

# CLINICAL MENTAL HEALTH COUNSELING (MS)

Department website (<https://www.uwp.edu/learn/programs/master-of-science-in-clinical-mental-health-counseling.cfm>)

College: College of Natural & Health Sciences

This program is housed within the psychology, professional counseling, & neuroscience department at the University of Wisconsin-Parkside and serves as the pre-credential educational requirement for licensure as a professional counselor in the state of Wisconsin. This 60-credit hour counseling program supports students' development of the knowledge and skills needed for practice as clinical mental health counselors by adhering to the core general counseling competencies outlined by the National Board of Certified Counselors (NBCC). The program is distinguishable by low student/faculty ratios, which offer students opportunities for supervision, consultation, and mentorship.

Students complete 700 hours of counseling and related work in placement sites that match their clinical interests and future career paths. Students develop skills and knowledge in areas across the domains of clinical mental health counseling, including assessment, diagnosis, intervention, advocacy, and evaluation. In addition, students have the opportunity to work alongside program faculty in research closely tied to their future work as professional counselors. Students will be able to complete the program in two-and-a-half years if they follow the recommended semester plan.

## Program Learning Outcomes

1. Graduates embrace a professional counselor identity and demonstrate ethical, culturally competent, and trauma-informed practice.
2. Graduates conceptualize clients through a multicultural and social justice lens. To include demonstrating the requisite attitudes and beliefs, knowledge, skills, and actions required to ensure equity and inclusion for diverse clients.
3. Graduates evaluate theories and factors that affect individual and family development, as well as, transitions across the lifespan, in a multicultural and pluralistic society.
4. Graduates apply their knowledge of the connections between work, relationships, mental health and other life roles, and strategies. To include evaluating strategies that lead to client growth and change associated with the experience of work in a multicultural and pluralistic society.
5. Graduates establish, maintain, and utilize the therapeutic alliance with clients and understand other core conditions of counseling relationships that lead to client growth and change in a multicultural and pluralistic society.
6. Graduates facilitate groups informed by the principles of group dynamics, developmental stages of group, and therapeutic factors responsive to a multicultural and pluralistic society.
7. Graduates utilize a trauma-informed lens to implement assessment procedures and diagnose mental health conditions responsive to the cultural context of clients.
8. Graduates evaluate the importance of published research, outcome measures, and program evaluation for the purpose of advancing the counseling profession in a diverse community.

9. Graduates implement evidence-based counseling interventions and treatment planning strategies that are trauma-informed, and grounded in multicultural and social justice competencies.

Students are required to earn a minimum grade of B in all courses. Students who do not meet this requirement will be given the opportunity to remediate the particular course(s). Additionally, students are required to maintain high levels of professional and ethical behavior. Students who demonstrate problematic behaviors, ethical violations, incompetence, or impairment will be given an opportunity for remediation, if remediation is possible, or dismissed from the program. Remediation may include that students are unable to follow the recommended semester plan, which may result in additional time to graduation.

## Requirements for the Master of Science in Clinical Mental Health Counseling

Students are required to earn a minimum grade of B in all courses.

Students must also pass a program level comprehensive exam offered in the last semester of their course of study.

Code	Title	Credits
<b>Required Courses</b>		
CMHC 700	Professional Counseling Orientation and Ethics	3
CMHC 702	Counseling Skills and Strategies	3
CMHC 704	Counseling Theories	3
CMHC 706	Group Counseling	3
CMHC 714	Lifespan Development in Counseling	3
CMHC 716	Social and Cultural Foundations of Counseling	3
CMHC 720	Assessment Procedures in Counseling	3
CMHC 722	Research and Evaluation in Counseling	3
CMHC 740	Foundations of Clinical Mental Health Counseling	3
CMHC 742	Abnormal Behavior and Psychopathology	3
CMHC 750	Diagnosis and Treatment Planning	3
CMHC 752	Trauma and Crisis Counseling	3
CMHC 754	Addictions Counseling	3
CMHC 756	Family and Couples Counseling	3
CMHC 758	Counseling for Work and Career	3
CMHC 794	Counseling Practicum	3
CMHC 795	Internship in Counseling I	3
CMHC 796	Internship in Counseling II	3
<b>Elective Courses</b>		
Select two of the following:		6
CMHC 770	Advanced Counseling for Work and Career	
CMHC 771	Supervision and Consultation	
CMHC 772	Advanced Crisis and Trauma Counseling	
CMHC 773	Clinical Health Counseling I	
CMHC 774	Clinical Health Counseling II	
CMHC 775	Advanced Addictions Counseling	
CMHC 776	Counseling Children and Adolescents	
CMHC 790	Special Topics in Clinical Mental Health Counseling:	
CMHC 798	Independent Reading or Research <sup>1</sup>	
CMHC 799	Thesis <sup>1</sup>	
<b>Total Credits</b>		<b>60</b>

<sup>1</sup> Students may complete both CMHC 798 Independent Reading or Research and CMHC 799 Thesis and repeat CMHC 798 Independent Reading or Research. However, only 3 credits from CMHC 798 Independent Reading or Research or CMHC 799 Thesis will count toward the 6 credits of the Elective Requirement.

