

# MENTAL HEALTH COUNSELING, MS

**Campus:** Westchester

This 60-credit program in Mental Health Counseling provides students with a strong foundation in clinical counseling and specialized knowledge in groundbreaking research and prepares graduates to become licensed practitioners in mental health counseling with specialties and emphases on areas ranging from loss and grief counseling, substance abuse, post-traumatic stress and resilience, and positive psychology. The curriculum emphasizes hands-on skills development using role-playing and group exercise, as well as interview techniques, research methods, and internships.

Graduates of this program are eligible for New York State certification in mental health counseling and are prepared for a variety of professional counseling positions as well as advanced training in specific theoretical approaches and training at the doctoral level.

This program also provides the foundational credits for students considering careers in higher education advisement or who might wish to move on to a doctoral program.

## Prerequisites

Admission requirements include a Bachelor's degree in psychology or a related field. Applicants who haven't completed such a major may be required to complete General Psychology and Social Psychology prior to beginning graduate study.

Degree requirements include 16 required core courses and 4 elective courses. Close advisement from the Program Manager and Field Placement Coordinator are necessary for this program as courses typically require completion of prerequisite courses in a strict specified order and additionally require passing grades of "B" or better and department approval.

Code	Title	Credits
<b>Core Courses</b>		
MHC 630	Helping Relationships: Counseling Theories and Techniques I	3
MHC 631	Helping Relationships: Counseling Theories and Techniques II	3
MHC 632	Orientation to Addiction: Etiology, Screening, Treatment	3
MHC 652	Human Growth and Development	3
MHC 658	Group Dynamics	3
MHC 672	Psychopathology and Personality Disorders	3
MHC 674	Integrating Seminar: Professional Orientation and Ethics	3
MHC 675	Field Experience: Internship I	3
MHC 676	Field Experience: Internship II	3
MHC 687	Foundations of Mental Health Counseling and Consultation	3
MHC 677	Research and Program Evaluation	3
MHC 678	Career and Lifestyle Development	3
MHC 679	Marriage and Family Systems and Counseling: Recognizing and Reporting Child Abuse and Maltreatment	3
MHC 685	Social and Cultural Foundations of Counseling	3
MHC 686	Appraisal and Assessment of Individuals, Couples, Families, and Groups	3
MHC 694	Practicum in Mental Health Counseling	3
<b>Elective Courses*</b>		<b>12</b>
<b>Total Credits</b>		<b>60</b>

\*An additional 12 credits of electives are required. Please consult with the Program Manager for advisement when selecting electives.