

Community Counseling Program
****Name change to Clinical Mental Health Counseling Program effective August 2009****
Department of Human Development and Psychological Counseling
Appalachian State University
Revised 11/09

Mission Statement

The mission of the RCOE/HPC Clinical Mental Health Counseling program is to develop a community of practice that will support graduate students enrolled in HPC courses to move from novice towards entry level mental health Practitioners through the process of socially meaningful activities that develop the knowledge, skills, and attitudes necessary to become effective, ethical and competent counselors with diverse clients across the human spectrum.

Accreditation

The Clinical Mental Health Counseling program at Appalachian State University is accredited by the Council for Accreditation of Counseling and Related Educational Programs (CACREP). The accreditation runs through October 31, 2013. (Note: The Clinical Mental Health Counseling program is currently accredited under the 2001 standards for Community Counseling programs as a Community Counseling program. The CACREP 2009 standards combine the Community Counseling and Mental Health Counseling standards into standards for Clinical Mental Health Counseling programs. The counseling program intends to seek accreditation for this program as a Clinical Mental Health Counseling program when it comes up for reaccreditation, per CACREP guidelines.)

Clinical Mental Health Counseling Program Objectives

The Clinical Mental Health Counseling Master of Arts Program at Appalachian State University is designed to meet the state of North Carolina Licensed Professional Counselor and National Certified Counselor standards and to prepare counselors for a wide variety of human service agencies, including, mental health centers, social service agencies, educational institutions, private practice, government, business and industry. The Masters of Arts in Clinical Mental Health Counseling is a 60 hour program providing core CACREP curriculum and emphasis training in Clinical Mental Health Counseling, addictions counseling, expressive arts therapy, body centered therapy or marriage and family counseling. The community of practice combines classroom instruction with structured practical experiences to prepare students as counselors. The program is designed to accommodate full and part time students with experience in human services, either as a paraprofessional or professional prior to entering the program. The faculty and students work together to create an inclusive environment that fosters personal and professional growth and development.

The program attempts to produce counselors who are leaders and advocates as they carry out their roles in counseling, consultation, and coordination. Students will demonstrate an understanding of appropriate skills and attitudes involving:

1. The nature and needs of individuals at all developmental levels; normal and abnormal human behavior; personality theory within cultural contexts.
2. Societal changes and trends; human roles; societal subgroups, noting specific cultural, historical, political and sociological influences; social mores and interaction patterns; and differing life styles.
3. Historical and philosophic bases of helping processes; counseling theories and their applications; helper self-understanding and self development; the facilitation of the stages of change in clients; counseling theories and their application to clients across the lifespan.
4. Group development, dynamics, and counseling theories; group leadership styles; group counseling methods and skills; and other group approaches.
5. Career development theories; occupational and educational information sources and systems; career and leisure counseling, guidance, and education; lifestyle and career decision-making; and career development program planning, resources and evaluation.
6. Group and individual educational and psychometric theories and approaches to appraisal; data and information gathering methods; validity and reliability; psychometric statistics; factors influencing appraisals; and use of appraisal results in helping processes.
7. Types of research; basic statistics; research-report development; research implementation; program evaluation; needs assessment; and legal and ethical considerations.
8. Professional roles and functions; professional goals and objectives; professional organizations and associations; professional history, trends; ethical and legal standards; professional preparation standards; and professional credentialing.
9. The foundations of Clinical Mental Health Counseling including history, philosophy, trends, purpose and objectives, ethics, legal aspects, standards, and roles within agencies.
10. Specialized studies related to the roles of community counselors and the particular setting and client population with which students intend to work.

Personnel

Sally Atkins, Ed.D., Geri Miller, Ph.D., Christina Galvin, Ed.D., Hakan Ersever, Ph.D., and Keith Davis, Ph.D. (program coordinator) plus other personnel (mental health professionals, and intern/practicum supervisors). The Clinical Mental Health Counseling program committee meets periodically with department faculty, mental health professionals and an advisory board. The Clinical Mental Health Counseling program committee has the responsibility for developing and carrying out the objectives of the Clinical Mental Health Counseling program.

Clinical Mental Health Counseling Curriculum

Students majoring in the Clinical Mental Health Counseling curriculum leading to a Master of Arts degree will take the courses listed below. This program is designed to meet the need for advanced preparation of counselors and other helping professionals who work in a variety of human service agencies (including mental health centers, social service agencies, business and industry employee assistance programs, and others). In addition to the core curriculum, students can select, in cooperation with their advisor, from a variety of elective courses that will help their individual career objectives. Specialized concentrations are available as listed below including a general concentration for students who choose to design, along with their advisor, their own emphasis.

