



# School of Psychology & Counseling

The School of Psychology and Counseling (SOPC) provides graduate programs for new practitioners in the fields of counseling and human services. The School welcomes adult learners, serving a diverse demographic of graduate students who arrive with a wide range of non-traditional experience in counseling and related fields.

## Diverse Populations and Perspectives

**Our students and faculty** are highly diverse in experience, cultural background and values. Our interactive classrooms and collaborative learning bring cross-cultural perspectives to the counseling process. Counseling students serve diverse client groups typically characterized by broad differences in access to appropriate services across lines of race and social class in agencies with varied philosophies.

**Our faculty** members are licensed professionals in their respective fields.

## Academic Programs, Licensure, and Professional Credentials

Most academic programs prepare students for licensure or other professional credentials which are increasingly necessary for many counseling careers. Other concentrations support related careers that do not require licensure.

**States and professional associations govern the requirements for professional credentials** in counseling and related fields. The Cambridge College School of Psychology and Counseling strives to cover the academic requirements and to include in its programs appropriate supervised clinical practice hours through field experience placements. There may be additional post-graduate requirements such as exams and further clinical experience.

**External requirements and regulations may change at any time.** Cambridge College reserves the right to alter programs accordingly. Program chairs are available to advise students.

Current, detailed information about the academic program, field experience, and professional credentials is available from program chairs. At Cambridge College regional locations that offer SOPC programs, information is available from the SOPC coordinator or site director.

**All students are responsible for:**

- Monitoring and understanding all applicable requirements and regulations for licensure.
- Knowing the detailed requirements of their academic program.

## Master's Degree in Mental Health Counseling 60 credits

The Cambridge College, School of Counseling and Psychology (SOPC), Mental Health Counseling 60 credit program prepares students to meet the Pre-Master's Degree education and experience requirements for Licensed Mental Health Counselor (LMHC) application in the Commonwealth of Massachusetts.

Students who are considering application for licensure in another state are strongly advised to meet with their Program Chair to review licensure requirements in that state. A state's Pre-Master's Degree Education and Experience requirements may be met through careful planning of elective courses as well as Field Experience hours. Reviewing the licensure requirements of the state where a student intends to seek licensure will inform the student about their chosen state's requirements and assist the student in planning the course of their program.

Cambridge College has made the determination that the following Federal regulations require us to disclose whether our programs meet the educational requirements for professional licensure in every state and U.S. territory. The web address below will provide you with current information about the College's determination of each state and U.S. territory license requirements. Please note this information changes as state licensing regulations are updated.

We recommend that students who intend to pursue licensure/credentialing review this information prior to applying: <https://www.cambridgecollege.edu/accreditation/program-licensure-credentialing-state>

## Mental Health Counseling Licensure

SOPC students are required to be familiar with the Massachusetts regulations governing mental health counselors in the state, so too should a student considering licensure in another state become familiar with and understand that state's requirements for mental health counseling licensure. Students who plan to seek mental health counseling licensure in a state other than Massachusetts are strongly encouraged to request guidance from that state's licensing boards concerning coursework, field experience, or other requirements that would be necessary to make them eligible to apply for a mental health counseling license in that state.

The National Board for Certified Counselors (NBCC) website at <https://www.nbcc.org/Search/StateBoardDirectory>, provides contact information for state licensing boards

## Ongoing Evaluation of State Regulations

Students must understand the requirements of the state in which they intend to apply for licensure. It is additionally important to keep current with a state's regulation changes in order to be aware of the impact changes have on program needs.

The Massachusetts Requirements for Licensure as a Mental Health Counselor can be found here: <https://www.mass.gov/service-details/262-cmr-200-requirements-for-licensure-as-a-mental-health-counselor>

## Relocating

Students who relocate to a different state, may face different licensing requirements from their previous residence. They should take steps to understand the requirements of their new state. If a student relocates from their location at the time of enrollment, it is the student's responsibility to notify the College and verify licensure and program eligibility in their new location.

## Regional Accreditation

Cambridge College and its programs including the Master's Degree in Mental Health Counseling are accredited by the New England Commission of Higher Education (NECHE).

## Notice Updates

Cambridge College has made every effort to verify the statements made in this notice. However, state licensure is controlled by each individual state's legislature and may change without notice to college and university programs.

**Legal status** as a U.S. citizen or lawfully admitted resident is required for a professional license from any state agency, under Title 8, U.S. Code Section 1621.

## Academic Advising

**Admission counselors** give applicants an overview of the College's academic programs and assist with the application process. Applicants may be referred to program chairs and/or the Assistant Dean for Academic Advising to discuss programs and for academic advising.

**Orientation** — All new students are required to attend Orientation.

The **SOPC assistant dean of academic advising** will provide program-specific academic advising for all students, including those in Springfield and Lawrence. Every new and continuing student meets with the local SOPC coordinator or with the academic advisor.

## Writing Assessment and Support

A writing assessment is conducted during Orientation. Results are communicated to the academic advisor, who may refer students to writing courses and writing and academic support.

## Concentrations

Students wishing to pursue a concentration must declare their concentration with the assistant dean of academic advising and the respective program chair prior to completion of 18 credits. Students who do not declare will not be guaranteed courses for their intended concentration for the earliest graduation date possible; students will have to adhere to each concentration course offering sequence as outlined in the academic catalog.

## Field Experience (Practicum/Internship) — See your Program Handbook

**Field experience sites and supervisor qualifications** are subject to state regulations.

The **acceptability of a field experience or clinical site** is determined by the program chair or instructor, depending on the program, in accordance with current criteria. Students are responsible to seek this person's advice prior to enrollment in the field experience course, to determine what sites and supervision are appropriate for the credentials sought.

## Readiness for Field Experience

In addition to coursework, field experience is an integral part of a student's clinical training. The pre-requisite for CCP 520 Field Experience I is CCP 550 Basic Counseling Skills, Rogerian Therapy. A Student Readiness for Field Experience I Assessment is completed if needed. Students determined to "need improvement" will be re-evaluated during the next term in CCP 650, Group Dynamics. This assessment does not impact a student's grade but is an assessment of a student's readiness for field experience.

## Field Experience

The field experience includes a practicum and internship under a qualified supervisor, conforming to Massachusetts regulations 262 CMR.

**Addiction Counseling:** Must include 300 hours in an approved substance abuse treatment program with appropriate supervision in the 12 core functions.

The **on-site component** must be successfully completed to receive credit for a field experience course. The minimum on-site component must be completed while the course is in progress. The instructor and the site supervisor verify successful completion; the decision to award or withhold credit is made by the instructor.

Students may not register for a subsequent field experience course with an Incomplete grade in the prior term(s).

**Field experience fee** — A one-time fee is charged to students in programs that include a practicum/internship component to cover administrative costs (see *Tuition and Fees Rates* on page 27).

**State requirements prior to field experience** — Students seeking placement in school, mental health, or public health facilities and programs are responsible for complying with all policies and procedures of the state and facility where they seek a field placement, including but not limited to:

- Fingerprinting
- Criminal Offender Record Information (CORI) check
- Insurance
- Immunizations

**Cambridge College strives to cover academic requirements** for the following credentials, for which graduates may apply:

- Licensed Mental Health Counselor (LMHC) licensure by the Massachusetts Board of Allied Mental Health and Human Services Professionals. Candidates must also pass an exam and complete two years of post-master's supervised clinical practice.
- Licensed Alcohol & Drug Counselor (LADC) licensing by the Mass. Dept. of Public Health.
- Certified Rehabilitation Counselor (CRC) by the Commission on Rehabilitation Counselor Certification and Licensed Rehabilitation Counselor by the Mass. Board of Allied Mental Health and Human Services. Candidates must also pass a national exam and have had a minimum of 12 months of acceptable employment under the direct supervision of a qualified CRC professional.
- School Adjustment Counselor initial licensure by the Massachusetts Department of Elementary and Secondary Education.
- School Counselor initial licensure by the Massachusetts Department of Elementary and Secondary Education.

Regulations may change at any time. Cambridge College reserves the right to alter the program accordingly. The academic advisor and program chairs are available to advise students.

**Students are responsible** for monitoring and understanding state requirements and regulations, and for ensuring that their program of study complies with all requirements for licensure/certification.

## Exit Portfolio

Most programs require students to assemble an educational portfolio over the course of their studies. It highlights the students' professional knowledge, skills and abilities, and documents quality graduate level work. The specific requirements of each program's exit portfolio vary. See the program chart and program handbook, and ask the program chair and/or academic advisor for information.

