



## COLLEGE OF HUMANITIES AND INTERDISCIPLINARY STUDIES

Dean: Dr. Cynthia Downing Bryant

### Clinical Mental Health Counseling

#### Master of Arts in Clinical Mental Health Counseling

##### Department of Counseling and Educational Leadership

**Chair: Joycelyn Denise Harrison, Ph.D.**

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#### FACULTY

*Associate Professors:*

**Donald Anderson, Ed.D.**

**Roxanne M. Davidson, Ph.D., LPC, NCC**

**Joycelyn Denise Harrison, Ph.D.**

*Adjunct Professors:*

**Lionel Jolla, BSW, MSW**

**Jada J. Netters, MA, SSP**

**Susan S. Thornton, Ed.D., LPP, LPC-S, RPT-S**

**Catrice Tolbert, Ph.D.**

#### CLINICAL MENTAL HEALTH COUNSELING

##### PROGRAM OF STUDY

###### *Introduction*

The Department of Counseling & Educational Leadership administers a master's degree program in Clinical Mental Health Counseling. Adjunctive to the teacher preparation program, the department offers undergraduate service courses in the area of psychological foundations of education to preservice and in-service teachers.

#### MASTER OF ART IN CLINICAL MENTAL HEALTH COUNSELING

##### *Mission*

The mission of the Southern University A&M College Clinical Mental Health Counseling Program is to train competent, culturally aware, ethical counselors who will provide exceptional

mental health services in both public and private settings to meet the needs of increasingly diverse communities.

##### *Vision Statement*

The faculty believes that mental health counselors play an important role in the creation of a nurturing mental health environment, which fosters good mental health and family development. We are committed to developing highly qualified mental health professionals who are in the unique position to understand the needs of clients and their families and to design and coordinate mental health activities to meet those needs. The Clinical Mental Health Counseling Program at Southern University seeks to provide a variety of opportunities in which counselors in preparation will gain knowledge and experience in the following:

- Understanding and acquiring skills related to the mental health setting: etiology, diagnosis, assessment, treatment, and prevention of mental and emotional disorders;
- Effectively working with individuals, small groups and families for prevention as well as intervention;
- Accepting other people's behaviors/differences and developing sensitivity to a variety of human perspectives;
- Increasing candidates' knowledge, skills, and awareness to work with individuals, families, and groups from diverse populations;
- Working in managed care clinical environments; communicating effectively with others and expressing themselves effectively in writing using APA style;
- On-going professional and personal development that strongly adhere to ethical standards; assuming leadership and advocacy roles as mental health counselors; and
- Becoming academically qualified to become certified, licensed and registered clinical professionals.

##### *Program Learning Outcomes*

###### **Outcome 1: Professional Orientation and Ethics**

Develop an understanding of the professional roles and ethical responsibilities of clinical mental health counselors in order to document and provide direct services and referrals in an ethical, professional manner.

###### **Outcome 2: Human Growth**

Develop knowledge of human growth in order to design and deliver prevention, educational, and support-based programming in response to community needs.

###### **Outcome 3: Career Development**

Develop knowledge of career development in order to design and deliver prevention, educational, and support-based programming in response to community needs.

**Outcome 4: Helping Relationships**

Develop theoretical and applied knowledge of helping relationships at the personal, group, and systemic levels in order to develop treatment plans, properly document services, provide consultation, and implement individual, group, and family counseling interventions.

**Outcome 5: Social and Cultural Diversity**

Develop an understanding and appreciation of social and cultural diversity in order to provide culturally sensitive services to all clients and to advocate for equity in other community-based services.

**Outcome 6: Assessment**

Develop knowledge of assessment principles, test instruments, and interview practices in order to provide responsible test administration and interpretation, case conceptualization, and diagnosis.

**Outcome 7: Research**

Develop theoretical and applied knowledge of research and evaluation practices in order to perform community needs assessments, program evaluation, and quality assurance.

**Outcome 8: Group Processing**

Demonstrate an understanding of group counseling and group work to include group development, dynamics, and counseling theories; group leadership styles; group counseling methods and skills, and other group approaches.

