students unable to finish practicum in three-course credits may need to enroll in additional credits for completion of this requirement. Students must also have completed the following courses with a grade of B or greater prior to COUN 601.

### Field Experience Pre-Requisites

Code	Title	Credits
COUN 519	COUNSELING RESIDENCY	6
COUN 531	COUNSELING AND COMMUNICATION SKILLS	3
COUN 533	COUNSELING ETHICS AND PROFESSIONAL IDENTITY	3
COUN 541	COUNSELING THEORIES	3
Total Credits		15

## Licensed Alcohol & Drug Counselor (LADC)

Students who wish to seek licensure as an LADC must add the following course to the 60-credit hour Clinical Mental Health Counseling degree program.

Code	Title	Credits
COUN 520	PSYCHOPHARMACOLOGY, SOCIAL AND MEDICAL ISSUES IN ADDICTIONS	3
Total Credits		3