

# CLINICAL MENTAL HEALTH COUNSELING (MS)

## Health and Human Enrichment

The Master of Science (MS) in Clinical Mental Health Counseling is designed to prepare students to function as licensed clinical mental health counselors. Students may choose to complete concentrations in Addictions Treatment, Marriage and Family Therapy, Eating Disorders, Play Therapy, or Wellness Leadership. The program provides the educational requirements outlined by the New Hampshire Board of Mental Health Practice as requisite to attaining clinical mental health counseling licensure. Program requirements, policies, and resources are all available in the student handbook that all students review during the Professional Orientation and Ethics course. It may also be requested from the program coordinator listed above. Students should note that there are significant post-degree requirements to undertake prior to being licensed. The clinical mental health counseling program is nationally accredited by the Council for the Accreditation of Counseling and Related Educational Programs (CACREP).

## Internship

Students in the Clinical Mental Health Counseling program must successfully complete a 600-hour mental health counseling internship in a mental health setting. Students can choose to remain in one setting or can split their time between two settings. A mental health provider licensed under the New Hampshire Board of Mental Health Practice must provide individual supervision at the internship site on a weekly basis. Students interning out of state need to be supervised by mental health providers licensed in the state in which they are practicing. In addition to their field experience, students are required to attend a weekly University based internship seminar. Typically, the internship requirement is met over two academic terms and carries six credits. Students must complete their internship experience within two calendar years.

## Degree Requirements

Course	Title	Credits
<b>Counselor Education Component</b>		
CO 5010	Professional Orientation and Ethics	3
CO 5020	Counseling Skills	3
CO 5040	Diversity and Advocacy in Helping Relationships	3
CO 5050	Advanced Human Development	3
CO 5070	Research Design in the Helping Professions	3
CO 5230	Career Counseling and Development	3
CO 5260	Counseling Theories and Personality	3
CO 5430	Assessment for Counselors	3
CO 5460	Group Counseling	3
CO 5100	Practicum	3
<b>Clinical Mental Health Specialization Component</b>		
CO 5130	Psychopharmacology and the Biological Basis of Mental Health	3
CO 5600	Foundations of Clinical Mental Health Counseling	3
CO 5670	Working with Children and Families	3
CO 5710	Crisis and Trauma Counseling	3
CO 5720	Addictions & Related Disorders	3

CO 5770	Psychopathology: Disorders of Childhood, Adolescence and Adulthood	3
CO 5790	Assessment, Diagnosis, and Treatment Planning	3
CO 5880	Seminar and Internship in Mental Health Counseling	6-9
Elective		3
<b>Total Credits</b>		<b>60</b>

## Optional Concentrations in this Major

### Addictions Treatment

Course	Title	Credits
<b>Counselor Education Component</b>		
CO 5010	Professional Orientation and Ethics	3
CO 5020	Counseling Skills	3
CO 5040	Diversity and Advocacy in Helping Relationships	3
CO 5050	Advanced Human Development	3
CO 5070	Research Design in the Helping Professions	3
CO 5230	Career Counseling and Development	3
CO 5260	Counseling Theories and Personality	3
CO 5430	Assessment for Counselors	3
CO 5460	Group Counseling	3
CO 5100	Practicum	3
<b>Clinical Mental Health Specialization Component</b>		
CO 5130	Psychopharmacology and the Biological Basis of Mental Health	3
CO 5600	Foundations of Clinical Mental Health Counseling	3
CO 5670	Working with Children and Families	3
CO 5710	Crisis and Trauma Counseling	3
CO 5720	Addictions & Related Disorders	3
CO 5770	Psychopathology: Disorders of Childhood, Adolescence and Adulthood	3
CO 5790	Assessment, Diagnosis, and Treatment Planning	3
CO 5880	Seminar and Internship in Mental Health Counseling	6-9

<b>Addictions Treatment Component</b>		
CO 5730	Addictions Treatment Modalities	3
<b>Total Credits</b>		<b>60-63</b>