## School Counseling and School Adjustment:

### Counseling programs for Massachusetts DESE licensure

Programs leading to certification are aligned with national and state standards, accrediting agencies, and policies for licensure required by the Massachusetts Department of Elementary and Secondary Education (DESE); all programs are state-approved by state regulatory agencies. As such, program requirements are subject to change during a course of study and students are asked to consider this possibility and plan accordingly once enrolled in one of the licensure programs offered.

Seek advice from the program chair before registering for a licensure program.

All students seeking licensure in school counselor education programs must:

- Complete the Massachusetts-specific admission and program requirements.
- Complete all field experiences including pre-practicum **within the Commonwealth of Massachusetts**.

### Requirements for Program Entry

Entry into a Cambridge College program for DESE licensure requires:

- Massachusetts Educator Personnel ID (MEPID) number,
- Evidence of successful completion of the Communication and Literacy Massachusetts Test for Educator Licensure (MTEL), and
- A minimum Grade Point Average (GPA) of 3.0 in the most recent degree program.

Those entering the College **having successfully met** the Communication and Literacy MTEL and the GPA requirement may register for the licensure program of choice provided that evidence is submitted at admission verifying that the requirements are met. Evidence of the Communication and Literacy MTEL requirement includes a copy of the official document noting the "pass score" or verification page from the Educator Licensure and Recruitment (ELAR) system maintained by the Massachusetts Department of Education and Secondary Education. Evidence of the GPA upon College entry includes the official transcript of a prior undergraduate or graduate degree with a 3.0 GPA or better.

Those entering the College **without having met** the Communication and Literacy MTEL and/or the GPA requirement **must register for the corresponding non-licensure program**:

- School Counseling (48 credits):  
Register for School Counseling/non-licensure.
- Mental Health & School Counseling (66 credits):  
GPA  $\geq 3.0$ : Register for Mental Health Counseling.  
GPA  $< 3.0$ : Register for Psychological Studies.
- School Adjustment/Mental Health Counseling (60 credits):  
GPA  $\geq 3.0$ : Register for Mental Health Counseling.  
GPA  $< 3.0$ : Register for Psychological Studies.

### Students who graduate from the non-licensure program

**cannot be endorsed by Cambridge College** for DESE licensure in School Counseling. They may apply to DESE after graduation and ask for a panel review to obtain such licensure.

Once the Communication and Literacy MTEL test is successfully passed and a 3.0 received (i.e., Grade "B" or better in at least two courses taken at Cambridge College), then a Change of Program Form can be completed with approval from the program chair in the field selected and dean, then submitted to the Registrar's Office.

Students entering without having met the requirements for DESE licensure programs are advised to take the Communication and Literacy MTEL within the first term of enrollment at Cambridge College.

Once enrolled, candidates for licensure must maintain an overall GPA of 3.0 or better for the remainder of the program. Should the GPA drop below 3.0 prior to the Field Experience I, the candidate must return to the non-licensure degree option.

No candidate can complete or graduate from the approved program for licensure selected without maintaining a GPA of 3.0 or better at Cambridge College.

## Review of Progress and Practice

Due to the impact graduates will have on clients throughout their careers, the School of Psychology and Counseling considers the training and credentialing of master's level counselors a matter of great sensitivity and importance. Consequently, faculty review and discuss students' behavior within the graduate academic program and the field work site.

Students are expected to follow the American Counseling Association (ACA) Code of Ethics.

The Committee on Professional Conduct has developed guidelines for students' professional behavior with which all graduate counseling students are expected to comply. The counselor in training behavioral contract is reviewed and signed at orientation and a copy is provided.

The School reserves the right to require additional courses, field work, supervision, personal counseling and/or a leave of absence. A student may be suspended or disenrolled for violation of ethical standards or lack of academic progress. The School may also recommend a change to a non-clinical major or require a student to leave the School of Psychology and Counseling.

## Guidelines for Students' Professional Behavior

Students in the School of Psychology and Counseling (SOPC) should be aware that SOPC deems it of the utmost importance that students are cognizant of, and attentive to, SOPC standards and expectations for personal and professional behavior.

There are five significant areas of counselor training that specifically relate to the growth and management of the self of the counselor-in-training. Together they form the basis for counseling licensure standards, and therefore students pursuing licensure in SOPC programs will be held to all of these standards:

1. Maintaining professional conduct and appropriate behavior both on campus and at the clinical field experience site
2. Managing appropriate interpersonal boundaries
3. Respecting privacy and appropriate self-disclosure
4. Committing to developing your ability to hear, understand, and use effectively, the feedback you get from faculty, peers, and supervisors
5. Expanding self-awareness and self-reflection

Counselors are potent agents of change. To be effective catalysts of change, students need to increase their capacity for **self-awareness and self-reflection**. Without this, the counselor can become reactive, judgmental, punitive, and even harmful in the counseling setting. We want you to engage in serious, thoughtful, and reflective work in your academic and training settings, where you will be called to begin a process of self-exploration, which at times will become challenging and demanding. We recommend students consider participating in counseling as an adjunctive growth experience while in training.

As you reflect on your internal experience and your history, you will also be expected to develop a larger repertoire of interpersonal skills, and to comport yourself with seriousness, decorum, appropriateness, and **professionalism**. The norms of basic civility and manners remain an expectation. Expressions and behaviors of disruption, belligerence, aggression, intimidation, defiance, confrontation, and violation of boundaries and norms of professional conduct will lead to academic sanctions. The **management of appropriate interpersonal boundaries** can sometimes be demanding when, for instance, you find yourself feeling unsettled in the process of academic discourse, disagreement, discussion and challenge. As you progress through the program, you will undoubtedly experience both internal and external stressors, and, at times, you will be presented with beliefs, ideas, values and perspectives that differ from your own. This is a normative aspect of the academic process, which can be especially amplified in counselor training programs. We expect you to convey your perspective in a facilitative manner that contributes to, and enhances, the academic process, rather than disrupts or derails your own learning or the learning of your peers.

Your growing self-awareness may lead to **self-disclosure**, which is a crucial aspect of your training. Sharing of the self in the process of self-discovery will help your development as a counselor. You will be expected to balance self-disclosure with sensitivity to boundaries and a regard for your privacy and the privacy of your peers and faculty. Inappropriate self-disclosure can create discomfort and uneasiness and disrupt the learning process. Sharing your personal experience and learning from the experience of others is part of the process of counselor training. At the same time, learning when and how to self-disclose is a crucial component of your professional development as a counselor.

Guided by **feedback** from your teachers and supervisors, and by your own questioning and self-examination about the intention of your personal sharing, the manner in which you disclose your insights about yourself will grow and develop as you advance in your training. Flowing from a deepening knowledge of the self, it is at the heart of the development of counseling skills. The support and feedback you receive from faculty members should not be confused with a professional clinical relationship. As you choose what you share about yourself, it should not be with an expectation that you will be given personal clinical advice. Disclosure should be guided by this question: does this enhance my growth as a student counselor or am I trying to use my instructor as a personal counselor? SOPC faculty members are mindful of this distinction when providing support and feedback to you.

As an SOPC student, you are expected to grow and develop personally and professionally. Your openness to new knowledge will be transformative and life-enhancing. This education will amplify your understanding of yourself and others and will lay the foundation for your becoming an effective counselor.

## On-going training

Following licensure, continuing education is required to maintain the professional license. Cambridge College courses may be used to fulfill this requirement. Licensed professionals may take these courses as "special students" and alumni receive an alumni discount.





Post-Baccalaureate Certificate or Pre-Baccalaureate Certificate

## Alcohol & Drug Counseling

• CIP code 511501 • 18 credits • Licensed Alcohol & Drug Counselor (LADC)

**Program Description** — Alcohol & Drug Counseling is for students seeking professional training in substance abuse/addictions treatment, education and prevention, leading to certification or licensure.

**Learning Outcomes** — Students become familiar with addictions counseling, its professional ethics, and its role in society. They learn the 12 core functions of an addictions counselor: screening, intake orientation, assessment, treatment planning, referrals, reports and record keeping, and consultation with other professionals. They know and apply current theory and research in their field, and gain sufficient knowledge for competent interdisciplinary counseling practice. They exhibit socially-conscious behaviors, critical thinking, and effective communication skills in their work with individuals, caregivers, families, staff, and other professionals.