Master of Arts in Clinical Mental Health Counseling:

Hours: 54 semester hours with thesis; 60 semester hours without thesis

| <u>REQUIRED COURSES</u> | <u>SEMESTER HOURS</u> |
|--|-----------------------|
| RES 5000 Research Methods | 3 |
| HPC 5110 Multicultural Counseling | 3 |
| HPC 5120 Introduction to Clinical Mental Health Counseling (For Clinical Mental Health Counseling majors only) | 3 |
| HPC 5140 Psychological and Educational Testing | 3 |
| HPC 5210 Life and Career Planning | 3 |
| HPC 5220 Counseling Theory and Techniques | 3 |
| HPC 5272 Individual and Family Development | 3 |
| HPC 5752 Legal and Ethical Issues in Clinical Mental Health Counseling (Prerequisite: HPC 5120; for Clinical Mental Health Counseling majors only) | 3 |
| HPC 5790 Group Methods and Processes | 3 |
| HPC 5900 Practicum in Counseling (Prerequisites: HPC 5120, HPC 5220, HPC 5752, HPC 5790 and approval of department chairperson; for Clinical Mental Health Counseling majors only) <u>Permission forms to take HPC 5900 are available in the HPC office and must be completed prior to registration.</u> | 3 |
| HPC 6120 Developmental Assessment and Diagnosis in Clinical Mental Health Counseling (Prerequisite: HPC 5120; for Clinical Mental Health Counseling majors only) | 3 |
| HPC 6900 Internship in Clinical Mental Health Counseling (Prerequisites: HPC 5120, HPC 5220, HPC 5752, HPC 5790, HPC 5900, HPC 6120, and approval of department chairperson; for Clinical Mental Health Counseling majors only) <u>Permission forms to take HPC 6900 are available in the HPC office and must be completed prior to registration.</u> | 6 |
| Subtotal Hours | <u>39</u> |
| <u>CONCENTRATION</u> (dependent on selected concentration) | 0-9 |
| <u>GUIDED ELECTIVES</u> (dependent on selected concentration) | 12-21 |
| <u>TOTAL</u> | 60 |

CONCENTRATIONS

Each student will select a concentration and complete the required internship (HPC 6900) designed to meet the objectives within each concentration. Additionally, students can apply for and complete separate requirements for a Graduate Certificate in Addictions Counseling or Expressive Arts Therapy.

(1) **Addictions Counseling**** 9 Semester Hours

Required:

HPC 5560 The Addictive Process

3

(See advisor if you had HPC/SOC 4570 as an undergraduate.)

HPC 5570 Counseling the Addicted Person 3
(Prerequisite: HPC 5560)

One of the following:

HPC 5274 Substance Abuse in Family Systems 3
HPC 6570 Appalachian Addictions Institute 3
HPC 6770 Current Issues in Addictions 3

Graduates of the program, who take four addictions courses plus a substance abuse counseling internship can apply under Criteria C of the NCSAPPB Licensed Clinical Addictions Specialist Process; these applicants have a reduction in NCSAPPB requirements because the ASU Addictions Counseling Concentration has been pre-approved by the North Carolina Substance Abuse Professional Practice Board (NCSAPPB).

(2) Marriage and Family Counseling* 9 Semester Hours**

Required:

HPC 5270 Theories of Marriage & Family Therapy I 3

Two of the following:

HPC 5271 Theories of Marriage & Family Therapy II 3
HPC 5273 Mediation and Divorce Therapy 3
HPC 5274 Substance Abuse in Family Systems 3
HPC 5275 Systemic Family Therapy Institute 3
HPC 6270 Marriage and Family Counseling: Clinical Issues 3
(prerequisite: HPC 5270)
HPC 6271 Theories of Marriage & Family Therapy III 3
HPC 6710 Human Sexuality 3
HPC 6730 Sexual Abuse Counseling 3

*or other MFT courses with approval of advisor

***The Marriage and Family Counseling emphasis is not designed to meet the certification requirements of the American Association for Marriage and Family Therapy or licensure in North Carolina as a marriage and family therapist.

