

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

COMMONWEALTH UNIVERSITY

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			
Fall Courses	Credits	Spring Courses	Credits
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

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

Second Year			
Fall Courses	Credits	Spring Courses	Credits
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

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

Third Year			
Fall Courses	Credits	Spring Courses	Credits

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



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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