**Careers** — Addictions counseling professionals help people through public health agencies, youth services, residential treatment programs, hospitals, outpatient substance abuse programs, and homeless shelters.

### Courses

ADC 505	Alcohol & Drugs in Society . . . . .	3
ADC 611	Family Treatment of Substance Abuse. . . . .	3
ADC 601	Role of the Professional in Alcohol & Drug Treatment. . .	3
ADC 625	Psychopharmacology in Addictions Treatment . . . . .	3
ADC 642	Addiction Counseling . . . . .	3
ADC 521	Practicum Seminar in Alcohol & Drug Counseling . . . . .	3

### Practicum

Includes 300 hours of supervised practical experience in an approved substance abuse treatment program with appropriate supervision in the 12 core functions. The experience and supervisor qualifications must meet 262 CMR criteria to be accepted into an M.Ed. program.

Students who previously completed any of the listed courses shall consult with the program chair for substitute course work to meet the requirement of 18 credits.

**Admission requirements:** High school diploma/GED, bachelor's, or higher degree and other School of Psychology & Counseling requirements.(see Admissions) Including:

- Interview with and approval of the SOPC Admissions Committee.
- Interview with program chair.
- Current résumé.
- Two professional recommendations.

**These courses may be accepted** into a Cambridge College bachelor's or master's degree. Courses must meet current program requirements at time of matriculation.

**Program chair:** Paul White, M.Ed., LMHC, CARC  
• paul.white@cambridgecollege.edu

(All courses @ 3 credits.)



## Master of Education With Elective Concentrations

# Mental Health Counseling

• CIP code 511508 • 60 credits • 5-6 terms full time

**Program Description** — Mental Health Counseling provides graduate level professional training for mental health counseling licensure, with a strong commitment to an evolving multicultural society. Students are prepared to meet the licensing standards of the Massachusetts Board of Allied Mental Health and Human Services Professionals.

**Learning Outcomes** — Students learn and apply the principles and best practices of counseling, including various psychotherapeutic techniques for work with individuals, couples, families and groups; group counseling, and consultation to organizations and communities. They study human development, dysfunctional behavior and mental illness. They learn to assess, diagnose and treat within the scope of the counselor’s practice, and become able to utilize community resources for referrals. They learn and apply strategies for prevention and treatment of substance abuse, domestic violence, the spectrum of mental illnesses; and learn to use psychoeducational techniques aimed to prevent such disorders. They study research design and methodology. They become familiar with state regulations applicable to mental health practice and licensure.

## Academic Requirements

Mental health core courses, practicum and field experience. . . . .	42
SOPC electives and concentrations. . . . .	18
Exit Portfolio . . . . .	non-credit
Total . . . . .	60

## Elective Concentrations

The core program provides the academic preparation for mental health counseling licensure. Students may choose one or two concentrations to earn additional credentials and knowledge, but also have the option to take a blend of elective courses without completing a concentration. The entire program of study may not exceed 60 credits.

- *Addictions Counseling* — LADC
- *Rehabilitation Counseling* — CRC, LRC (Due to the length of this concentration, no second concentration may be added.)
- *Trauma Studies*

**Admission requirements:** Bachelor’s degree and other School of Psychology & Counseling requirements.

### Program chairs:

Linda Kuramoto, MS, CAGS, CRC, LMHC  
linda.kuramoto@cambridgecollege.edu

Paul White, MEd. LMHC, CARC  
paul.white@cambridgecollege.edu

**Courses** — the sequence below is highly recommended. Field experience courses **must** be taken in sequence. Take 2-4 courses/term.

### Term 1

- CCP 622 Ethics & Professional Issues for School Counselors & Mental Health Practitioners
- CCP 540 Personality & Counseling Theory
- CCP 550 Rogerian Person-Centered Therapy: Basic Counseling Skills (includes assessment of readiness for field experience)
- CCP 630 Human Development Across the Lifespan

### Term 2

- CCP 615 Psychopathology
- CCP 650 Group Dynamics/Group Counseling & Human Systems
- CCP 518 Research Design & Evaluation
- CCP 639 Career Development

### Term 3

- CCP 699 Mental Health Counseling Jurisprudence Seminar (0 credits)
  - CCP 520 Field Experience I (req. CCP 550, CCP 699),
  - OR BOTH:** CCP 522 Pre-Internship Clinical Skills (req. CCP 550, CCP 699)
  - CCP 524 Pre-Internship Supervision Laboratory
  - CCP 636 Psychological Testing
  - CCP 754 Perspectives in Cross-Cultural Counseling
- One elective or concentration course

### Term 4

- CCP 641 Field Experience II
- Two or three electives or concentration courses

### Term 5

- CCP 700 Field Experience III
- Two or three elective or concentration courses

### Term 6

- CCP 701 Field Experience IV or one elective (if approved substitution has been granted by program chair)
- One elective or concentration course

## Field Experience

The field experience includes practicum and internship under a qualified supervisor, conforming to Massachusetts regulations 262 CMR. May be individually designed to support licensure requirements. Further requirements are briefly outlined under each concentration. See also program handbook.

(All courses @ 3 credits.)



# Elective Concentrations

## For: Mental Health Counseling • School Adjustment

### Addictions Counseling

• 9 credits • LADC

#### Addictions Counseling — LADC..... 9 credits

Choose three of the following courses to complete the concentration in Addictions Counseling:

- CCP 640 Addiction Disorders
- CCP 606 Family Treatment of Substance Abuse
- CCP 516 Alcohol and Drugs in Society
- CCP 720 Psychopharmacology in Addictions & Mental Health Counseling

**Field Experience:** Must include 300 hours in an approved substance abuse treatment program with appropriate supervision in the 12 core functions. See also program handbook.

**Program chair:** Paul White, MEd, LMHC, CARC  
paul.white@cambridgecollege.edu

### Rehabilitation Counseling

• 18 credits • CRC, LRC

**Program Description** — Rehabilitation Counseling is an elective, clinical concentration for students who wish to pursue national certification as a rehabilitation counselor (CRC) and state licensure as a rehabilitation counselor (LRC). Coupled with the M.Ed. in Mental Health Counseling, students simultaneously complete the academic requirements for Mental Health Counseling licensure.

**Program Outcomes** — A focus on rehabilitation counseling helps practitioners to more comprehensively serve the mental health and vocational needs of individuals with cognitive, developmental, psychological, medical, intellectual and physical challenges seek employment, maintain employment or return to work. These individuals include veterans who face mental health and rehabilitation complications, and a host of other issues related to the interface of disabilities and mental health.

**Careers** — Graduates will be qualified to pursue national certification and state licensure as rehabilitation counselors, and for the more general licensure in mental health counseling, allowing for significant career flexibility.

Certified Rehabilitation Counselor (CRC) by the Commission on Rehabilitation Counselor Certification and Licensed Rehabilitation Counselor by the Mass. Board of Allied Mental Health and Human Services. Candidates must also pass a national exam and have had a minimum of 12 months of acceptable employment under the direct supervision of a qualified CRC professional.

Rehabilitation counselors typically work in settings such as mental health agencies, the Veterans Administration, state vocational rehabilitation agencies, insurance companies dealing with disability, non-profit agencies, employee assistance programs, disability management firms and consulting agencies, among others.

**Courses**

- CCP 655 Vocational and Affective Counseling . . . . . Fall
- CCP 643 Medical & Psychological Aspects of Disabilities . . . . . Fall
- CCP 656 Vocational Assessment & Evaluation . . . . . Spring
- CCP 654 Rehabilitation Plan Development . . . . . Spring
- CCP 639 Career Development . . . . . every term

**Not applicable to SAC students:**

- Choose one of the following courses:
- CCP 724 Post Traumatic Stress Reactions
  - CCP 727 Clinical Interventions for Combat Stress & Trauma
  - CCP 728 Trauma Specific Interventions
  - CCP 729 Trauma Intervention in Schools

**Additional Field Experience:** Not required during academic training. However, a minimum of 12 months of acceptable employment experience including 12 months of direct supervision by a qualified CRC professional will be required after completion of academic requirements for CRC eligibility. See program chair for any questions.

**Program chair:** Linda Kuramoto, M.S., CAGS, CRC, LMHC  
linda.kuramoto@cambridgecollege.edu



### Trauma Studies

• 9 credits

#### Trauma Studies..... 9 credits

Professional training in crisis intervention and trauma treatment, education, prevention, and trauma-informed care.

