



# 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 (all grade levels).

## 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.

## 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.

## Elective Concentrations

Students may choose to pursue one of the following concentrations by taking concentration courses in place of elective courses in terms 5 and 7. See required courses under *Elective Concentrations* on page 254.

- Addictions Counseling — LADC
- Trauma Studies

## 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

### 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

### 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 672 Counseling Adolescents Transitioning to Adulthood
- CCP 754 Perspectives in Cross-Cultural Counseling
- CCP 700 Field Experience III

### School Counseling Internship Prerequisites

- School Counseling Internship approval form signed by program chair, Associate Dean of Academic Advising and Field Experience, or designee.



(All courses @ 3 credits.)



Continued

# Mental Health & School Counseling

## 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
- CCP 698A Pre-Practicum Seminar for School Adjustment and School Counseling (0 credits - **must be taken in the term prior to enrolling in CSG 792**)

## 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 Education & Counseling requirements.

**Required to enter program for DESE licensure:**

- Massachusetts Educator Personnel ID (MEPID) number
- 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.**

**Associate Dean of Academic Advising & Field Experience:**

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

## 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, Associate Dean of Academic Advising and Field Experience, or designee.
- Successful completion of CCP 698A Pre-Practicum Readiness Seminar. This zero credit, pass/fail course taken the summer prior to beginning field experience 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.



# 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.

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



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

(All courses @ 3 credits.)