Clinical Mental Health Counseling Track

This concentration prepares you to be a licensed mental health counselor. This concentration requires you to earn a total of 60 credits from courses in counseling and psychology, including practica and internship. After completing the program, you will be eligible for licensure as a mental health counselor in the state of Indiana and other states.

What You Will Learn

You will learn about:

- Develop Professional Counselor Identity
- Develop Sensitivity to Social and Cultural Diversity
- Understand Human Growth and Development
- Gain Knowledge of Career Development
- Understand Counseling and Helping Relationships
- Gain Knowledge in Assessment and Testing
- Gain Knowledge in Research and Program Evaluation
- Prepare for Professional Certification or Licensure
- Develop Reflective Practice

You will gain knowledge and skills in diagnosis, assessment, treatment, referral, and prevention related to mental health issues.

Practicum

To gain real-world experience, you will complete two semesters of practica and a 600-900-hour field internship.

Program Requirements

Credits

Total: 60
Courses:
CPSY 605 - Introduction to Clinical Mental Health Counseling
Principles and problems of counseling in an agency setting. History and philosophy of clinical mental health counseling, role and training of the counselor, modes of intervention (e.g., direct service, consultation), and ethics of counseling are included. Prerequisite: permission of the department chairperson. Open only to counseling psychology and guidance services masters students; other graduate students by permission.

CPSY 606 - Pre-Practicum Interviewing Skills
Experimental laboratory designed to build basic counseling and interviewing skills. Practice in applying skills will take place through simulations, role playing, and audio and videotapes.

CPSY 607 - Appraisal Methods in Counseling
Overview of measurement principles and major approaches to appraisal of individuals, groups, and environments. Comprehensive appraisal methods, specific techniques for selected problem areas, and standardized vocational and personality tests will be examined relative to the appraisal process in counseling.

CPSY 610 - Career Theories and Realities
Career development theories; relationship among career choice, life-style, and life-span development; psychosocial and reality considerations in life career development; and applications of theories and reality conditions to self and others.

CPSY 621 - Theories and Techniques of Counseling
Investigation of major theories and techniques of counseling and psychotherapy. Examination of behavioral, psychoanalytic, person-centered, existential, and relationship-oriented counseling theories. Therapeutic attitudes, ethics, and techniques and their relationship to theoretical principles and concepts will be addressed. Prerequisite: CPSY 600 or 603 or 605.

CPSY 636 - Psychopathology
Symptoms and dynamics of psychological disorders with primary emphasis on their development, etiology, prevention, and supporting research evidence.

CPSY 637 - Introduction to Psychopharmacology
Introduction to the use of psychotropic medications for treatment of mental disorders as applied to children, adolescents and older adults. Covers function of central nervous system and role of neurotransmitter systems on etiology of mental disorders. Addresses basic principles of pharmacodynamics and pharmacokinetics. Prerequisite: permission of the department chairperson. Open only to counseling psychology and guidance services graduate students; other graduate students by permission.

CPSY 644 - Practicum in Counseling
Supervised experience in counseling. Emphasizes working with individual clients. Prerequisite: CPSY 606, 600 or 603 or 605; permission of the department chairperson. Prerequisite or parallel: CPSY 621. A total of 6 hours of credit may be earned, but no more than 3 in any one semester or term.
CPSY 646 - Advanced Practicum in Counseling
Advanced supervised experience in counseling with children, adolescents, adults, couples, and families under the supervision of a professional counselor. Practical experience with the delivery of mental health services including administration, record keeping, and community outreach. Prerequisite: CPSY 644 and permission of the department chairperson. A total of 6 hours of credit may be earned, but no more than 3 in any one semester or term.

CPSY 653 - Research in Counseling Psychology and Guidance
Students will investigate, summarize, and interpret research in counseling psychology and guidance. Each student will write and submit a research report to fulfill course requirements.

CPSY 678 - Theories and Techniques of Counseling the Culturally Diverse
Designed to build expertise in counseling people of black, Hispanic, Asian, and Native American heritage. Emphasizes understanding the social and political bases of counseling and therapy. Activities may include student case presentation of a client from a different cultural background. Prerequisite: CPSY 621 or permission of the department chairperson.

CPSY 688 - Process and Techniques of Group Counseling
Major approaches to group counseling, including theoretical assumptions and basic principles and techniques. Participation experience provides practice in using various approaches and focuses on dynamics and processes of interaction(s) in group counseling. Prerequisite: CPSY 600 or 603 or 605.

CPSY 695 - Field Internship in Counseling
Intensive supervised experience in application of basic psychotherapeutic procedures and evaluation techniques in an approved and appropriate setting. Experience will be gained in one or several approved agencies under joint supervision of a university faculty member and an agency representative designated for this responsibility. Prerequisite: CPSY 644, 646. A total of 12 hours of credit may be earned.

One of the following courses:

EDPS 603 - Psychology of Human Development
Advanced lifespan human development. Covers biological, cognitive, and social development from conception to death, emphasizing theories, research, and applications to educational and psychological practice. Prerequisite: EDPSY 250 or equivalent.

PSYS 613 - Developmental Psychology
Concepts, principles, theories, and research concerning the biological and environmental influences on behavioral and psychological development. Emphasizes issues and topics related to the normal human life span. Designed primarily for students without undergraduate work in human growth and development. Prerequisite recommended: PSYSC 241 or the equivalent.
One of the following courses:

EDPS 641 - Statistical Methods in Educational and Psychological Research
A basic statistical course for graduate students in education. Problems taken from the fields of education and psychology and include the computation, interpretation, and application of such statistical techniques as measures of central tendency, measures of variability, correlation techniques, validity and reliability, standard scoring techniques, probability, tests of significance, chi square, and analysis of variance.

EDPS 642 - Intermediate Statistics
An extension of elementary descriptive and inferential statistics through basic statistical research designs, including analysis of variance and covariance. Prerequisite: PSYSC 241 or EDPSY 641 or a proficiency test administered within the department.

Electives: Approved courses in psychology or related areas.
Highly recommended elective courses:

CPSY 609 - Counseling Ethics and Professional Issues
An advanced professional issues seminar for mental health counseling students focused on the practice of the licensed mental health counselor in both the private and public sectors. Issues for special attention will include legal, financial, governmental, and ethical considerations. Prerequisite: CPSY 605, 600 or 603. Parallel: CPSY 606.

CPSY 624 - Program Development and Evaluation in Counseling Psychology
Investigate principles and applications of program development, implementation, and evaluation in counseling psychology. Design programs focusing on identified mental health needs in the community and propose methods for evaluating such programs. Explore commonly used program development and evaluation methods for various counseling settings. Prerequisite recommended: CPSY 653 or equivalent.

CPSY 695 - Field Internship in Counseling
Intensive supervised experience in application of basic psychotherapeutic procedures and evaluation techniques in an approved and appropriate setting. Experience will be gained in one or several approved agencies under joint supervision of a university faculty member and an agency representative designated for this responsibility. Prerequisite: CPSY 644, 646. A total of 12 hours of credit may be earned.