

# **M.A in Clinical Mental Health Counseling with a concentration in Children and Adolescents**

## **Degree: M.A.**

This degree map is based on the 2023-24 Academic Catalog and is subject to change. Students should meet with their academic advisor each semester and use Degree Works to monitor their individual progress toward degree completion. The concentration is comprised of 3 courses (9 credits) that are part of the overall 60-credit requirement for degree completion, however, they are focused on the specialty area. The CMHC program is a year-round program, thus students should prepare to take courses in Fall, Spring, and summer semesters. Winter classes are available, but these are optional and, in most cases, do not count towards the 60-credit requirement. A student who chooses this concentration will receive specific training surrounding trauma and other childhood disorders and how to best address them in a variety of mental health settings.

### **Sample 3-Year Plan**

#### **First Year**

<b>Fall Courses</b>	<b>Credits</b>	<b>Spring Courses</b>	<b>Credits</b>
CMHC 505: Clinical Mental Health as a Profession	3	CMHC515: Assessment in Mental Health Counseling	3
CMHC510: Counseling Theories	3	CMHC525: Skills and Strategies in Mental Health Counseling	3
CMHC520: Lifespan Development: Implications for Counseling	3	CMHC585: Ethical, Legal, and Professional Issues	3
Semester Total	9	Semester Total	9

<b>Summer Courses</b>	<b>Credits</b>
CMHC540: Career Counseling	3
CMHC560: Family and Couples Counseling	3
CMHC562: Child and Adolescent Counseling	3
Semester Total	9

#### **Second Year**

<b>Fall Courses</b>	<b>Credits</b>	<b>Spring Courses</b>	<b>Credits</b>
CMHC535: Multicultural Counseling	3	CMHC565: Group Counseling in Mental Health Counseling	3
CMHC550: Psychopathology & Differential Diagnosis	3	CMHC570: Trauma and Crisis Counseling	3
CMHC555: Advanced Skills in Mental Health Counseling	3	CMHC530: Research and Evaluation in Counseling	3
Semester Total	9	Semester Total	9

<b>Summer Courses</b>	<b>Credits</b>
CMHC545: Addiction Counseling	3
CMHC590: Practicum	3
CMHC564: Creative Therapies	3
Semester Total	9

#### **Third Year**

<b>Fall Courses</b>	<b>Credits</b>	<b>Spring Courses</b>	<b>Credits</b>

CMHC592: Full Time Internship*	6	CMHC591: Part-Time Internship*	3
OR			
CMHC591: Part Time Internship*	3		
Semester Total	3 or 6	Semester Total	3

\*Please note students have the option to complete their internship requirements in one semester (6 credits) or spread out the requirements over two semesters (3 credits per semester). This is dependent on the site the student chooses as well as their ability to complete the hours within the allotted time frame.

### **Winter - Optional**

While not required, Winter sessions are offered each year and may help you stay on track or get ahead. You may take up to six (6) credits during Winter College

# PROGRAM NAME

## Curriculum Checklist

### Core Curriculum (51 credits)

- \_\_\_ CMHC505: Clinical Mental Health as a Profession (3 credits)
- \_\_\_ CMHC510: Counseling Theories (3 credits)
- \_\_\_ CMHC520: Lifespan Development: Implications for Counseling (3 credits)
- \_\_\_ CMHC515: Assessment in Mental Health Counseling (3 credits)
- \_\_\_ CMHC525: Skills and Strategies in Mental Health Counseling (3 credits)
- \_\_\_ CMHC585: Ethical, Legal, and Professional Issues (3 credits)
- \_\_\_ CMHC540: Career Counseling (3 credits)
- \_\_\_ CMHC545: Addiction Counseling (3 credits)
- \_\_\_ CMHC560: Family and Couples Counseling (3 credits)
- \_\_\_ CMHC535: Multicultural Counseling (3 credits)
- \_\_\_ CMHC550: Psychopathology & Differential Diagnosis (3 credits)
- \_\_\_ CMHC555: Advanced Skills in Mental Health Counseling (3 credits)
- \_\_\_ CMHC590: Practicum (3 credits)
- \_\_\_ CMHC591: Part-Time Internship (3 credits; 2 times)
- OR
- \_\_\_ CMHC592: Full-Time Internship (6 credits)

### Child and Adolescent Concentration (9 credits)

- \_\_\_ CMHC570: Trauma and Crisis Counseling (3 credits)
- \_\_\_ CMHC562: Child and Adolescent Counseling (3 credits)
- \_\_\_ CMHC564: Creative Therapies (3 credits)

## Degree Requirements

All students must obtain a minimum of 60 credits for the selected major. Meet with your advisor and consult Degree Works to monitor your progress and for all graduation requirements.

*A minimum GPA of 3.0 in the major and overall are required.*

*Please note this concentration is part of the 60 credits for degree completion and allows the student to receive specialized training with a specific population.*

## Campus Locations

Lock Haven

Online;  In-person;  Blended

Revised April, 2023