(3) Expressive Arts Therapy* 9 Semester Hours**

Required:

HPC 6360 Therapy and the Expressive Arts 3
HPC 6370 Intermodal Expressive Arts 3
(prerequisite: HPC 6360)

One of the following courses (or others as approved by the Advisor):

HPC 5531 Summer Institute: Expressive Arts in Counseling 3
HPC 5535 Summer Institute: The Use of Creative and Expressive Arts
with Children and Adolescents 3
HPC 5860 Dreamwork: Clinical Methods 3
HPC 5870 Creative Process, Movement & Therapy 3
(Cross-listed with DAN 4870)
HPC 6160 Gestalt Therapy 3
HPC 6340 Ecotherapy 3 HPC
HPC 6350 Body/Mind 3
HPC 6380 Therapeutic Writing 3
HPC 6390 Current Issues in Expressive Arts Therapy 3
ANT 5410 Qualitative Research Methods 3
DAN 5460 Somatics 3
MUS 5006 Philosophy of Music 3
MUS 5060 Guided Imagery and Music, Level I 3

4) Clinical Mental Health Counseling, General

Guided Electives 21

An individualized emphasis may be designed around a student's specific interest but must include HPC 6900 Internship in Clinical Mental Health Counseling and be approved by his/her advisor.

(5) Body Centered Therapy 9 semester hours

Required:

HPC 5870 Creative Process, Movement & Therapy 3

| | | |
|--|-----------|---|
| HPC 6350 | Body/Mind | 3 |
| Three semester hours of course work selected with the advice and approval of the graduate advisor. | | |
| | | 3 |

ELECTIVE COURSES: Students may take other graduate courses as electives provided that (a) they have taken any necessary prerequisite for the course, and (b) the course is consistent with student's interests and career goals and is approved by his/her advisor. The following electives are seen as being particularly relevant for the "typical" student.

| | | |
|----------|---|---|
| PSY 5560 | Child Psychology | 3 |
| PSY 5565 | Adolescent Psychology | 3 |
| HPC 5130 | Women's Issues in Counseling | 3 |
| HPC 5680 | Counseling the Aging | 3 |
| HPC 5790 | Group Methods and Processes | 3 |
| HPC 5850 | Theory and Practice of Reality Therapy | 3 |
| HPC 5870 | Creative Process, Movement & Therapy | 3 |
| HPC 5860 | Dreamwork: Clinical Methods | 3 |
| HPC 6160 | Gestalt Therapy | 3 |
| HPC 6340 | Ecotherapy | 3 |
| HPC 6350 | Body/Mind | 3 |
| HPC 6360 | Therapy and the Expressive Arts | 3 |
| HPC 6370 | Intermodal Expressive Arts | 3 |
| HPC 6380 | Therapeutic Writing | 3 |
| HPC 6390 | Current Issues in Expressive Arts Therapy | 3 |
| HPC 6730 | Sexual Abuse Counseling | 3 |
| DAN 5460 | Somatics | 3 |

GRADUATE CERTIFICATES

The department offers two graduate certificate programs:

Addiction Counseling

Expressive Arts Therapy

For detailed information about these graduate certificate programs, please visit our website at www.hpc.apstate.edu

NOTES AND REMINDERS

1. It is the student's responsibility to develop a written plan of study with his/her advisor upon completion of nine semester hours. **In planning this program, students should take all required courses (excluding the internship) prior to taking the comprehensive exam.**
2. Students are strongly encouraged (and may be required) to complete satisfactorily a small group activity designed to promote and improve students' self-understanding, self-analysis skills, and interpersonal skills. The activity is not used for or intended to provide counseling or therapy for students.
3. A thesis option of 50 hours of approved course work plus thesis hours (4 s.h.)=54 s.h. total. Note: A 48-semester-hour program is the minimum required for licensing under the NC law.
4. Internship: The internship (HPC 6900) is designed to be a full-time learning experience (600 clock hours) in an agency setting. These placements are arranged through consultation with the Clinical Mental Health Counseling Program Coordinator and student's advisor. In most cases these placements will be with agencies outside of the immediate Boone area. Students employed in agency settings may, with permission, complete their internship within the context of their work setting.
5. Students should pre-register to insure their places in the courses they select.
6. The ASU Graduate School Bulletin and "Selected Policies and Procedures" Handbook available in the HPC office provides information on liability insurance, academic appeals, retention policy, personal endorsement policy, admission policies, and placement services.

EXPECTATIONS

Program faculty expects students to demonstrate professionalism and a commitment to:

1. Gaining the necessary knowledge as identified in program objectives.
2. Understanding and applying appropriate professional and ethical standards.
3. Developing facilitative interpersonal skills.
4. Developing the personal qualities necessary to integrate and apply their knowledge and skills.
5. Display evidence of good judgment and appropriate emotional functioning prior to contact with clients in any practicum or internship. Those students who are recovering from a personal addiction to alcohol or drugs are expected to have 12 months of continuous sobriety prior to registering for the Practicum in Counseling and 15 months of continuous sobriety prior to registering for the internship.