

COUNSELING, CLINICAL MENTAL HEALTH COUNSELING, MASTER OF SCIENCE (MS)

Clinical Mental Health Counseling is designed for students wishing preparation as counselors or therapists in settings such as: mental health centers, hospitals, residential treatment centers, employment services, and vocational rehabilitation services. Clinical mental health counselors are also frequently found in juvenile correction facilities, community colleges, pastoral services, and business and industry.

Classes and Experiences Are Organized Around Four Objectives:

- a thorough preparation in foundation skills and principles;
- a functional mastery of techniques in various therapy modes; e.g., cognitive, affective, behavioral;
- coverage of principles, issues and trends in the psychology of counseling; and
- self awareness as it relates to the counseling process.

Practical application is stressed. Students are provided early and continuous skill practice with personalized feedback and coaching. Continuous opportunities for expanding awareness of the self of the counselor will be provided.

The program is both extensive and comprehensive. It is nationally accredited by CACREP and fulfills education requirements for licensure for mental health counselors. Graduates can complete the NBCC exam for National Counselor Certification.

Note: successful completion of comprehensive examination of conceptual attainments is required.

Required Courses

PSYC 506	LIFESPAN DEVELOPMENT IN COUNSELING	4
PSYC 520	EVIDENCE-BASED RESEARCH FOR COUNSELING	4
PSYC 535	INTRODUCTION TO CLINICAL MENTAL HEALTH COUNSELING	4
PSYC 542	CAREER COUNSELING	4
PSYC 544	COUNSELING THEORY AND TECHNIQUES	4
PSYC 545	APPRAISAL IN MENTAL HEALTH COUNSELING	4
PSYC 546	TRAUMA INFORMED COUNSELING	4
PSYC 548	COUNSELING CHILDREN AND ADOLESCENTS	4
PSYC 569	RELATIONAL COUNSELING	4
PSYC 571	INTRODUCTORY COUNSELING SKILLS	4
PSYC 572	ADVANCED COUNSELING SKILLS	4
PSYC 575	DIAGNOSIS AND TREATMENT PLANNING	4
PSYC 576	PROFESSIONAL ISSUES IN MENTAL HEALTH COUNSELING	3
PSYC 578	SEXUALITY IN COUNSELING	3
PSYC 583	GROUP EXPERIENCE	1
PSYC 584	GROUP THEORY AND PROCESS	4
PSYC 587	ADDICTIVE BEHAVIOR COUNSELING	4
PSYC 588	CRISIS INTERVENTION	4

PSYC 590	MULTICULTURAL CONSIDERATIONS IN COUNSELING	4
PSYC 592	SUICIDE ASSESSMENT AND TREATMENT	1
PSYC 694	PRACTICUM	4
PSYC 697	INTERNSHIP IN COUNSELING (over four quarters)	16
Electives approved by advisor		1
Total Credits		93

Students who earn an MS in Clinical Mental Health Counseling from EWU should be able to:

- adopt a guiding theory of counseling that will serve as a foundation for practicing counseling in a clinical mental health setting;
- apply individual, group, and crisis intervention counseling skills for working with persons in different stages of development across the lifespan;
- integrate counseling and interdisciplinary advocacy services for children, families, and clients at risk due to crisis, disaster, trauma, addictions, and co-occurring mental health disorders;
- develop and maintain multicultural competencies, including a personal commitment to social justice, and ethical practices in accordance with ACA Code of Ethics Washington State law;
- through the use of standardized and informal assessments, plan and evaluate the use of evidence-based or efficacy-based counseling practices and programs;
- understand and analyze research in order to inform counseling practice;
- understand and perform professional responsibilities necessary for success as a professional counselor;
- demonstrate career development through the use of assessments and career resources.