

# CLINICAL MENTAL HEALTH COUNSELING (MA)

The Clinical Mental Health Counseling Program (CMHC) at Concordia University Chicago prepares graduates with the professional knowledge, skills and practices necessary to address a wide variety of complex issues and empower diverse populations to promote optimal wellness and growth. Graduate students receive a high-quality education emphasizing Christian beliefs through integrity, competency and leadership skills. The program also recognizes, values and instills the development of techniques, conduct and self-reflection imperative to effectiveness as professionals within a diverse community and world.

The CMHC program prepares candidates as qualified entry-level counselors able to practice in a variety of contexts. These settings may include community agencies, residential settings, social service agencies, hospitals, religious organizations and private practice. Candidates from the program exhibit high standards of professionalism while integrating theory, technique and ethics into every aspect of their careers. The program requirements reflect current educational components of the Licensed Professional Counselor examination in the state of Illinois. The Clinical Mental Health Counseling degree also holds special and unique accreditation by the Council for Accreditation of Counseling and Related Educational Programs (CACREP).

The Clinical Mental Health Counseling program is designed to enable students to:

- Articulate and assume the professional and ethical role of a counselor.
- Discuss and demonstrate techniques of cross-cultural counseling and advocate on behalf of multicultural populations.
- Describe the role that human growth and development plays in counseling interventions and modify these interventions as appropriate.
- Explain theories of career development and implement career interventions.
- Define and utilize counseling skills and advanced counseling interventions.
- Articulate theories of group counseling and utilize leadership skills in facilitating various types of groups.
- Identify and utilize various types of counseling assessments.
- Describe and conduct methods of research and program evaluation.

## General Graduate Admission Requirements

All applicants must meet the general admission requirements for Concordia University Chicago graduate programs as published in the Concordia University Chicago academic catalog (<https://catalog.cuchicago.edu/graduate/graduate-admission-student-services/>).

New students are accepted into most graduate degree-seeking, certificate, endorsement and/or post-graduate programs for online and on-campus study for in the fall, spring, or summer semesters. Students seeking to change programs may do so by submitting a Change-of-Program quick app (<https://capp.cuchicago.edu/graduate/change-of-program/>). Applicants must be in good academic standing according to Concordia University Chicago's satisfactory academic progress standards and meet published program admission requirements at

the time of requesting a program change. Program changes will be processed and recorded for the subsequent semester.

## Program-Specific Admission Requirements

Documented evidence of 12 semester hours of prior coursework in sociology or psychology or related field with a grade of "C" or higher and departmental approval.

Please note: Students are admitted to the Clinical Mental Health Counseling program for the Fall and Spring terms only. Students are not admitted for the Summer session.

Completion of 60 semester hours, including successful completion of the capstone experience, and the clinical experiences practicum (100 clinical hours) and internship (600 clinical hours total).

Code	Title	Hours
<b>Required Courses</b>		
CMHC-6000	Introduction to the Counseling Profession	3
CMHC-6010	Counseling Theory and Practice	3
CMHC-6015	Counseling Intervention and Techniques	3
CMHC-6020	Career Counseling and Education	3
CMHC-6025	Assessment Techniques	3
CMHC-6030	Research in Counseling	3
CMHC-6035	Counseling and Human Development	3
CMHC-6040	Applied Diagnosis for Counselors	3
CMHC-6055	Multicultural Counseling	3
CMHC-6310	Clinical Mental Health Counseling Profession	3
CMHC-6330	Transforming Crisis into Wellness and Prevention	3
CMHC-6340	Clinical Group Counseling	3
CMHC-6355	Cognitive Behavior Theory and Therapy	3
CMHC-6420	Substance/Alcohol Use and Treatment	3
CMHC-6550	Family Systems Theory and Therapy	3
CMHC-6610	Advanced Clinical Mental Health Counseling	3
<b>Elective</b>		
CMHC-6500	Counseling and Psychopharmacology	3
or CMHC-6060	Child and Adolescent Counseling	
or select another 3-credit 6000-level course from CMHC or another graduate specialty in consultation with your Graduate Program Specialist (GPS)		
<b>Clinical Experience</b>		
CMHC-6930	Practicum: Clinical Mental Health Counseling	3
CMHC-6935	Internship I: Clinical Mental Health Counseling	3
CMHC-6940	Internship II: Clinical Mental Health Counseling	3
<b>Total Hours</b>		<b>60</b>

## Capstone Experience

Capstone is a comprehensive multiple-choice exam taken during the practicum semester.

## Graduation Requirements

- Have on file an application for this master's degree program.
- Have on file one official transcript from EACH college/university attended of all previous coursework taken.
- Complete, for the degree being sought:
  - the credit hours and levels as designated,
  - within the specified time limit,
  - with grades of C- or higher (grades of C or higher required for MAT programs),
  - with a minimum cumulative GPA of 3.0.
  - Students completing multiple advanced programs or degrees at CUC must have a 3.0 GPA in each academic program in addition to a minimum cumulative GPA of 3.0.
- Have on file approved "Graduate Transfer Credit Approval" form(s), "Course Substitution" form(s), or evaluation(s), if applicable.
- Have on file the Intent to Graduate/Complete form with the Office of the Registrar by the published deadline.
- Have on file, if applicable, necessary copies of a project, portfolio, thesis or dissertation.
- Approval of the faculty.
- All administrative obligations to CUC must be cleared in order to prompt the release of CUC transcripts and diploma(s).

Every attempt has been made to include information to aid the student with information about his/her program, degree and graduation/completion requirements. It is, however, the student's responsibility to complete all steps and meet all deadlines relevant to graduation requirements.