



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
Counseling 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* — 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 Education & Counseling requirements.

**Program chair:**  
Linda Kuramoto, M.S., CAGS, CRC, LMHC  
linda.kuramoto@cambridgecollege.edu

**Courses** — the sequence below is highly recommended. Field experience courses **must** be taken in sequence. Take 2-4 courses/term.

### Term 1

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

### Term 2

- CCP 615 Psychopathology
- CCP 650 Group Dynamics/Group Counseling & Human Systems
- CCP 518 Research Design & Evaluation
- CCP 639 Career Development

### Term 3

#### **Begin field experience**

*If you have a field experience site secured:*

- CCP 699 Mental Health Counseling Jurisprudence Seminar (0 credits), then complete site placement process
- CCP 520 Field Experience I (req. CCP 550, CCP 699)

*If you do not have a field experience site secured:*

- CCP 699 Mental Health Counseling Jurisprudence Seminar (0 credits)
- CCP 522 Pre-Internship Clinical Skills (req. CCP 550, CCP 699)
- CCP 524 Pre-Internship Supervision Laboratory

- CCP 636 Psychological Testing
  - CCP 754 Perspectives in Cross-Cultural Counseling
- One elective or concentration course

### Term 4

- CCP 641 Field Experience II
- Two or three electives or concentration courses

### Term 5

- CCP 700 Field Experience III
- Two or three elective or concentration courses

### Term 6

- CCP 701 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.)



# Elective Concentrations

## For: Mental Health Counseling • School Adjustment

## Addictions Counseling

• 9 credits • LADC

### Addictions Counseling — LADC..... 9 credits

Choose three of the following courses to complete the concentration in Addictions Counseling:

- CCP 640 Addiction Disorders
- CCP 606 Family Treatment of Substance Abuse
- CCP 516 Alcohol and Drugs in Society
- CCP 720 Psychopharmacology in Addictions & Mental Health Counseling

**Field Experience:** Must include 300 hours in an approved substance abuse treatment program with appropriate supervision in the 12 core functions. See also program handbook.

**Program contact:** Kathrine Sullivan-Corbett, M.S., LMHC;  
kathrine.sullivan-corbett@cambridgecollege.edu

## Rehabilitation Counseling

• 15 credits • CRC, LRC

### Program Description

Rehabilitation Counseling is an elective, clinical concentration for students who wish to pursue national certification as a rehabilitation counselor (CRC) and state licensure as a rehabilitation counselor (LRC). Coupled with the M.Ed. in Mental Health Counseling, students simultaneously complete the academic requirements for Mental Health Counseling licensure.

### Learning Outcomes

A focus on rehabilitation counseling helps practitioners to more comprehensively serve the mental health and vocational needs of individuals with cognitive, developmental, psychological, medical, intellectual and physical challenges seek employment, maintain employment or return to work. These individuals include veterans who face mental health and rehabilitation complications, and a host of other issues related to the interface of disabilities and mental health.

### Careers

Graduates will be qualified to pursue national certification and state licensure as rehabilitation counselors, and for the more general licensure in mental health counseling, allowing for significant career flexibility.

Certified Rehabilitation Counselor (CRC) by the Commission on Rehabilitation Counselor Certification and Licensed Rehabilitation Counselor by the Mass. Board of Allied Mental Health and Human Services. Candidates must also pass a national exam and have had a minimum of 12 months of acceptable employment under the direct supervision of a qualified CRC professional.

Rehabilitation counselors typically work in settings such as mental health agencies, the Veterans Administration, state vocational rehabilitation agencies, insurance companies dealing with disability, non-profit agencies, employee assistance programs, disability management firms and consulting agencies, among others.

### Courses

- CCP 655 Vocational and Affective Counseling . . . . . Fall
- CCP 643 Medical & Psychological Aspects of Disabilities . . . . Fall
- CCP 656 Vocational Assessment & Evaluation . . . . . Spring
- CCP 654 Rehabilitation Plan Development . . . . . Spring

### Choose one of the following courses:

(Not required for SAC students)

- CCP 724 Post Traumatic Stress Reactions
- CCP 727 Clinical Interventions for Combat Stress & Trauma
- CCP 728 Trauma Specific Interventions
- CCP 729 Trauma Intervention in Schools

**Additional Field Experience:** Not required during academic training. However, a minimum of 12 months of acceptable employment experience including 12 months of direct supervision by a qualified CRC professional will be required after completion of academic requirements for CRC eligibility. See program chair for any questions.

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## Trauma Studies

• 9 credits

### Trauma Studies..... 9 credits

Professional training in crisis intervention and trauma treatment, education, prevention, and trauma-informed care.

- CCP 724 Post Traumatic Stress Reactions
- CCP 727 Clinical Interventions for Combat Stress & Trauma . . . . . Fall
- or** CCP 729 Trauma Intervention in Schools . . . . . Spring
- CCP 728 Trauma-Specific Interventions

**Program chair:**  
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(All courses @ 3 credits.)