- CCP 724 Post Traumatic Stress Reactions
- CCP 727 Clinical Interventions for Combat Stress & Trauma . . . . . Fall
- or** CCP 729 Trauma Intervention in Schools . . . . . Spring
- CCP 728 Trauma-Specific Interventions

**Program chairs:**  
Linda Kuramoto, MS, CAGS, CRC, LMHC  
linda.kuramoto@cambridgecollege.edu

Paul White, MEd. LMHC, CARC  
paul.white@cambridgecollege.edu

(All courses @ 3 credits.)



Master of Education

# Mental Health & School Counseling

- CIP code 511508 • 66 credits • 6 terms full time
- **Program approved** by the Massachusetts Dept. of Elementary & Secondary Education for the preparation of school counselors (PreK-8 or 5-12).

**Program Description** — School and Mental Health Counseling trains professional counselors to work within the school culture and in clinical settings, serving the guidance and mental health needs of PreK-12 students and their families. The program emphasizes the role of the school counselor in reducing barriers in the multicultural 21st century: a group worker skilled in developmental guidance, a broker of educational and community resources, an interpreter of assessment tools, and a consultant to students, parents, and staff. Students are prepared to meet the licensing standards of the Massachusetts Board of Allied Mental Health and Human Services Professionals, and of the Department of Elementary and Secondary Education.

**MTEL Required** — The Mass. Communication and Literacy Test (MTEL) must be passed before a student may enter the School Counseling program. All new students must register for Mental Health Counseling until they pass.

**Learning Outcomes**— Students learn about normal and abnormal intellectual, social, and emotional development, dysfunctional behavior and mental illnesses. They learn and apply the principles and best practices of counseling and collaboration within schools and community counseling practice, including:

- Resources and skills for enhancing children's and adolescents' educational and vocational experiences and facilitating their ability to make good use of opportunities.
- Assessment, diagnosis and treatment of learning and behavior disorders and mental illnesses.
- Psychoeducational techniques for prevention and strategies for treatment of substance abuse, physical and sexual abuse, mental illnesses, and violence in PreK-12 students and throughout the lifespan.
- Psychotherapeutic techniques for work with individuals, couples, families and groups.
- Group counseling, leadership and consulting techniques; and school and community resources for referral.

Students gain and apply knowledge of:

- Psychology of learning, curriculum frameworks, student testing.
- Research design and methodology.
- Relevant federal, state, and municipal laws and regulations.

**Courses should be taken in sequence.** Please note: school-based field work is NOT available during the summer term. Term 1 courses must be completed before term 2 courses. A maximum of 4 courses can be taken each term.

## Term 1

- CCP 540 Personality & Counseling Theory
- CCP 550 Rogerian Person-Centered Therapy: Basic Counseling Skills (includes assessment of readiness for field experience)
- CCP 622 Ethics & Professional Issues for School Counselors & Mental Health Practitioners
- CCP 630 Human Development Across the Lifespan

## Term 2

- CCP 518 Research Design & Evaluation
- CCP 615 Psychopathology
- CCP 650 Group Dynamics/Group Counseling & Human Systems
- CCP 699 Mental Health Counseling Jurisprudence Seminar (0 credits)
- CCP 520 Field Experience I (preq. CCP 550, CCP 699),
- OR BOTH:** CCP 522 Pre-Internship Clinical Skills (preq. CCP 550, CCP 699)
- CCP 524 Pre-Internship Supervision Laboratory

## Term 3

- CCP 636 Psychological Testing
- CSG 616 Counseling in the Schools
- CCP 638 Group Work with Children & Adolescents
- CCP 641 Field Experience II

## Term 4

- CSG 695 Counseling & Consulting Techniques Lab
- CCP 672 Counseling Adolescents Transitioning to Adulthood
- CCP 754 Perspectives in Cross-Cultural Counseling
- CCP 700 Field Experience III

### School Counseling Internship Prerequisites

- *School Counseling Internship approval form signed* by program chair.
- Pass all teacher tests required by the state for this license. Massachusetts: Communication & Literacy Test (MTEL)



(All courses @ 3 credits.)





Continued

# Mental Health & School Counseling

## Term 5

- CCP 701 Field Experience IV or one elective (if approved substitution has been granted by program chair)
- CCP 730 Practice of Mental Health Counseling  
**OR** any CCP elective
- CCP 698A Pre-Practicum Seminar for School Adjustment and School Counseling (0 credits - **must be taken in the term prior to enrolling in CSG 792**)

## Term 6

- CCP 639 Career Development
- School Counseling Internship Fieldwork & Seminar I . . . . . **Fall only**  
for **PreK-8:** register for CSG 792E  
for **5-12:** register for CSG 792S

## Term 7

- One elective
- School Counseling Internship Fieldwork & Seminar II . . . **Spring only**  
for **PreK-8:** register for CSG 793E  
for **5-12:** register for CSG 793S

## Suggested electives:

- CCP 561 Counseling Techniques with Multi-Problem Families in Changing Communities
- CCP 715 Multicultural Counseling: Children, Adolescents in Context
- CCP 729 Trauma Intervention in Schools
- CCP 640 Addiction Disorders
- CCP 606 Family Treatment of Substance Abuse
- CCP 637 Neurobiology: Basics & Beyond

**Admission requirements:** Bachelor's degree and other School of Psychology & Counseling requirements.

**Required to enter program for DESE licensure:**

- Massachusetts Educator Personnel ID (MEPID) number
- Pass Massachusetts Communication & Literacy Test (MTEL).
- 3.0 GPA at entry; maintained throughout program.

**Program sequence may be modified** to suit the needs of the cohort.

**Program and schedule subject to change.**

**Program chair:** Brian Sasso, M.A., LMHC  
brian.sasso@cambridgecollege.edu

## Field Experiences

**Mental Health Field Experiences I, II, III: CCP 520, 641, 700**

Includes field experience under a qualified supervisor conforming to Massachusetts regulations 262 CMR. May be individually designed to support licensure requirements. See also program handbook.

**In the term PRIOR to enrolling in the school counseling field experience students are responsible for:**

- Discussing options for internship with the program chair or regional site director. All school counseling field experience sites **must** be within the state of Massachusetts.
- Submitting School Counseling Field Experience Approval form to program chair, with copy of MTEL passing score.
- Successful completion of CCP 698A Pre-Practicum Readiness Seminar. This zero credit, pass/fail course taken the summer prior to beginning field experience will fulfill DESE compliance standards.

**School Counseling Internship Fieldwork & Seminar: CSG 792-793**

Fieldwork is guided and evaluated in the classroom by a school counselor licensed in Massachusetts, who meets all state standards; and by a licensed Cambridge College site visiting supervisor. See program handbook.

- 2 sequential terms @ 225 hours, plus 75 hours of pre-practicum for 525 hours total in one school setting.
- Internship locations are subject to state regulations and must be approved by the program chair or designee.
- Completed Exit Portfolio required for graduation and endorsement.



# School Adjustment & Mental Health Counseling

- CIP code 131101 • 60 credits • 5-6 terms full time
- Program approved by the Massachusetts Dept. of Elementary & Secondary Education for the preparation of school adjustment counselors (all levels).

**Program Description** — School Adjustment and Mental Health Counseling trains mental health professionals to work within the school culture and in clinical settings, serving the mental health needs of PreK-12 students and their families. The use of evidence-based counseling strategies when working with children and adolescents in school settings is emphasized. Students are prepared to meet the licensing standards of the Massachusetts Board of Allied Mental Health and Human Services Professionals and the Massachusetts Department of Elementary and Secondary Education.

**MTEL Required** — The Mass. Communication and Literacy Test (MTEL) must be passed before a student may enter the School Adjustment Counseling program. All new students must register for Mental Health Counseling until they pass.

**Learning Outcomes** — Students learn and apply the principles of therapeutic relationships; knowledge of normal and abnormal intellectual, social, and emotional development; learning disorders and emotional issues affecting student achievement. They develop working knowledge of treatments; state-of-the-art diagnostic instruments, procedures for testing, and interpreting results; medical conditions and medication related to physical disabilities and learning disorders. They learn to work with families, schools and community personnel. They learn and apply prevention and treatment strategies for substance abuse, physical and sexual abuse, and violence in preK-12 students. They develop a working knowledge of the criminal justice system with particular reference to juvenile justice. They learn and apply laws and regulations addressing the legal rights of students and families.