### Final Project

During students' final semester in the program they must complete one of two final projects.

### Option A: Written Comprehensive Examination

Students selecting this option will complete a multiple choice, computer-administered exam that covers the eight CACREP core areas created by the CMHC faculty.

Students must complete the minimum of 6 credits of courses listed as elective courses above.

### Option B: CMHC 799 Thesis

Students must complete a minimum of 3 credits of courses listed as elective courses above and the 3 credits of CMHC 799 Thesis.

## University Requirements for Master's Degree Programs

To receive a master's degree from UW-Parkside, students must meet the following minimum requirements (note that individual programs may impose more stringent requirements):

1. Complete at least 30 graduate credits, of which no more than 12 may be transferred from another institution.
2. Have an overall GPA of at least 3.00 for all graduate work taken at UW-Parkside that is applicable to the degree program.
3. Satisfy all requirements of the graduate degree program.

Students may take no more than seven years to complete a degree, beginning with the semester in which they complete their first course as a UW-Parkside degree-seeking graduate student, unless they apply for and receive an extension through the appropriate graduate program. Some programs may impose a shorter time limit. To graduate, students must file a request for graduation. The request form, signed by the student's advisor and filed in the appropriate graduate program office, initiates the final review of the candidate's records. Students also need to apply to graduate with the Office of the Registrar.

Applicants are required to have a minimum of 18 credits of undergraduate course work in the social sciences or related areas, and a minimum undergraduate GPA of 3.0. No graduate exam scores will be required, however, applicants with an undergraduate GPA between 2.75-2.99 may be admitted on a probationary status.

## Courses in Clinical Mental Health Counseling

### CMHC 700 | Professional Counseling Orientation and Ethics | 3 cr

Provides an orientation to professional counseling, ethical standards, and wellness model. Explores the role of advocacy and social justice in the counseling field and includes orientation to reflective counseling practice.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program.

**Offered:** Fall.

### CMHC 702 | Counseling Skills and Strategies | 3 cr

Provides an in-depth orientation to skills and strategies of intervention used in professional counseling settings. Offers students the opportunity to practice and apply skills in triads with peers. Utilizes assignments to develop competencies in counseling practice.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program.

**Offered:** Fall.

### CMHC 704 | Counseling Theories | 3 cr

Provides an introduction to the major systematic approaches to clinical mental health counseling. Examines theoretical case conceptualization and interventions, and psychotherapy research and integration.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program.

**Offered:** Fall.

### CMHC 706 | Group Counseling | 3 cr

Provides an in-depth orientation to group counseling leadership skills and strategies for management of group counseling. Offers students an opportunity to experience being a group member while simultaneously developing knowledge in group theories and group leadership skills.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program.

**Offered:** Fall.

### CMHC 714 | Lifespan Development in Counseling | 3 cr

Provides an introduction to human growth and development across the lifespan. Examines influences on multiple domains of human development, and the implications for professional counseling practice.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program.

**Offered:** Fall.

### CMHC 716 | Social and Cultural Foundations of Counseling | 3 cr

Introduces social, cultural, and diversity issues in professional counseling. Examines multiculturally competent professional counseling practice, counselor cultural self-awareness, the socially and culturally diverse society in which counselors work, and roles of professional counselors to promote social justice and advocacy.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program.

**Offered:** Spring.

### CMHC 720 | Assessment Procedures in Counseling | 3 cr

Introduces assessment procedures in professional counseling. Focuses on different domains and procedures of assessment, psychometrics, test scores, integration of assessment results in counseling, and ethical use of assessment procedures.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program.

**Offered:** Summer.

### CMHC 722 | Research and Evaluation in Counseling | 3 cr

Introduces research and evaluation in professional counseling. Presents types of research designs, basic statistics, research implementation, research report development, and publication of research information. Includes the use of program evaluation and needs assessment.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program.

**Offered:** Spring.

**CMHC 740 | Foundations of Clinical Mental Health Counseling | 3 cr**

Provides an orientation to clinical mental health counseling, roles of clinical mental health counselors in employment settings, and functions of counselors in professional settings. Introduces crisis intervention models and the role of advocacy and social justice in the field.

**Prerequisites:** Admission to the MS in Clinical Mental Health Counseling program.

**Offered:** Spring.

**CMHC 742 | Abnormal Behavior and Psychopathology | 3 cr**

Provides an overview of abnormal behavior and psychopathology consistent with the current DSM Manual. Offers a framework to consider pathology in the context of the counseling profession, including the wellness model, strengths-based assessments, and trauma-informed care.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program.

**Offered:** Spring.

**CMHC 750 | Diagnosis and Treatment Planning | 3 cr**

Examines diagnostic assessment and treatment planning consistent with the current DSM manual utilizing evidence-based assessment and diagnosis procedures to develop diagnosis skills. Addresses diagnosis, treatment planning, and policy/advocacy issues associated with various disorders.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program and CMHC 742 or concurrent.

