

MASTER OF SCIENCE IN CLINICAL MENTAL HEALTH COUNSELING

Academic Programs

Students must select one of the following concentrations:

- Advanced Trauma-Informed Counseling Concentration, MS (<https://catalog.baypath.edu/graduate/academic-programs/master-science-clinical-mental-health-counseling/advanced-trauma-informed-counseling-concentration-ms/>)
- Clinical Mental Health Counseling Concentration, MS (<https://catalog.baypath.edu/graduate/academic-programs/master-science-clinical-mental-health-counseling/clinical-mental-health-counseling-concentration-ms/>)
- Foundations of Alcohol and Drug Abuse Counseling Concentration, MS (<https://catalog.baypath.edu/graduate/academic-programs/master-science-clinical-mental-health-counseling/foundations-alcohol-drug-abuse-counseling-concentration-ms/>)
- Non-Licensure Concentration, MS (<https://catalog.baypath.edu/graduate/academic-programs/master-science-clinical-mental-health-counseling/clinical-mental-health-non-licensure-concentration-ms/>)
- School Adjustment Counselor Concentration, MS (<https://catalog.baypath.edu/graduate/academic-programs/master-science-clinical-mental-health-counseling/student-adjustment-counselor-concentration-ms/>)

Student Learning Outcomes

Graduates of the Master of Science in Clinical Mental Health Counseling in all concentrations are expected to:

- Students will demonstrate competency in knowledge of current counseling and therapy theories and evidence-based practices and the application to professional counseling settings through understanding and applying theoretical perspectives with clients.
- Students will demonstrate competency in understanding the nature and needs of individuals at all developmental stages of life, including major theories of physical, cognitive, affective and social development and their application to Mental Health Counseling practice.
- Students will demonstrate competency in identification, diagnosis, and mental health treatment planning for abnormal, deviant, or psychopathological behavior, including assessments, treatment planning, and treatment procedures.
- Students will demonstrate competency in knowledge of theories of multicultural counseling and issues and trends of a multicultural and diverse society as well as the knowledge and skills necessary to provide Mental Health Counseling services to diverse populations in a culturally competent manner.
- Students will demonstrate competency in understanding the theoretical bases of the counseling processes, Mental Health Counseling techniques, and their therapeutic applications as well as competency in the practice of counseling skills necessary for the mental health counselor.
- Students will demonstrate competency in the theoretical and experiential understandings of group development, purpose,

dynamics, group counseling methods and skills, as well as leadership styles, including the understanding of the dynamics and processes of Mental Health (therapeutic, psychosocial, psycho#educational) groups.

- Students will demonstrate competency in areas relevant to the practice of Mental Health Counseling, i.e. psychopharmacology, substance abuse, school or career issues, marriage and family treatment, sexuality and lifestyle choices, and treating special populations.
- Students will demonstrate competency in knowledge of individual and group educational and psychometric theories and approaches to appraisal and the function of measurement and evaluation, purposes of testing, reliability and validity through the use of various instruments and methods of psychological appraisal and assessment including, but not limited to, cognitive, affective, and personality assessment utilized by the mental health counselor.
- Students will demonstrate competency in understanding social science research, and evaluative methodologies and strategies, types of research, program evaluation, needs assessments, ethical and legal considerations.
- Students will demonstrate competency in the understanding of professional roles and functions of Mental Health Counselors, with particular emphasis on legal and ethical standards; competency in ethical case conceptualization, analysis and decision making as it relates to clinical practice; knowledge and understanding of the standards set by the code of ethics of the American Counseling Association and the American Mental Health Counselors Association; and understanding of licensure and regulatory practices.