## Elective Concentrations

Students electing a concentration take only one school adjustment elective. Students have the option to take a blend of elective courses without completing a concentration.

- Addictions Counseling — LADC
- Rehabilitation Counseling
- Trauma Studies

(All courses @ 3 credits.)

**Courses** — Please note: school-based field work is NOT available during the summer term. The sequence below is highly recommended. Take 2-4 courses/term.

### Term 1

- CCP 540 Personality & Counseling Theory
- CCP 550 Rogerian Person-Centered Therapy: Basic Counseling Skills (includes assessment of readiness for field experience)
- CCP 630 Human Development Across the Lifespan
- CCP 622 Ethics & Professional Issues for School Counselors & Mental Health Practitioners

### Term 2

- CCP 518 Research Design & Evaluation
- CCP 615 Psychopathology
- CCP 650 Group Dynamics/Group Counseling & Human Systems
- CCP 639 Career Development

### Term 3

- CCP 699 Mental Health Counseling Jurisprudence Seminar (0 credits)
- CCP 520 Field Experience I (preq. CCP 550, CCP 699),
- OR BOTH:** CCP 522 Pre-Internship Clinical Skills (preq. CCP 550, CCP 699)
- CCP 524 Pre-Internship Supervision Laboratory
- CCP 617 School Adjustment Counseling/School Social Work
- CCP 636 Psychological Testing
- CCP 638 Group Work with Children & Adolescents (for Rehabilitation Counseling concentration, take a concentration course **instead** of this course.)
- CCP 698A Pre-Practicum Seminar for School Adjustment and School Counseling (0 credits - **must be taken in the term prior to enrolling in CCP 792A**)

### Term 4

- CCP 792A School Adjustment/Mental Health Internship\* Seminar A (preq. CCP 520) . . . . . **Fall only**
- CCP 754 Perspectives in Cross-Cultural Counseling
- CCP 561 Counseling Techniques with Multi-Problem Families in Changing Communities . . . . . Fall/Spring only
- or** CCP 715 Multicultural Counseling: Children, Adolescents in Context

### Term 5

- CCP 793B School Adjustment/Mental Health Internship\* Seminar B (preq. CCP 792A) . . . . . **Spring only**
- Two electives or concentration courses

### Term 6

- CCP 701 Field Experience IV\*
- One elective or concentration course
- CCP 708 School Adjustment Counseling Exit Portfolio (TaskStream)



\* See next page: Internship courses and sequence options.



Continued

# School Adjustment & Mental Health Counseling

## Field Experience

The field experience includes practicum and internship under a qualified supervisor, conforming to Massachusetts regulations 262 CMR. Requirements for the SAC/LMHC practicum/internship are briefly outlined below. Further requirements are briefly outlined under each concentration. See also program handbook.

### Prerequisite Course(s)

- CCP 520 Field Experience I, **OR BOTH:**
  - CCP 522 Pre-Internship Clinical Skills
  - CCP 524 Pre-Internship Supervision Laboratory)

### Internship Courses

- CCP 792A School Adjustment/Mental Health Internship Seminar A — in a school. . . . . **Fall only**
- CCP 793B School Adjustment/Mental Health Internship Seminar B — in a school . . . . . **Spring only**
- CCP 641\* Field Experience II. . . . . every term  
**or** CCP 701\* Field Experience IV

\*CCP 641 and 701 will provide students with additional field experience, but may not be necessary if requirements have already been met through CCP 520 (or CCP 522/524), 792A and 793B.

### Internship sequence options (after prerequisites)

Spring. . . CCP 641	Summer . CCP 641	Fall . . . . . CCP 792A
Fall . . . . . CCP 792A	Fall . . . . . CCP 792A	Spring. . . CCP 793B
Spring. . . CCP 793B	Spring. . . CCP 793B	Summer . CCP 701

**Admission requirements:** Bachelor's degree and other School of Psychology & Counseling requirements, including requirements for DESE licensure programs:

- Massachusetts Educator Personnel ID (MEPID) number
- Pass Massachusetts Communication & Literacy Test (MTEL).
- 3.0 GPA at entry; maintained throughout program.

**Non-licensure option:** Mental Health Counseling, which is not an DESE licensure area.

**Program and schedule subject to change.**

**Program chair:** Brian Sasso, M.A., LMHC  
brian.sasso@cambridgecollege.edu

### School Adjustment Field Experience Prerequisites

- Pass all first-year requirements.
- SAC Pre-Practicum — 75 hours of directed field-based training in a school site (non-credit)
- Pass all teacher tests required by the state for this license. Massachusetts MTEs: Communication & Literacy test.
- Site approval form signed by SAC chair.

### In the term **PRIOR** to enrolling in the SAC internships students are responsible for:

- Discussing options for licensure with the program chair or regional site director prior to enrollment and field experiences. All school adjustment sites in schools **must** be within the state of Massachusetts.
- Submitting SAC Field Experience Approval form to SAC chair or designee the term **prior** to field experience, with a copy of MTEL passing scores.
- Successful completion of CCP 698A Pre-Practicum Readiness Seminar. This zero credit, pass/fail course taken the summer prior to beginning field experience will fulfill DESE compliance standards.

### School Adjustment/Mental Health Internships (A and B)

Requires a qualified supervisor, conforming to Massachusetts regulations 262 CMR. Internship must be supervised by a dually licensed qualified supervisor (262 CMR and SAC by ESE) who is in an SAC role and meets all state standards. See program handbook.

- 900 hours total (minimum), to be completed in three or four terms in school and mental health settings.
- Field Experience I (CCP 520) recommended in third term.
- SAC field experience after CCP 520 is completed.
  - ▶ School placement must be approved by the SAC chair.
  - ▶ 450 hours (minimum), completed in two sequential terms for SAC placement (fall/spring).
  - ▶ In one school setting approved by the SAC chair according to DESE standards.
  - ▶ Supervisor **must** work in SAC role with children, adolescents and families.

The SAC field experience is guided and evaluated by a licensed/certified clinical counselor in the school setting and by a licensed/certified Cambridge College site visiting supervisor. Field experience locations are subject to state regulations and must be approved by the program chair. Students are responsible for discussing options for field experience with the program chair, in the previous term.

- **Addictions option (LADC):** Must include 300 hours in an approved substance abuse treatment program with appropriate supervision in the 12 core functions.

(All courses @ 3 credits.)



## Post-master's Certificate

# School Adjustment Counseling for Mental Health Counselors

• CIP code 131101 • 15 credits • 2 terms • School Social Worker/School Adjustment Counselor (DESE)

### Academic Requirements

Three School Adjustment core courses . . . . .	9
Two Internship/SAC Field Experience courses . . . . .	6
School Adjustment Counseling Exit Portfolio . . . . .	0
Total . . . . .	15

**Courses should be taken in sequence.** For example, all term 1 courses must be completed before term 2 courses. Select no more than 4 courses each term for a maximum course load of 12 credits.

### Term 1

- CCP 617 School Adjustment Counseling/School Social Work
- CCP 729 Trauma Intervention in Schools
- CCP 698 Pre-Practicum Readiness Seminar for School Adjustment and School Counseling (0 credits - **must be taken prior to enrolling in CCP 792A**)
- CCP 792A School Adjustment/Mental Health Internship Seminar A . . . . . **Fall only**

### Term 2

- CCP 561 Counseling Techniques with Multi-Problem Families in Changing Communities
- or** CCP 715 Multicultural Counseling: Children, Adolescents in Context
- CCP 793B - School Adjustment/Mental Health Internship Seminar B . . . . . **Spring only**

Students who previously completed any of the listed courses shall consult with the program chair for substitute course work to meet the requirement of 15 credits.

### Admission/DESE licensure requirements:

- Completion of current Cambridge College 60-credit M.Ed. in mental health counseling or equivalent program. (Students who took an earlier version of this program, or who earned their M.Ed. at another college, may need to take additional course work to meet SAC academic requirements.)
- Massachusetts Educator Personnel ID (MEPID) number
- Pass Massachusetts Communication & Literacy Test (MTEL).
- 3.0 GPA at entry; maintained throughout program.
- Other School of Psychology & Counseling requirements.

