

Official Program Outline



MASTER OF SCIENCE IN CLINICAL MENTAL HEALTH COUNSELING

PROGRAM DESCRIPTION

The Master of Science in Clinical Mental Health Counseling is a rigorous graduate-level program designed to prepare students for licensure and professional practice as mental health counselors. This program equips individuals to provide evaluations, referrals, and counseling services aimed at preventing or addressing personal problems, emotional crises, and mental health disorders. Students will develop a strong professional counselor identity through coursework that emphasizes wellness, prevention, optimal human development, and advocacy. Through comprehensive coursework and supervised clinical practicum and internship experiences, students apply their knowledge in real-world settings under professional guidance. Graduates are prepared to work in diverse environments such as community mental health centers, hospitals, governmental and community agencies, employee assistance programs, correctional facilities, private practices, and schools.

PROGRAM LEARNING OUTCOMES

Upon completion of this program, the student should be able to:

1. Apply the American Counseling Association code of ethics to solve ethical dilemmas.
2. Identify effects of stereotypes, discrimination, oppression, privilege, and microaggressions on clients.
3. Apply human development theories to the practice of counseling.
4. Develop client conceptualizations that reflect the interrelationships between work and various life roles and factors.
5. Use interviewing, attending, and listening skills in the counseling process.
6. Describe important group counseling leader characteristics.
7. Use culturally and developmentally relevant assessment practices.
8. Identify evidence-based counseling interventions.
9. Conduct a comprehensive intake interview.
10. Develop treatment plans to address mental health issues.

PROGRAM CONTENT

A minimum of 60.00 semester credit hours is required for graduation.

REQUIRED COURSES

All courses, 60.00 semester credit hours, are required.

Course Number	Course Name	Prerequisites/Corequisites	Semester Credit Hours
MH 500	Introduction to Clinical Mental Health Counseling		3.00
MH 505	Professional, Legal, and Ethical Issues in Counseling		3.00
MH 510	Lifespan Development		3.00
MH 515	Counseling Theories	CR: MH 520	3.00
MH 520	Counseling Skills and Techniques*	CR: MH 515	3.00
MH 525	Counseling Diverse Populations		3.00
MH 530	Counseling Children and Adolescents	PR: MH 510	3.00
MH 535	Psychopathology and Psychopharmacology		3.00
MH 540	Group Counseling*	PR: MH 520	3.00
MH 545	Trauma and Crisis Counseling		3.00
MH 600	Assessment in Counseling	CR: MH 690	3.00
MH 605	Diagnosis and Treatment Planning	PR: MH 535 CR: MH 690	3.00
MH 610	Career Counseling		3.00
MH 615	Substance Use and Addiction Counseling		3.00
MH 620	Counseling Couples and Families	PR: MH 510	3.00
MH 625	Counseling Research and Evaluation		3.00
MH 630	Human Sexuality in Counseling		3.00
MH 690	Clinical Mental Health Counseling Practicum	PR: MH 540 CR: MH 600, MH 605	3.00
MH 693	Clinical Mental Health Counseling Internship I	PR: MH 690	3.00
MH 695	Clinical Mental Health Counseling Internship II	PR: MH 693	3.00

*These courses include a required virtual synchronous component.

DISTRIBUTION OF CONTACT HOURS BY COURSE

Course Number	Lecture Hours	Lab Hours	Clinical Hours	Total Contact Hours	Credits
MH 500	45.00	0.00	0.00	45.00	3.00
MH 505	45.00	0.00	0.00	45.00	3.00
MH 510	45.00	0.00	0.00	45.00	3.00
MH 515	45.00	0.00	0.00	45.00	3.00
MH 520	45.00	0.00	0.00	45.00	3.00
MH 525	45.00	0.00	0.00	45.00	3.00
MH 530	45.00	0.00	0.00	45.00	3.00
MH 535	45.00	0.00	0.00	45.00	3.00
MH 540	45.00	0.00	0.00	45.00	3.00
MH 545	45.00	0.00	0.00	45.00	3.00
MH 600	45.00	0.00	0.00	45.00	3.00
MH 605	45.00	0.00	0.00	45.00	3.00
MH 610	45.00	0.00	0.00	45.00	3.00
MH 615	45.00	0.00	0.00	45.00	3.00
MH 620	45.00	0.00	0.00	45.00	3.00
MH 625	45.00	0.00	0.00	45.00	3.00
MH 630	45.00	0.00	0.00	45.00	3.00
MH 690	0.00	0.00	100.00	100.00	3.00
MH 693	0.00	0.00	300.00	300.00	3.00
MH 695	0.00	0.00	300.00	300.00	3.00
Totals	765.00	0.00	700.00	1465.00	60.00