### Marriage and Family Therapy

Course	Title	Credits
<b>Counselor Education Component</b>		
CO 5010	Professional Orientation and Ethics	3
CO 5020	Counseling Skills	3
CO 5040	Diversity and Advocacy in Helping Relationships	3
CO 5050	Advanced Human Development	3
CO 5070	Research Design in the Helping Professions	3
CO 5230	Career Counseling and Development	3
CO 5260	Counseling Theories and Personality	3
CO 5430	Assessment for Counselors	3
CO 5460	Group Counseling	3
CO 5100	Practicum	3
<b>Clinical Mental Health Specialization Component</b>		

CO 5130	Psychopharmacology and the Biological Basis of Mental Health	3
CO 5600	Foundations of Clinical Mental Health Counseling	3
CO 5670	Working with Children and Families	3
CO 5710	Crisis and Trauma Counseling	3
CO 5720	Addictions & Related Disorders	3
CO 5770	Psychopathology: Disorders of Childhood, Adolescence and Adulthood	3
CO 5790	Assessment, Diagnosis, and Treatment Planning	3
CO 5880	Seminar and Internship in Mental Health Counseling	6-9

**Marriage and Family Therapy Component**

MFT 5010	Foundational Methods in Marriage and Family Therapy	3
MFT 5020	Current Issues in Marriage and Family Therapy	3
MFT 5030	Foundations and Ethics in Marriage and Family Therapy	3
MFT 5900	Seminar and Internship in Marriage and Family Therapy	1-9

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**Total Credits** **67-78**

**Eating Disorders**

Course	Title	Credits
<b>Counselor Education Component</b>		
CO 5010	Professional Orientation and Ethics	3
CO 5020	Counseling Skills	3
CO 5040	Diversity and Advocacy in Helping Relationships	3
CO 5050	Advanced Human Development	3
CO 5070	Research Design in the Helping Professions	3
CO 5230	Career Counseling and Development	3
CO 5260	Counseling Theories and Personality	3
CO 5430	Assessment for Counselors	3
CO 5460	Group Counseling	3
CO 5100	Practicum	3

**Clinical Mental Health Specialization Component**

CO 5130	Psychopharmacology and the Biological Basis of Mental Health	3
CO 5600	Foundations of Clinical Mental Health Counseling	3
CO 5670	Working with Children and Families	3
CO 5710	Crisis and Trauma Counseling	3
CO 5720	Addictions & Related Disorders	3
CO 5770	Psychopathology: Disorders of Childhood, Adolescence and Adulthood	3
CO 5790	Assessment, Diagnosis, and Treatment Planning	3
CO 5880	Seminar and Internship in Mental Health Counseling	6-9

**Eating Disorders Component**

CO 5160	Eating Disorders: Awareness and Prevention	3
CO 5185	Medical Aspects and Nutrition Counseling of Eating Disorders	3
CO 5170	Treatment Modalities for Eating Disorders	3

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**Total Credits** **66-69**

**Play Therapy**

Course	Title	Credits
<b>Counselor Education Component</b>		
CO 5010	Professional Orientation and Ethics	3
CO 5020	Counseling Skills	3
CO 5040	Diversity and Advocacy in Helping Relationships	3
CO 5050	Advanced Human Development	3
CO 5070	Research Design in the Helping Professions	3
CO 5230	Career Counseling and Development	3
CO 5260	Counseling Theories and Personality	3
CO 5430	Assessment for Counselors	3
CO 5460	Group Counseling	3
CO 5100	Practicum	3

**Clinical Mental Health Specialization Component**

CO 5130	Psychopharmacology and the Biological Basis of Mental Health	3
CO 5600	Foundations of Clinical Mental Health Counseling	3
CO 5670	Working with Children and Families	3
CO 5710	Crisis and Trauma Counseling	3
CO 5720	Addictions & Related Disorders	3
CO 5770	Psychopathology: Disorders of Childhood, Adolescence and Adulthood	3
CO 5790	Assessment, Diagnosis, and Treatment Planning	3
CO 5880	Seminar and Internship in Mental Health Counseling	6-9