**Program – Specific Admission Requirements**

- (1) **Grade Point Average:** To be accepted for the Master of Arts in Clinical Mental Health Counseling, the prospective student must have completed a baccalaureate degree from an accredited institution with a GPA of 2.7 or better. Applicants who have at least 2.5 GPA may be admitted conditionally.
- (2) **GRE Scores:** The prospective student must take a combined GRE score (Verbal and Quantitative) of 281. Students may be conditionally admitted.
- (3) **Letters of Reference:** Prospective students must submit three letters of reference, of which two must be from former or current college professors. The letters should address the student's: scholastic aptitude and potential to pursue a research-based program of graduate study; oral and written competencies; emotional maturity; and professional integrity. Performance indicators might be requested by the Admissions Committee, descriptions of which are encouraged in the reference letter.
- (4) **Personal Statement of Goals:** The Admission Committee considers the Personal Statement of Goals to be a major part of the application packet. The Statement should be a concise essay of 3-5 pages, double-spaced, and typewritten. A statement receiving the highest possible credit for structure and content, will be one that is well

organized, displaying correct grammar, punctuation, and spelling. It is expected that the statement will convey sensitivity to cultural diversity, relevant personal background characteristics, and identification with the counseling profession.

- (5) **Interview:** Participate in an interview with program faculty

**Curriculum**

The curriculum consists of 60 semester hours of academic credit, including 100 clock hours of practicum and 600 hours of internship experiences in a mental health setting. At least 40 clock hours of the clinical experiences in practicum and 360 in internship must involve direct service to individuals and groups in a mental health setting.

**PLAN OF STUDY**

**MASTER OF ARTS IN CLINICAL MENTAL HEALTH COUNSELING**

**Core Courses:**

|          |   |
|----------|---|
| BHVS 552 | Theories of Counseling and Psychotherapy .....3 credit hours      |
| BHVS 559 | Theories of Vocational Development .....3 credit hours            |
| BHVS 556 | Group Counseling Processes .....3 credit hours                    |
| BHVS 582 | Social and Cultural Foundations of Counseling .....3 credit hours |
| BHVS 579 | Personality and Developmental Dynamics .....3 credit hours        |
| BHVS 575 | Behavioral Research Methodology .....3 credit hours               |
| BHVS 578 | Behavioral Science and the Law .....3 credit hours                |

**Clinical Mental Health Concentration:**

|          |  |
|----------|--|
| BHVS 584 | Foundations of Mental Health Counseling .....3 credit hours    |
| BHVS 561 | Clinical Psychodiagnostic Assessment .....3 credit hours       |
| BHVS 557 | Analysis of the Individual .....3 credit hours                 |
| BHVS 563 | Substance Abuse, Dynamics and Treatments .....3 credit hours   |
| BHVS 562 | Advanced Psychopathology and Family System .....3 credit hours |
| BHVS 576 | Marriage and Family Therapy .....3 credit hours                |

**Supervised Counseling Experience:**

|          |  |
|----------|--|
| BHVS 583 | Techniques and Method of Behavioral Change (Pre-Practicum) |
| BHVS 554 | Practicum in Counseling (100 hours)                        |
| BHVS 574 | Internship in Professional Counseling (600 hours)          |

**COURSE DESCRIPTIONS****BHVS 552. THEORIES AND TECHNIQUES OF COUNSELING AND PSYCHOTHERAPY (Credit, 3 hours).**

Major theories of counseling as they apply to helping situations; supervised experiences in role playing utilizing major approaches to counseling; lectures, discussions, audiovisual aids; practice in case study analysis and interviewing. (Prerequisite: BHVS 584)

**BHVS 554. PRACTICUM IN COUNSELING (Credit, 3 hours).**

Supervised practice in counseling and related functions. Includes actual group counseling experience under the supervision of a certified licensed counselor. Critiques of student leadership styles, facilitative ability, and understanding of group dynamics procedures will be systematically done. (Prerequisites: BHVS 584, BHVS 552, BHVS 556, and BHVS 578)

**BHVS 556. GROUP COUNSELING PROCESSES (Credit, 3 hours).**

Theoretical bases of group behavior and techniques for facilitating group interactions are among the topics given consideration, along with participatory experiences in interpersonal exploration. (Prerequisites: BHVS 584 and BHVS 552)

**BHVS 559. THEORIES OF VOCATIONAL DEVELOPMENT (Credit, 3 hours).**

A study of theories of Career and Vocational Development. Emphasis is placed on the value of work, labor trends, vocational decision-making skills and vocational counseling strategies and techniques.

**BHVS 561. CLINICALPSYCHODIAGNOSTIC ASSESSMENT (Credit, 3 hours).**

Introduction to the broad spectrum of psychological assessment procedures and techniques. The selection, administration, scoring, and interpretation of objective and projective testing instruments. Comprehensive report writing. Discussion of DSM-V. (Prerequisite: BHVS 584)

**BHVS 562. ADVANCED PSYCHOPATHOLOGY AND FAMILY SYSTEMS (Credit, 3 hours).**

Provides an in-depth exploration of the concepts of psychopathology, emphasizing the role families play in the development of mental health impairments including schizophrenia, depression, anxiety disorders, disruptive behavior disorders, substance abuse disorders, and personality disorders, with associated psychopharmacology. Uses the DSM V as the organizing format for the class with special attention paid to the role of culture in etiology, diagnosis, and the development of treatment plans. (Prerequisites: Undergraduate course in Abnormal Psychology, BHVS 583, BHVS 561, and BHVS 576)

**BHVS 563. SUBSTANCE ABUSE, DYNAMICS AND TREATMENT (Credit, 3 hours).**

This course will provide the information and skills necessary to diagnose, refer, and treat substance abusers and their families. Topics to be covered will include the addiction process; the disease concept of alcoholism; family dynamics; diagnosis; treatment plans and modalities; and special populations.