NEW COURSE DESCRIPTIONS

Course	Course Description
MH 500 Introduction to Clinical Mental Health Counseling	This course examines the professional context of clinical mental health counseling, including work settings, licensure, and the roles of professional organizations and state boards. Professional, legal, and ethical issues in mental health counseling are explored. Scope of practice is discussed in relation to providing a continuum of care and working as part of an interdisciplinary team.
MH 505 Professional, Legal, and Ethical Issues in Counseling	This course provides an overview of the counseling profession, including foundational concepts as well as historical and current events that impact counseling. The roles and functions of counselors across different specialty areas are reviewed, and counseling credentials and professional organizations are introduced. Legal and ethical guidelines are covered in depth.
MH 510 Lifespan Development	This course provides an overview of theories of development and learning across the lifespan. Biological, physiological, neurological, systemic, cultural, and environmental factors that affect development, behavior, and overall wellness are explored. Models of resilience, adjustment, and coping are reviewed. Emphasis is placed on examining individual and family development.
MH 515 Counseling Theories	This course covers seminal theories in the field of counseling. Historical perspectives and philosophies that ground the theories are covered, as are basic tenants, principles, applications, and related techniques. A focus on multicultural and ethical considerations is included.
MH 520 Counseling Skills and Techniques	This course introduces foundational skills for building effective counseling relationships and establishing counseling goals across in-person and telehealth settings. It includes a review of and practice with interviewing, attending, and listening skills as well as basic and advanced microskills. Emphasis is placed culturally and developmentally relevant approaches. This course includes a required virtual synchronous component.
MH 525 Counseling Diverse Populations	This course introduces students to theories and models of multicultural counseling and identity development. Personal and systemic factors related to counseling individuals from diverse populations will be explored. Emphasis is placed on counselor self-awareness.
MH 530 Counseling Children and Adolescents	This course provides an overview of counseling theories, strategies, and interventions relevant to working with children and adolescents. Common child and adolescent behavioral and mental health concerns will be explored. Emphasis will be placed on developmental, cultural, legal, and ethical considerations.
MH 535 Psychopathology and Psychopharmacology	This course examines the history and etiology of abnormal behavior and mental health disorders, along with contemporary concepts of psychopathology and diagnosis across the lifespan for children, adolescents, and adults. An introduction to the DSM diagnostic is coupled with a focus on client strengths, resilience, and the social and cultural context of distress, disturbance, and behavior. The course also introduces commonly prescribed psychopharmacological medications and their potential effects on clients.
MH 540 Group Counseling	This course provides an introduction to group counseling theories, dynamics, and processes. Group leader characteristics and group stages are reviewed. Emphasis is placed on ethical, cultural, and developmental considerations in group counseling. This course includes a required virtual synchronous component.

MH 545 Trauma and Crisis Counseling	This course provides an introduction to the effects of trauma and crises on diverse clients and communities. Content addresses a wide range of traumatic events as well as grief and loss. Individual and systemic interventions will be reviewed.
MH 600 Assessment in Counseling	This course covers the purposes and history of assessment in counseling. Methods of individual and group assessment, testing, and evaluation are reviewed. Basic testing and statistical concepts are covered as is content addressing the selection, administration, and interpretation of diverse types of assessments. Emphasis is placed on ethical, legal, and cultural, and developmental considerations in assessment.
MH 605 Diagnosis and Treatment Planning	This course provides an in depth examining of the diagnosis and treatment planning process using the DSM-5-TR. Concepts of assessment, including biopsychosocial assessment, are covered. Emphasis is placed on developing symptom-based, developmentally relevant, and culturally responsive treatment and intervention plans.
MH 610 Career Counseling	This course provides an overview of theoretical foundations of career development. Factors that affect career development and the interrelationships among those factors are explored. Emphasis on practical application of theory, use of occupational information resources, and identification of culturally and developmentally relevant career counseling assessments and interventions.
MH 615 Substance Use and Addiction Counseling	This course provides an overview of theories, diagnosis, treatment, and assessment of substance use, abuse, and dependency and an examination of process and behavioral addictions. Drug classifications and psychopharmaceutical principles will be examined, as will anatomy and physiology of drug use and effects. Twelve step and other self-help programs will be explored.
MH 620 Counseling Couples and Families	This course introduces foundational concepts in couple and family counseling. Emphasis is placed on systemic theory, family interaction dynamics, and ecosystems perspectives. Contextual factors such as violence, substance use, employment, mental health disorders, and abuse are examined in relation to their impact on clients and systems.
MH 625 Counseling Research and Evaluation	This course offers an introduction to research and program evaluation in counseling. Content focuses on research methods and designs, statistical concepts, and program evaluation models. Emphasis is placed on evidence-based practice and appropriate use of data.
MH 630 Human Sexuality in Counseling	This course explores theories of human sexuality and the biological, psychosocial, and sociocultural dimensions that shape sexual development and expression across the lifespan. The influence of culture, religion, and societal norms are examined. Emphasis is placed on examining sexual health, relationships, and intimacy as well as culturally responsive practice.
MH 690 Clinical Mental Health Counseling Practicum	A field-based practicum experience in which students apply basic counseling skills. A minimum of 100 on site hours is required, of which 40 must be direct contact. Weekly group supervision and individual/triadic supervision is provided.
MH 693 Clinical Mental Health Counseling Internship I	A field-based internship experience in which students apply basic and advanced counseling skills. A minimum of 300 on site hours is required, of which 120 must be direct contact. Weekly group supervision and individual/triadic supervision is provided.
MH 695 Clinical Mental Health Counseling Internship II	A field-based internship experience in which students apply basic and advanced counseling skills. A minimum of 300 on site hours is required, of which 120 must be direct contact. Weekly group supervision and individual/triadic supervision is provided.