### School Adjustment Field Experience Prerequisites

- SAC Pre-Practicum — 75 hours of directed field-based training in a school site (0 credit)
  - Site approval form signed by SAC chair.
- (Note: All other prerequisites are required for admission; see above.)
- Successful completion of CCP 698 Pre-Practicum Readiness Seminar. This zero credit, pass/fail course taken the summer prior to beginning field experience will fulfill DESE compliance standards.

### School Adjustment Field Experience

Includes field experience under a qualified supervisor, conforming to Massachusetts regulations 262 CMR. Internship must be supervised by a dually licensed qualified supervisor (262 CMR and SAC by ESE) who is in an SAC role and meets all state standards. See program handbook.

Completed Verification form required by SOPC office before registering.

- ▶ School placement must be approved by the SAC chair, and must be within Massachusetts.
- ▶ 450 hours (minimum) completed in two sequential terms.
- ▶ Supervisor must work in SAC role with children, adolescents and families.

**Program chair:** Brian Sasso, M.A., LMHC

- brian.sasso@cambridgecollege.edu

(All courses @ 3 credits.)



Master of Education

# School Counseling

- CIP code 131101 • 48 credits, 4 terms full-time
- Program approved by the Massachusetts Dept. of Elementary & Secondary Education for the preparation of school counselors (PreK-8 or 5-12).

**Program Description** — School Counseling is treated as professional counseling which enhances child and adolescent students’ access to high quality educational and vocational experiences and facilitates their ability to make good use of opportunities. The program emphasizes the role of the school counselor as a facilitator of educational reform, reducing barriers in the multicultural 21st century: a group worker skilled in developmental guidance, a practitioner helping students find their academic niche and aiding their academic achievement, a broker of educational and community resources, an interpreter of assessment tools, and a consultant to students, parents, and staff.

**Learning Outcomes**— Students develop their professional philosophy, principles and practices for their work with students and parents, teachers and administrators. They gain and apply knowledge of research in school counseling; the psychology of learning; curriculum frameworks and student testing; normal and abnormal intellectual, social, and emotional development; diagnosis and treatment of learning and behavior disorders. They learn strategies for prevention and treatment of substance abuse, physical and sexual abuse, the spectrum of mental illnesses, and violence in PreK-12 students. They gain resources and skills to effectively help students plan for post-secondary education and careers. They become familiar with relevant federal, state, and municipal laws and regulations; group counseling, leadership and consulting techniques; and school and community resources for referral.

**Careers and Further Study** — Licensed school counselors in public schools.

**Courses should be taken in sequence.** Please note: school-based field work is NOT available during the summer term. Term 1 courses must be completed before term 2 courses. A maximum of 4 courses can be taken each term.

### Term 1

- CCP 622 Ethics & Professional Issues for School Counselors & Mental Health Practitioners
- CCP 540 Personality & Counseling Theory
- CCP 550 Rogerian Person-Centered Therapy: Basic Counseling Skills (includes assessment of readiness for field experience)
- CCP 630 Human Development Across the Lifespan

### Term 2

- CCP 615 Psychopathology
- CCP 518 Research Design & Evaluation
- CCP 639 Career Development
- CCP 650 Group Dynamics/Group Counseling & Human Systems

### School Counseling Internship Prerequisites

- *School Counseling Internship approval form signed* by program chair.
- Pass all teacher tests required by the state for this license. Massachusetts: Communication & Literacy Test (MTEL)
- Complete and pass all term 1 & 2 courses.

### Term 3

- CCP 672 Counseling Adolescents Transitioning to Adulthood (for 5-12) **or** elective (for PreK-8)
- CCP 698 Pre-Practicum Readiness Seminar for School Adjustment and School Counseling (0 credits)
- CSG 792 School Counseling Internship Fieldwork & Seminar I . . . . . **Fall only**  
for **PreK-8:** register for CSG 792E  
for **5-12:** register for CSG 792S
- CCP 638 Group Work with Children & Adolescents
- CSG 695 Counseling & Consulting Techniques Lab

### Term 4

- CSG 616 Counseling in the Schools
- CCP 636 Psychological Testing
- CCP 754 Perspectives in Cross-Cultural Counseling
- CSG 793 School Counseling Internship Fieldwork & Seminar II . . . . . **Spring only**  
for **PreK-8:** register for CSG 793E  
for **5-12:** register for CSG 793S

### Suggested electives:

- CCP 561 Counseling Techniques with Multi-Problem Families in Changing Communities
- CCP 715 Multicultural Counseling: Children, Adolescents in Context
- CCP 729 Trauma Intervention in Schools
- CCP 640 Addiction Disorders
- CCP 606 Family Treatment of Substance Abuse
- CCP 637 Neurobiology: Basics & Beyond



(All courses @ 3 credits.)





Continued

## School Counseling

**Admission requirements:** Bachelor's degree and other School of Psychology & Counseling requirements.

**Required to enter program for licensure:**

- Massachusetts Educator Personnel ID (MEPID) number
- Pass Massachusetts Communication & Literacy Test (MTEL).
- 3.0 GPA at entry; maintained throughout program.

**In the term *PRIOR* to enrolling in the School Counseling field experience students are responsible for:**

- Discussing options for internship with the program chair or regional site director. All school counseling field experience sites *must* be within the state of Massachusetts.
- Submitting School Counseling Field Experience Approval form to program chair or designee, with copy of MTEL passing score.
- Successful completion of CCP 698 Pre-Practicum Readiness Seminar. This zero credit, pass/fail course taken the summer prior to beginning field experience will fulfill DESE compliance standards.

**School Counseling Internship Fieldwork & Seminar: CSG 792-793**

Fieldwork is guided and evaluated in the classroom by a school counselor licensed in Massachusetts, who meets all state standards; and by a licensed Cambridge College site visiting supervisor. See program handbook.

- 2 sequential terms @ 225 hours, plus 75 hours of pre-practicum for 525 hours total in one school setting.
- Internship locations are subject to state regulations and must be approved by the program chair.
- Completed Exit Portfolio required for program completion and endorsement.

**Non-licensure option:** All program components are required except the Communication & Literacy Test (MTEL). Non-licensure students must complete the pre-practicum and internship.

Students who graduate from the non-licensure program will not be endorsed by Cambridge College for initial licensure as a school counselor to the Dept. of Elementary and Secondary Education.

**Program sequence may be modified** to suit the needs of the cohort.

**Program and schedule subject to change.**

**Program chair:** Brian Sasso, M.A., LMHC  
brian.sasso@cambridgecollege.edu



# Massachusetts State Standards for School Counseling Programs

## Massachusetts DESE School Adjustment Counselor/School Social Worker Standards

See also [www.doe.mass.edu/lawsregs/603cmr7.html?section=11](http://www.doe.mass.edu/lawsregs/603cmr7.html?section=11).

- a. Principles of therapeutic relationships . . . . . CCP 550, CCP638, CCP650, CCP792A-793B
- b. Theories of normal and abnormal intellectual, social, and emotional development . . . . . CCP540, CCP630, CCP615, CCP638, CCP792A-793B
- c. Learning disorders, including emotional issues affecting student achievement, and their treatment . . . . . CCP615, CCP617, CCP636, CCP792A-793B
- d. Prevention and treatment of substance abuse, physical and sexual abuse, and violence in PreK-12 students . . . . . CCP606, CCP638, CCP640, CCP617, CCP724, CCP728, CCP729, CCP792A-793B
- e. Knowledge of state-of-the-art diagnostic instruments; procedures for testing and interpreting results. . . . . CCP617, CCP636, CCP792A-793B
- f. Techniques for communicating and working with families and school and community personnel . . . . . CCP561, CCP617, CCP715, CCP754, CCP792A-793B
- g. Knowledge of the criminal justice system with particular reference to the juvenile justice system and organizations . . . . . CCP617, CCP792A-793B
- h. Knowledge of medical conditions and medication related to physical disabilities learning disorders . . . . . CCP615, CCP792A-793B
- i. Federal and state laws and regulations addressing the legal rights of students and families. . . . . CCP617, CCP622, CCP715, CCP792A-793B

## Massachusetts DESE School Counselor Standards

See also [www.doe.mass.edu/lawsregs/603cmr7.html?section=11](http://www.doe.mass.edu/lawsregs/603cmr7.html?section=11).