**BHVS 571. BEREAVEMENT COUNSELING (Credit, 3 hours).**

Theories and concepts related to the issues of dying and death, and guidelines for dealing with some of the sensitive issues, are examined. Living with loss and guiding children through grief and loss will be given special emphasis.

**BHVS 574. INTERNSHIP IN PROFESSIONAL COUNSELING (Credit, 3 hours).**

Minimum 20 hours per week field placement in an agency setting under the supervision of a qualified mental health provider. Includes one and one-half hours per week of participation in a supervised group of approximately six students. (Prerequisites: Completion of all major core requirements, specifically BHVS 583 or BHVS 572, and BHVS 554)

**BHVS 575. BEHAVIORAL RESEARCH METHOD (Credit, 3 hours).**

The purpose of this course is to advance candidates' knowledge of 1) the role of reliability in measurement where sources of error, estimates of reliability, and factors that affect reliability are understood; 2) the role of validity in measurement where construct validity, content validity, concurrent validity, convergent and divergent validity, predictive validity, and factors that affect validity are understood. A broad understanding of qualitative, quantitative, single-case designs, action research, and outcome-based research is gained through the design and implementation of research projects.

**BHVS 576. MARRIAGE AND FAMILY THERAPY (Credit, 3 hours).**

Interactions of the family unit from historical, contemporary, society, and small-group perspectives. Psychotherapeutic intervention by means of an extensive analysis of current therapeutic approaches, including communications theory models, systems theory models, and transactional theory models. A mini-practicum format will be utilized. (Prerequisites: BHVS 584, BHVS 552 and BHVS 556)

**BHVS 577. BEHAVIORAL ASSESSMENT METHODS AND PROCEDURES (Credit, 3 hours).**

Considers the statistical understanding necessary for the administration, scoring, and interpretation of standardized tests of achievement such as ACT, SAT, and others, as well as those pertaining to group measures of intelligence, aptitude, vocational choice, and personality.

**BHVS 578. BEHAVIORAL SCIENCE AND THE LAW (Credit, 3 hours).**

Includes legal and ethical considerations, certification, licensing, and legislative advocacy for issues related to mental health. Rights of the individual as participants in research experiments, therapeutic relationships, and consumers of mental health marketing information will also be emphasized.



**BHVS 579. PERSONALITY AND DEVELOPMENTAL DYNAMICS (Credit, 3 hours).**

Provides a broad understanding of the nature and needs of individuals at all developmental stages, emphasizing psychological, and sociobiological approaches.

**BHVS 581. DYNAMICS OF PLAY THERAPY (Credit, 3 hours).**

Includes a study of cognitive and affective functioning with an emphasis on play and fantasy in child behavior. Therapeutic meaning of symbolic representations in children's play with toys. Playroom acquisitions and management will also be covered. Pre-practicum experience required. (Prerequisites: BHVS 584 and BHVS 552)

**BHVS 582. SOCIAL AND CULTURAL FOUNDATIONS OF COUNSELING (Credit, 3 hours).**

Includes studies of change, ethnic groups, subculture, changing roles of women, sexism, urban and rural societies, population patterns, cultural mores, and differing life patterns. (Prerequisite: BHVS 584)

**BHVS 583. TECHNIQUES AND METHODS OF BEHAVIOR CHANGE (Credit, 3 hours).**

Includes preparation and laboratory experiences in the use and application of various change methods corresponding to the major theories of counseling and psychotherapy. (Prerequisite: BHVS 552)

**BHVS 584. FOUNDATIONS OF MENTAL HEALTH COUNSELING (Credit, 3 hours).**

This course includes theoretical bases of processes used in the enhancement of the mental health of individuals, families, and groups. Introduction to: 1) history, 2) roles, 3) organizations and standards, 4) professional issues, and 5) ethical, legal and diversity issues will constitute the foundations for mental health program development. Contextual dimensions such as assumptions and roles, and community needs assessment will be comprehensively explored.

**BHVS 601. COMPREHENSIVE (Credit, 0 hour).**

Comprehensive Examination