**Offered:** Spring.

**CMHC 752 | Trauma and Crisis Counseling | 3 cr**

Focuses on both theory and skill development of crisis and trauma counseling across the lifespan in a range of settings.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program and CMHC 740.

**Offered:** Summer.

**CMHC 754 | Addictions Counseling | 3 cr**

Explores addictions theories and counseling for individuals with substance use disorders including assessment measures, treatment approaches, theory of addiction, and implications for substance use as a comorbid condition.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program.

**Offered:** Spring.

**CMHC 756 | Family and Couples Counseling | 3 cr**

Examines major systemic theories and issues of family and couples counseling within a multicultural society. Explores issues, assessment and treatment of dysfunctional partner, marital, family, and systems relationships.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program.

**Offered:** Fall.

**CMHC 758 | Counseling for Work and Career | 3 cr**

Applies career development theories, research, assessments, interventions, and information resources to meet the educational and work needs, planning, and decision-making of clients across the life span.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program.

**Offered:** Fall.

**CMHC 770 | Advanced Counseling for Work and Career | 3 cr**

Examines implications of research, underlying assumptions of techniques and theories, multicultural considerations, and changing nature of the world of work for professional counseling practice related to work.

**Prerequisites:** CMHC 758.

**Offered:** Occasionally.

**CMHC 771 | Supervision and Consultation | 3 cr**

Offers an in-depth review of management, administration, supervision, and consultation roles of mental health counselors. Includes an opportunity to interview supervisors in the field of clinical mental health counseling.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program and CMHC 740.

**Offered:** Occasionally.

**CMHC 772 | Advanced Crisis and Trauma Counseling | 3 cr**

Provides an in-depth review of trauma theories, evidence-based outcomes measures, and trauma-specific treatment models utilized by mental health counselors. Includes research projects regarding trauma, specific populations, and treatment practices.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program, CMHC 752, and concurrent registration in CMHC 794 or CMHC 795 or CMHC 796.

**Offered:** Occasionally.

**CMHC 773 | Clinical Health Counseling I | 3 cr**

Introduces clinical health counseling. Examines factors that influence wellness and illness, health and wellness promotion, treatment of health problems, and roles of clinical mental health counselors in providing related services.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program.

**Offered:** Occasionally.

**CMHC 774 | Clinical Health Counseling II | 3 cr**

Covers advanced treatment of clinical health counseling. Examines health behavior change techniques, treatment of health conditions, role of behavioral health professionals in primary care settings, ethical and legal issues, social and cultural contexts of health, and public policy.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program and CMHC 773.

**Offered:** Occasionally.

**CMHC 775 | Advanced Addictions Counseling | 3 cr**

Continues to examine chemical and process addictions. Emphasizes the application of models of addiction, assessment and treatment planning to providing comprehensive mental health counseling services for individuals and families. Addresses ethical and legal issues, and motivational interviewing.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program and CMHC 754.

**Offered:** Fall.

**CMHC 776 | Counseling Children and Adolescents | 3 cr**

Examines the relevant theories, treatment modalities, and mental health disorders common to children and adolescents. Covers the identification and implementation of evidence-based practices that are considerate of the ethical, cultural, and developmental needs of children and adolescents.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling Program.

**Offered:** Fall.

**CMHC 790 | Special Topics in Clinical Mental Health Counseling: | 3 cr**

Delves into special topics in clinical mental health counseling. May repeat with different topic.

**Prerequisites:** Varies by topic.

**Offered:** Occasionally.

**CMHC 794 | Counseling Practicum | 3 cr**

Offers a closely supervised clinical experience in a training setting to enhance skill level and broaden the array of skills. Students will receive weekly supervision by both site supervisor and University supervisor. Students complete a minimum of 100 hours of practicum experiences with at least 40 hours of face-to-face client contact.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program, CMHC 740, and satisfactory ratings of program evaluation metrics.

**Offered:** Spring.

**CMHC 795 | Internship in Counseling I | 3 cr**

Provides an opportunity for supervised counseling experience in which students serve as counselors at prearranged sites. Students complete a minimum of 300 hours of supervised internship experiences with at least 240 hours of face-to-face client contact.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program, CMHC 740, CMHC 794, and satisfactory ratings of program evaluation metrics; consent of instructor and department chair.

**Offered:** Summer.

**CMHC 796 | Internship in Counseling II | 3 cr**

Provides an additional opportunity for supervised counseling experience in which students serve as counselors at prearranged sites. Students complete a minimum of 300 hours of supervised internship experiences with at least 240 hours of face-to-face client contact.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program, CMHC 740, CMHC 794, CMHC 795, and satisfactory ratings of program evaluation metrics; consent of instructor and department chair.

**Offered:** Fall.

**CMHC 798 | Independent Reading or Research | 1-3 cr**

Offers independent reading or research activities under the direction of a faculty member.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program and consent of instructor, department chair.

**Offered:** Fall, Spring, Summer.

**CMHC 799 | Thesis | 3 cr**

Provides supervision of thesis under the direction of a faculty member.

**Prerequisites:** Admission to MS in Clinical Mental Health Counseling program and consent of instructor.

**Offered:** Fall, Spring, Summer.