Through completing the concentration in Alcohol and Drug Abuse Counseling in the Clinical Mental Health Counseling program, students will demonstrate the following competencies:

- Understanding and application of theory in the assessment, diagnosis, and treatment of substance abuse and dependence
- Implementation of various counseling and communication skills regarding issues of substance use
- Cognitive-behavioral strategies for use within individual, family and group formats
- Development and implementation of treatment plans based on individual client needs
- Understanding of ethical considerations in substance use counseling
- Documentation requirements, assessment techniques and diversity awareness necessary for competently treating individuals with substance use disorders

Through completing the concentration in Advanced Trauma-Informed Counseling in the Clinical Mental Health Counseling program, students will demonstrate the following competencies:

- Achieve advanced knowledge of theory and models of understanding trauma
- Acquire understanding and practice in the assessment, diagnosis, and treatment of trauma
- Develop a thorough understanding of the neurobiological impact of trauma
- Engage in focused learning and skill practice in evaluating and treating trauma in children

Graduates of the Master of Science in Clinical Mental Health Counseling are expected to:

- Demonstrate an understanding of the major theories of counseling and psychotherapy as they relate to treatment and prevention modalities;
- Articulate an understanding of development and how these experiences impact mental health;
- Demonstrate appropriate critical thinking skills necessary for effectively analyzing personality differences and the reasons for such differences as related to abnormal, deviant or psychopathological behavior;
- Appreciate issues related to culture, gender, sexual identity, the environment, and family, as they pertain to physical and psychological development;
- Demonstrate an appreciation of the field of psychology as it relates to helping clients recognize their unique potential;
- Synthesize an understanding of group interactive processes and dynamics that will enhance good behavioral health and wellbeing for the group participants;
- Analyze the challenges and stressors many families experience in balancing the demands of work and family life and mental illness;
- Understand the impact that substance abuse has on the mental health of members of society;
- Investigate the impact that bullying and coercive behavior has on mental health development;
- Interpret assessment results for application and intervention purposes;
- Demonstrate a thorough knowledge of ethical and professional behavior within the psychology profession;
- Illustrate an understanding of scientific and statistical principles that underlie psychological research, including the ability to measure the quality of such research;
- Successfully complete a minimum of an approved 100 hour supervised practicum within an academic or clinical placement;
- Successful completion of a minimum of an approved 600 hour supervised internship within an academic or clinical placement; and
- Display a mastery of oral and written communication and presentation skills in accordance with established professional guidelines, utilizing APA format.

Graduates of the Master of Science in Clinical Mental Health Counseling program with the School Adjustment Counselor concentration are expected to achieve the following:

- Students will demonstrate competency in knowledge of current counseling and therapy theories and evidence-based practices and the application to professional counseling settings through understanding and applying theoretical perspectives with clients.
- Students will demonstrate competency in understanding the nature and needs of individuals at all developmental stages of life, including major theories of physical, cognitive, affective and social development and their application to Mental Health Counseling practice.
- Students will demonstrate competency in identification, diagnosis, and mental health treatment planning for abnormal, deviant, or psychopathological behavior, including assessments, treatment planning, and treatment procedures.

