

# CLINICAL MENTAL HEALTH COUNSELING M.S.

## Overview

The Master's of Science in Clinical Mental Health Counseling (CMHC) is a 60 credit hour graduate degree program that prepares students to work with individuals, couples, families or groups to develop behaviors and skills that will help them to manage and recover from stressors and problems of living, addictions, relational difficulties, self-harm and thoughts of suicide, and mental health disorders such as anxiety and depression. The Clinical Mental Health Counseling program prepares students to assess, diagnose, and treat mental health disorders and problems of living, including grief and loss, relationships, and wellness. Clinical mental health counselors and addiction counseling specialists work in a variety of settings including private practice, education and health care settings, and community agencies. Clinical mental health counselors work with other health professionals to coordinate care through the development and implementation of treatment plans.

## Mission and Goals

The mission of the Clinical Mental Health Counseling program is to prepare counselors to work with and for others in a variety of settings as professional counselors, grounded by Jesuit ideals, with well developed knowledge, skills, ethical decision making capabilities, and advocacy competencies.

## Licensure

CMHC degree program meets the Pennsylvania Board of Social Workers, Marriage and Family Therapist and Professional Counselors education requirements for the Licensed Professional Counselor (LPC) credential and the National Board Certified Counselors education requirements for the National Certified Counselor (NCC) and the Certified Clinical Mental Health Counselors (CCMHC) credentials.

Goal 1: Clinical Mental Health Counseling students demonstrate knowledge and skills foundational to the counseling profession.

Goal 2: Clinical Mental Health Counseling students demonstrate knowledge and skills specific to clinical mental health settings.

Goal 3: Clinical Mental Health Counseling students make professional and ethical decisions using clinical judgment.

Goal 4: Clinical Mental Health Counseling students demonstrate the disposition that is suitable to professional counseling by developing knowledge, practicing reflection, and seeking growth in the conceptualization of self and others.

Goal 5: Clinical Mental Health Counseling students are advocates for their clients and the profession.

Goal 6: Clinical Mental Health Counseling students develop skills for practice as professional counselors.

CNS 520	Group Counseling	3
CNS 525	Counseling Skills & Techniques	3
CNS 530	Assessment Practices for Coun	3
CNS 535	Cult Div, Iden & Soc Justice	3
CNS 540	Res & Prog Eval in Coun Pract	3
CNS 545	Crisis Coun Trauma, Violence	3
CNS 550	Diag & Treatment Plan in Couns	3
CNS 555	Sexuality Counseling	3
CNS 560	Family & Couples Couns Techniq	3
CNS 565	Addictions Counseling	3
CNS 600	Practicum	3
CNS 691	Internship I	3
CNS 692	Internship II	3
Electives:		9
HED 557	Determinants: Health-Behavior	
HED 575	Stress and Crisis Management	
SPE 608	FamiliesSchls&Cmnty:CommCollab	
CNS 570	Special Topics in Counseling	

**Total Hours** **60**

- 1 Practicum and Internship Requirements  
Students obtain 700 hours of clinical experience through supervised practicum and internship experiences. Students are required to maintain a personal liability insurance policy throughout their practicum and internship coursework. Non-degree seeking students are not eligible to complete practicum and internship courses
- 2 PSY Graduate Courses: students are eligible to take graduate psychology courses as electives, pending availability. Graduate psychology courses are 4 credit hours courses held on campus during daytime hours during fall and spring semesters. (4 credits)

Code	Title	Hours
CNS 500	Ethic Legal & Prof Iss in Coun	3
CNS 505	Coun Theories & Techniques	3
CNS 510	Counseling Across the Lifespan	3
CNS 515	Career Counseling	3