- a. Familiarity with the Curriculum Frameworks and their use in the advising responsibilities of the guidance counselor. . . . . CSG616, CSG792-793
- b. Understanding and interpretation of Massachusetts Comprehensive Assessment System (MCAS) and other academic test results to students, teachers, and parents. . . . . CSG616, CSG792-793, CCP636
- c. Psychology of learning. . . . . CSG792-793, CCP630
- d. Understanding of the diagnosis and treatment of learning and behavior disorders. . . . . CSG792-793, CCP615, CCP636
- e. Theories of normal and abnormal intellectual, social, and emotional development. . . . . CSG792-793, CCP540, CCP630
- f. Knowledge of strategies used for the prevention and treatment of substance abuse, physical and sexual abuse, the spectrum of mental illnesses, and violence in PreK-12 students. . . . . CSG616, CSG792-793
- g. Philosophy, principles and practices in school guidance counseling. . . . . CSG616, CSG792-793
- h. Federal, state, municipal, and school laws and regulations. . . . . CSG792-793, CCP622
- i. Career counseling. . . . . CSG792-793, CCP639
- j. Resources within the school system or the community for referral. . . . . CSG616, CSG792-793
- k. Knowledge of statistics, research design, and research in guidance counseling. . . . . CCP518, CSG792-793
- l. Group counseling and group leadership. . . . . CCP638, CSG792-793, CCP650
- m. Development of skills for consultation with parents, teachers, and administrators. . . . . CSG616, CSG695, CSG792-793, CCP672,
- n. College counseling and use of college and other post-secondary resource materials (grades 5-12). . . . . CCP672



Master of Education

# Psychological Studies

• CIP code 422803 • 36 credits • 3 terms full time • non-licensure

**Program Description** — Psychological Studies is a non-licensure graduate program that introduces students to a broad range of psychological perspectives, with a strong commitment to an evolving multicultural society.

**Learning Outcomes** — Students are exposed to the principles of counseling. They learn about assessment, resources, cultural and racial dynamics, roles on interdisciplinary teams, ethics and relevant laws. They learn about small group dynamics and processes and how leadership styles influence group process. Students have flexibility to choose courses to support their particular interests in the field.

**Careers and Further Study** — Graduates may be eligible for advancement in human service careers that do not require licensure. They will NOT be eligible to return to study towards mental health licensure at the CAGS level.

## Academic Requirements

Psychological studies core courses . . . . .	15
Psychological Studies elective courses . . . . .	21
Total . . . . .	36

## Psychological Studies Electives — choose seven\*

- CCP 600 Biopsychosocial Dimensions of Aging . . . . . Fall
- CCP 672 Counseling Adolescents transitioning to Adulthood
- CCP 631 The Counselor in the Forensic Environment . . . Summer
- CCP 634 Death & Dying . . . . . Spring
- CCP 622 Ethics & Professional Issues for School Counselors & Mental Health Practitioners
- CCP 606 Family Treatment of Substance Abuse
- CCP 681 Mind, Body, & Emotion: a Holistic Perspective
- CCP 615 Psychopathology
- CCP 518 Research Design & Evaluation
- CCP 657 Terror, Trauma & the Sacred: Psychological & Spiritual Perspectives . . . . . Summer

\*Students may select other elective courses with approval of the program chair.

## Core courses below should be taken in sequence.

For example, all term 1 courses must be completed before term 2 courses. Select no more than 4 courses each term for a maximum course load of 12 credits.

### Term 1

- CCP 540 Personality & Counseling Theory
- CCP 630 Human Development across the Lifespan
- Two elective courses.

### Term 2

- CCP 640 Addiction Disorders
- Three elective courses.

### Term 3

- CCP 639 Career Development
- CCP 754 Perspectives in Cross-Cultural Counseling
- Two elective courses.

## Subsequent terms as needed to complete your program of study

**Admission requirements:** Bachelor's degree and other School of Psychology & Counseling requirements.

**Program chairs:**  
 Linda Kuramoto, MS, CAGS, CRC, LMHC  
 linda.kuramoto@cambridgecollege.edu

Paul White, MEd. LMHC, CARC  
 paul.white@cambridgecollege.edu

(All courses @ 3 credits.)



## Post-master's certificate

# Rehabilitation Counseling Certificate

• CIP code 512310 • 18 credits • CRC, LRC

**Program Description** — The Rehabilitation Counseling Certificate is for the individual seeking to add to their credential by pursuing a national certification as a rehabilitation counselor (CRC) and/or Mass. state licensure as a rehabilitation counselor (LRC).

**Program Outcomes** — A focus on rehabilitation counseling helps practitioners to more comprehensively serve the mental health and vocational needs of individuals with cognitive, developmental, psychological, medical, intellectual and physical challenges seek employment, maintain employment or return to work. These individuals include veterans who face mental health and rehabilitation complications, and a host of other issues related to the interface of disabilities and mental health.

**Careers** — Graduates will be qualified to pursue national certification and state licensure as rehabilitation counselors: .

Certified Rehabilitation Counselor (CRC) by the Commission on Rehabilitation Counselor Certification and Licensed Rehabilitation Counselor by the Mass. Board of Allied Mental Health and Human Services. Candidates must also pass a national exam and have had a minimum of 12 months of acceptable employment.

Rehabilitation counselors typically work in settings such as mental health agencies, the Veterans Administration, state vocational rehabilitation agencies, insurance companies dealing with disability, non-profit agencies, employee assistance programs, disability management firms and consulting agencies, among others.

### Courses

- CCP 655 Vocational and Affective Counseling . . . . . Fall
- CCP 643 Medical & Psychological Aspects of Disabilities . . . . Fall
- CCP 656 Vocational Assessment & Evaluation . . . . . Spring
- CCP 654 Rehabilitation Plan Development . . . . . Spring
- CCP 639 Career Development . . . . . every term

### And one of the following:

- CCP 724 Post Traumatic Stress Reactions
- CCP 727 Clinical Interventions for Combat Stress & Trauma
- CCP 728 Trauma Specific Interventions
- CCP 729 Trauma Intervention in Schools

Students who previously completed any of the listed courses shall consult with the program chair for substitute course work to meet the requirement of 18 credits.

#### Admission requirements:

- 60-credit master's or higher degree in mental health counseling, marriage & family therapy, social work, or psychology.
- Other School of Psychology & Counseling requirements.

**Additional Field Experience:** Not required during academic training. However, a minimum of 12 months of acceptable employment experience including 12 months of direct supervision by a qualified CRC professional will be required after completion of academic requirements for CRC eligibility. See program chair for any questions.

**Program chair:** Linda Kuramoto, M.S., CAGS, CRC, LMHC  
linda.kuramoto@cambridgecollege.edu

## Graduate Certificate

# Trauma Studies Certificate

• CIP code 511508 • 15 credits • 2-3 terms

**Program Description** — Trauma Studies provides professional training in crisis intervention and trauma treatment, education and prevention, leading to certification. The program has a strong commitment to educating compassionate, ethical and effective trauma specialists. The program emphasizes the role of trauma specialists in implementing trauma-informed care across disciplines and utilizing community resources.

**Learning Outcomes** — Students will gain knowledge of crisis, trauma, post-traumatic stress reactions, trauma-specific interventions and disaster mental health in multi-cultural settings. They can apply the learned skills in trauma assessment, counseling and treatment to effectively respond to immediate and long-term needs of survivors, including war veterans, survivors of child abuse, first responders, immigrants and refugees, as well as victims of crime, disasters, domestic violence, sex trafficking and torture.

**Careers** — Prepares students to work in crisis response teams, provide trauma-informed care in community mental health, addiction treatment and rehabilitation programs in school settings and provide support for veterans, survivors of gender-based violence and refugees.

Select no more than 4 courses each term for a maximum course load of 12 credits (all courses @ 3 credits).

### Counseling

- CCP 615 Psychopathology
- CCP 622 Ethics & Professional Issues for School Counselors & Mental Health Practitioners

### Trauma

- CCP 724 Post Traumatic Stress Reactions (preq for CCP 728)
- CCP 728 Trauma-specific Interventions
- CCP 727 Clinical Interventions for Combat Stress & Trauma . . . . . Fall
- or** CCP 729 Trauma Intervention in Schools . . . . . Spring

Students who previously completed any of the listed courses shall consult with the program chair for substitute course work to meet the requirement of 15 credits.

**Course schedule:** All courses are offered in Cambridge every term, subject to sufficient enrollment, except as noted above.

**Admission requirements:** Bachelor's degree and other School of Psychology & Counseling requirements.

**Transfer credit** — These courses may be taken alone as a certificate of completion or evaluated for transfer into a Cambridge College master's degree program; courses must meet current program requirements and credit limits at time of matriculation.