- Students will demonstrate competency in knowledge of theories of multicultural counseling and issues and trends of a multicultural and diverse society as well as the knowledge and skills necessary to provide Mental Health Counseling services to diverse populations in a culturally competent manner.
- Students will demonstrate competency in understanding the theoretical bases of the counseling processes, Mental Health Counseling techniques, and their therapeutic applications as well as competency in the practice of counseling skills necessary for the mental health counselor.
- Students will demonstrate competency in the theoretical and experiential understandings of group development, purpose, dynamics, group counseling methods and skills, as well as leadership styles, including the understanding of the dynamics and processes of Mental Health (therapeutic, psychosocial, psycho#educational) groups.
- Students will demonstrate competency in areas relevant to the practice of Mental Health Counseling, i.e. psychopharmacology, substance abuse, school or career issues, marriage and family treatment, sexuality and lifestyle choices, and treating special populations.
- Students will demonstrate competency in knowledge of individual and group educational and psychometric theories and approaches to appraisal and the function of measurement and evaluation, purposes of testing, reliability and validity through the use of various instruments and methods of psychological appraisal and assessment including, but not limited to, cognitive, affective, and personality assessment utilized by the mental health counselor.
- Students will demonstrate competency in understanding social science research, and evaluative methodologies and strategies, types of research, program evaluation, needs assessments, ethical and legal considerations.
- Students will demonstrate competency in the understanding of professional roles and functions of Mental Health Counselors, with particular emphasis on legal and ethical standards; competency in ethical case conceptualization, analysis and decision making as it relates to clinical practice; knowledge and understanding of the standards set by the code of ethics of the American Counseling Association and the American Mental Health Counselors Association; and understanding of licensure and regulatory practices.
- Students will be able to accurately assess, establish goal setting, and effectively treat children with learning disorders, including emotional issues affecting achievement. The IEP and other services are covered.
- Students will be able to employ effective techniques for working with families, school and community personnel, including ways to connect students and families with community services.
- Students will be able to understand and implement aspects of the juvenile justice system including child protection and CHINS.
- Students will demonstrate understanding and compliance with both federal and state regulations regarding the legal rights of students and families.
- Students will be eligible to apply for the Initial School Adjustment Counselor license, where they can practice all of the MS CMHC existing program learning outcomes in the school setting as a School Adjustment Counselor.

Graduates of the Master of Science in Clinical Mental Health Counseling program with a Non-Licensure concentration are expected to:

- Demonstrates the ability to apply and adhere to ethical and legal standards in clinical mental health counseling.
- Applies knowledge of public mental health policy, financing, and regulatory processes to improve service delivery opportunities in clinical mental health counseling.
- Uses the principles and practices of diagnosis, treatment, referral, and prevention of mental and emotional disorders to initiate, maintain, and terminate counseling.
- Applies multicultural competencies to clinical mental health counseling involving case conceptualization, diagnosis, treatment, referral, and prevention of mental and emotional disorders.
- Promotes optimal human development, wellness, and mental health through prevention, education, and advocacy activities.
- Applies effective strategies to promote client understanding of and access to a variety of community resources, and maintains information regarding community resources to make appropriate referrals.
- Demonstrates appropriate use of culturally responsive individual, couple, family, group, and systems modalities for initiating, maintaining, and terminating counseling.
- Demonstrates the ability to use procedures for assessing and managing suicide risk.
- Applies current record-keeping standards related to clinical mental health counseling.
- Provides appropriate counseling strategies when working with clients with addiction and co-occurring disorders.
- Demonstrates the ability to recognize his or her own limitations as a clinical mental health counselor and to seek supervision or refer clients when appropriate.
- Advocates for policies, programs, and services that are equitable and responsive to the unique needs of clients.
- Demonstrates the ability to modify counseling systems, theories, techniques, and interventions to make them culturally appropriate for diverse populations.
- Selects appropriate comprehensive assessment interventions to assist in diagnosis and treatment planning, with an awareness of cultural bias in the implementation and interpretation of assessment protocols.
- Demonstrates skill in conducting an intake interview, a mental status evaluation, a biopsychosocial history, a mental health history, and a psychological assessment for treatment planning and caseload management.
- Screens for addiction, aggression, and danger to self and/or others, as well as co-occurring mental disorders.
- Applies the assessment of a client's stage of dependence, change, or recovery to determine the appropriate treatment modality and placement criteria within the continuum of care.
- Applies relevant research findings to inform the practice of clinical mental health counseling.
- Demonstrates appropriate use of diagnostic tools, including the current edition of the *DSM*, to describe the symptoms and clinical presentation of clients with mental and emotional impairments.
- Is able to conceptualize an accurate diagnosis of disorders presented by a client and discuss the differential diagnosis with collaborating professionals.
- Differentiates between diagnosis and developmentally appropriate reactions during crises, disasters, and other trauma-causing events