**Play Therapy Component**

CO 5210	Dynamic Play Therapies	1
CO 5220	Child Centered Play Therapy	1
CO 5240	Expressive Play Therapies	1
CO 5250	Special Populations in Play Therapy	1
Add Four Elective Play Therapy Courses		4
CO 5200	Adlerian Play Therapy	
CO 5270	Special Topics: Play Therapy	
CO 5280	Group Play Therapy	
CO 5290	Nature Based Play Therapy	
CO 5370	Play Therapy in School	
CO 5380	Family Play Therapy	
CO 5390	Play Therapy with Traumatized Children	

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**Total Credits** **65-68**

**Wellness Leadership**

Course	Title	Credits
<b>Counselor Education Component</b>		
CO 5010	Professional Orientation and Ethics	3
CO 5020	Counseling Skills	3
CO 5040	Diversity and Advocacy in Helping Relationships	3
CO 5050	Advanced Human Development	3
CO 5070	Research Design in the Helping Professions	3
CO 5230	Career Counseling and Development	3
CO 5260	Counseling Theories and Personality	3
CO 5430	Assessment for Counselors	3
CO 5460	Group Counseling	3
CO 5100	Practicum	3

<b>Clinical Mental Health Specialization Component</b>		
CO 5130	Psychopharmacology and the Biological Basis of Mental Health	3
CO 5600	Foundations of Clinical Mental Health Counseling	3
CO 5670	Working with Children and Families	3
CO 5710	Crisis and Trauma Counseling	3
CO 5720	Addictions & Related Disorders	3
CO 5770	Psychopathology: Disorders of Childhood, Adolescence and Adulthood	3
CO 5790	Assessment, Diagnosis, and Treatment Planning	3
CO 5880	Seminar and Internship in Mental Health Counseling	6-9
<b>Wellness Leadership Component</b>		
OH 5180	Exploring Personal & Organizational Health	3
OH 5200	Communication in Socially Responsible Organizations	3
OH 5100	Full Spectrum Leadership	3
<b>Total Credits</b>		<b>66-69</b>

## Career Pathways

The MS in Clinical Mental Health Counseling is designed to prepare students to function as licensed clinical mental health counselors. It provides the educational requirements outlined by the New Hampshire Board of Mental Health Practice as requisite to attaining mental health counseling licensures. PSU's mental health counseling program is nationally accredited by the Council for the Accreditation of Counseling and Related Educational Programs (CACREP). Students should note that there are significant post-degree requirements to undertake prior to being licensed, listed below in the Licensure Requirements section.

2021-22 Clinical Mental Health Counseling Program Outcome Report

2021-22 Counselor Education Assessment Report

Key Performance Indicators used to assess Student Outcomes

PSU was recently awarded a \$1.9 million Federal Behavioral Health and Workforce Education Training program grant – Learn More!

## Learning Outcomes

Counselor Education Objectives - Students will be able to:

1. Articulate and demonstrate the professional and ethical role of a counselor.
2. Discuss and demonstrate techniques of cross-cultural counseling and advocate on behalf of multicultural populations.
3. Describe the role that human growth and development plays in counseling interventions and modify these interventions as appropriate.
4. Explain theories of career development and implement career interventions.
5. Define and utilize counseling skills and advanced counseling interventions.
6. Articulate theories of group counseling and utilize leadership skills in facilitating various types of groups.
7. Identify and utilize various types of counseling assessments.
8. Describe and conduct methods of research and program evaluation.

Clinical Mental Health Counseling Objectives - Students will be able to:

1. Articulate and apply foundational knowledge of clinical mental health counseling.
2. Articulate and demonstrate various types of counseling, consultation, prevention, and intervention – including response to crisis and trauma and addiction.
3. Discuss issues of multiculturalism, demonstrate multicultural competency skills, and advocate on behalf of multicultural populations in clinical mental health counseling settings.
4. Analyze and utilize various types of clinical mental health counseling assessments.
5. Critically evaluate and utilize research methods in the practice of clinical mental health counseling.
6. Describe and employ principles of case conceptualization, diagnosis, and treatment planning with a variety of populations.