

# Clinical Mental Health Counseling, M.S.

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The Master in Clinical Mental Health Counseling (CMHC) prepares individuals to provide counseling services, mental health evaluations, and referrals to ameliorate and prevent cognitive and emotional crises as well as personal and interpersonal problems. Instruction will include coursework on individual and group counseling, psychotherapy theory and practice, human development, psychological assessment, psychopathology and diagnostics, professional standards and ethics as well as the governing laws and regulations of the field. Successful graduates will be eligible for employment and licensure as a Clinical Mental Health Counselor in the state of Utah.

## Matriculation Requirements

**Bachelor's degree from a regionally accredited institution of higher education** (with official transcripts from all institutions attended). The degree can be in any discipline, provided student meets the expected GPA and prerequisite coursework.

### GPA Requirements

The minimum cumulative GPA is 3.4 on a 4.0 scale.

### Prerequisite Coursework:

- General or Introductory Psychology
- Abnormal Psychology
- Intro to Counseling (or equivalent)
- Research Methods
- Statistics

**Complete the UVU Graduate School Application.**

### Personal Interview

All candidates will be screened and those deemed to meet or exceed basic application requirements may be invited for an interview. This interview does not guarantee acceptance into the program as students will compete with all other applicants for matriculation into a cohort.

**Three total letters of recommendation from academic and professional sources.**

## Program Requirements

| Code                      | Title  | Credit Hours |
|---------------------------|--|--------------|
| <b>Total Credit Hours</b> |  | <b>61</b>    |
| CMHC 6000                 | ACA Ethics and Professional Orientation                                  | 3            |
| CMHC 6010                 | Theories of Counseling   | 3            |
| CMHC 6020                 | Techniques of Counseling   | 3            |
| CMHC 6030                 | DSM Diagnostics  | 4            |
| CMHC 6040                 | Professional Orientation   | 3            |
| CMHC 6050                 | Career Counseling  | 3            |
| CMHC 6060                 | Psychological Assessment   | 3            |
| CMHC 6070                 | Group Counseling   | 3            |
| CMHC 6080                 | Eastern Counseling Approaches  | 3            |
| CMHC 6090                 | Psychopharmacology   | 3            |
| CMHC 6100                 | Crisis Management  | 3            |
| CMHC 6110                 | Research Methods and Program Evaluation                                  | 3            |
| CMHC 6120                 | Addiction Counseling   | 3            |
| CMHC 6130                 | Multicultural Counseling   | 3            |
| CMHC 6140                 | Program Evaluation   | 3            |
| CMHC 6150                 | Cognitive Therapies  | 3            |
| CMHC 6160                 | Human Development  | 3            |
| CMHC 671R                 | Practicum (May need to be repeated until clinical hours are fulfilled.)  | 3            |
| CMHC 689R                 | Internship (May need to be repeated until clinical hours are fulfilled.) | 6            |

## Graduation Requirements

1. A minimum cumulative GPA of 3.0 must be maintained within the program.
2. A grade of 'B' or higher required in all courses.
3. Completion of a minimum of 61 semester credits.
4. 700 clinical hours are required for completion.
5. Residency hours: Minimum of 42 graduate credit hours completed at UVU in the CMHC program.

## Graduation Plan

This graduation plan is a sample plan and is intended to be a guide. Your specific plan may differ based on your Math and English placement and/or transfer credits applied. You are encouraged to meet with an advisor and set up an individualized graduation plan in Wolverine Track (<http://www.uvu.edu/wolverinetrack/>).

### First Year

| Semester 1          |   | Credit Hours |
|---------------------|---|--------------|
| CMHC 6000           | ACA Ethics and Professional Orientation                       | 3            |
| CMHC 6010           | Theories of Counseling  | 3            |
| CMHC 6020           | Techniques of Counseling                                      | 3            |
| CMHC 6030           | DSM Diagnostics   | 4            |
| CMHC 6040           | Professional Orientation                                      | 3            |
| <b>Credit Hours</b> |   | <b>16</b>    |
| Semester 2          |   |              |
| CMHC 6050           | Career Counseling   | 3            |
| CMHC 6060           | Psychological Assessment                                      | 3            |
| CMHC 6070           | Group Counseling  | 3            |
| CMHC 6080           | Eastern Counseling Approaches                                 | 3            |
| CMHC 671R           | Practicum   | 3            |
| <b>Credit Hours</b> |   | <b>15</b>    |
| Semester 3          |   |              |
| CMHC 671R           | Practicum (May be taken if needed to complete clinical hours) |              |
| <b>Credit Hours</b> |   | <b>0</b>     |

### Second Year

| Semester 4                |  |           |
|---------------------------|--|-----------|
| CMHC 6100                 | Crisis Management                                    | 3         |
| CMHC 6110                 | Research Methods and Program Evaluation              | 3         |
| CMHC 6120                 | Addiction Counseling                                 | 3         |
| CMHC 6090                 | Psychopharmacology                                   | 3         |
| CMHC 689R                 | Internship   | 3         |
| <b>Credit Hours</b>       |  | <b>15</b> |
| Semester 5                |  |           |
| CMHC 6130                 | Multicultural Counseling                             | 3         |
| CMHC 6140                 | Program Evaluation                                   | 3         |
| CMHC 6150                 | Cognitive Therapies                                  | 3         |
| CMHC 6160                 | Human Development                                    | 3         |
| CMHC 689R                 | Internship   | 3         |
| <b>Credit Hours</b>       |  | <b>15</b> |
| Semester 6                |  |           |
| CMHC 689R                 | Internship (May be taken to complete Clinical hours) |           |
| <b>Credit Hours</b>       |  | <b>0</b>  |
| <b>Total Credit Hours</b> |  | <b>61</b> |

## Program Learning Outcomes

1. Individual Therapy; Students will engage in critical thinking and demonstrate a heightened self-awareness in the counseling role. Students will also demonstrate skills necessary to be an effective counselor while applying a theoretical approach.
2. Ethical Practice; Students will understand counselor professional identity and demonstrate skill in applying ethical and legal considerations in professional counseling.
3. Clinical Assessment; Treatment Planning- Students will demonstrate the knowledge and ability to diagnose and design treatment plans for a broad range of mental health issues. Students will also be able to select and interpret assessment measures (i.e., academic/educational, career, personality, diagnostic, and developmental)

4. Professional Development; Students will understand counselor professional identity and demonstrate skill in applying ethical and legal considerations in professional counseling.
5. Research and Theory; Students will be able to critically evaluate research in a manner that informs counseling practice.
6. Group Therapy; Students will demonstrate knowledge and skills to facilitate psychoeducational and process groups.
7. Diversity in Counseling; Students will be able to demonstrate the awareness, knowledge, and skills to counsel clients from diverse backgrounds.
8. Career Counseling; Students will have knowledge of career assessment and planning principles and theories.
9. Prevention; Students will demonstrate knowledge of how to design and deliver mental illness prevention programs.
10. Program Evaluation; Students will apply program evaluation techniques to individual, group, and couple's counseling settings.