#### Program chairs:

Linda Kuramoto, MS, CAGS, CRC, LMHC  
linda.kuramoto@cambridgecollege.edu

Paul White, MEd. LMHC, CARC  
paul.white@cambridgecollege.edu

(All courses @ 3 credits.)



Master of Education

# Marriage & Family Therapy (California)

with an optional Professional Clinical Counselor concentration

• 60 credits • 5-6 terms full time

**Program Description** — The Marriage and Family Therapy program with an optional Professional Clinical Counselor concentration provides graduate-level professional training for licensure with a strong commitment to an evolving multicultural society. Students are prepared to meet the licensing standards of the California Board of Behavioral Sciences.

**Learning Outcomes** — Students learn and apply the principles and best practices of counseling, including various psychotherapeutic techniques for work with individuals, couples, families and groups; group counseling, and consultation to organizations and communities. They study human development, dysfunctional behavior and mental illness. They learn to assess, diagnose and treat within the scope of the Marriage and Family Therapists/Professional Clinical Counselor practice, and become able to utilize community resources for referrals. Students are equipped to work in community mental health centers, agencies, and organizations, and are employable within and covered by managed care organizations and health plans. They learn and apply strategies for prevention and treatment of substance abuse, domestic violence, the spectrum of mental illnesses; and learn to use psychoeducational techniques aimed to prevent such disorders. They study research design and methodology and become familiar with state regulations applicable to Marriage and Family Therapy/Professional Clinical Counselor practice.

## Academic Requirements

Mental health core courses, practicum . . . . .	60
Exit Portfolio . . . . .	non-credit
Total . . . . .	60

The core program provides the academic preparation for California licensure as a marriage and family therapist/professional clinical counselor. The program of study may not exceed 60 credits.

**Courses should be taken in sequence.** Term 1 courses must be completed before term 2 courses. A maximum of 4 courses may be taken each term.

### Term 1

- CCP 518 Research Design & Evaluation
- CCP 540 Personality & Counseling Theory
- CCP 550 Rogerian Person-Centered Therapy: Basic Counseling Skills (includes assessment of readiness for field experience)
- CCP 630 Human Development Across the Lifespan

### Term 2

- CCP 615 Psychopathology
- CCP 650 Group Dynamics/Group Counseling & Human Systems
- CCP 710 Marriage & Family Therapy: Basic Counseling Skills
- CCP 758 Clinical Practice in California

### Term 3

- CCP 622 Ethics & Professional Issues for School Counselors & Mental Health Practitioners
- CCP 513 California Clinical Experience: Practicum I (MFT licensure) **or** CCP 520D MFT/PCC Practicum I (MFT/LPCC dual licensure)
- CCP 639 Career Development
- CCP 724 Post Traumatic Stress Reactions

### Term 4

- CCP 754 Perspectives in Cross-Cultural Counseling
- CCP 644 California Clinical Experience: Practicum II (MFT licensure) **or** CCP 620D MFT/PCC Practicum II (MFT/LPCC dual licensure)
- CCP 561 Counseling Techniques with Multi-Problem Families in Changing Communities
- CCP 606 Family Treatment of Substance Abuse

### Term 5

- CCP 636 Psychological Testing
- CCP 722 The Life of the Family in Context
- CCP 731 California Clinical Experience: Practicum III (MFT licensure) **or** CCP 720D MFT/PCC Practicum III (MFT/LPCC dual licensure)
- CCP 720 Psychopharmacology in Addictions and Mental Health Counseling

Subsequent terms as needed to complete your program of study

## Practicum

MFT Practicum hours require a minimum of 225 hours of direct client contact in an approved clinical setting. These hours satisfy LMFT curriculum requirements and a portion of the 3,000 hours of clinical experience required for licensure as a licensed Marriage and Family Therapist.

PCC Practicum hours require a minimum of 280 hours of direct client contact in an approved clinical setting. These hours satisfy curriculum requirements for the LPCC license but cannot be counted toward the 3,000 hours of post-degree internship hours required for licensure as a Professional Clinical Counselor.

The Marriage and Family Therapy program with an optional Professional Clinical Counselor concentration meets the academic requirements for licensure as a Marriage and Family Therapist (MFT) and Professional Clinical Counselor (PCC) in California. Interns may apply supervised hours to both licenses, as long as the supervision requirements for each license are completed. Note: there are some differences in the supervision requirements for each license. Applicants must meet the educational requirements for each license for which they are applying before they can be issued registration by the board. Applicants can apply to register as an associate for MFT and PCC licenses at the same time, so their hours can be applied toward both licenses. This degree program is designed to meet the requirements of Section 4980.36 or 4980.37 and Section 4999.32 or 4999.33.

**Admission requirements:** Bachelor's degree and other School of Psychology & Counseling requirements.

**Program chairs:**  
Linda Kuramoto, MS, CAGS, CRC, LMHC  
linda.kuramoto@cambridgecollege.edu

Paul White, MEd, LMHC, CARC  
paul.white@cambridgecollege.edu

(All courses @ 3 credits.)





Master of Education with Specialization in

# Mental Health Counseling (Puerto Rico)

- CIP code 511508 • 60 credits • 6 terms full time
- Program approved by Puerto Rico Board of Postsecondary Institutions

**Program Description** — Mental Health Counseling provides graduate level professional training for mental health counseling licensure, with a strong commitment to an evolving multicultural society.

**In Puerto Rico** — The School of Psychology and Counseling (SOPC) monitors the mental health licensing standards of both Massachusetts and Puerto Rico. The course work and field experience offered in Puerto Rico conform to Puerto Rico regulations and licensure requirements.

**Learning Outcomes** — Students learn and apply the principles and best practices of counseling, including various psychotherapeutic techniques for work with individuals, couples, families and groups; group counseling, and consultation to organizations and communities. They study human development, dysfunctional behavior and mental illness. They learn to assess, diagnose and treat within the scope of the counselor's practice, and become able to utilize community resources for referrals. They learn and apply strategies for prevention and treatment of substance abuse, domestic violence, the spectrum of mental illnesses; and learn to use psychoeducational techniques aimed to prevent such disorders. They study research design and methodology. They become familiar with state regulations applicable to mental health practice and licensure.

## Academic Requirements

Mental health core courses, practicum and field experience. . . . .	42
Psychology & Counseling electives . . . . .	18
CCP 592 Exit Portfolio in Tevera. . . . . non-credit	
Total . . . . .	60

The program provides the academic preparation for professional counseling licensure in Puerto Rico. The program of study may not exceed 60 credits.

## Field Experience

The field experience includes practicum and internship under a qualified supervisor, conforming to Puerto Rico regulations and Law 147 of 2002 for Professional Counseling.

**Admission requirements:** Bachelor's degree and other School of Psychology & Counseling requirements.

**Program chairs:**  
Linda Kuramoto, MS, CAGS, CRC, LMHC  
linda.kuramoto@cambridgecollege.edu

Paul White, MEd. LMHC, CARC  
paul.white@cambridgecollege.edu

(All courses @ 3 credits.)

**Courses should be taken in sequence.** Term 1 courses should be completed before term 2 courses. A maximum of 4 courses may be taken each term.

### Term 1

- CCP 622 Ethics & Professional Issues for School Counselors & Mental Health Practitioners
- CCP 540 Personality & Counseling Theory
- CCP 550 Rogerian Person-Centered Therapy: Basic Counseling Skills (includes assessment of readiness for field experience)
- CCP 630 Human Development Across the Lifespan

### Term 2

- CCP 615 Psychopathology
- CCP 650 Group Dynamics/Group Counseling & Human Systems
- CCP 518 Research Design & Evaluation
- CCP 639 Career Development

### Term 3

- CCP 520 Field Experience I (preq. CCP 550, CCP 699),
- CCP 636 Psychological Testing
- CCP 754 Perspectives in Cross-Cultural Counseling
- One elective or concentration course

### Term 4

- CCP 641 Field Experience II
- Two or three electives or concentration courses

### Term 5

- CCP 700 Field Experience III
- Two or three elective or concentration courses

### Term 6

- CCP 701 Field Experience IV or one elective (if approved substitution has been granted by program chair)
- One elective or concentration course

## Elective Concentrations

The core program provides the academic preparation for mental health counseling licensure. Students may choose one or two concentrations to earn additional credentials and knowledge, but also have the option to take a blend of elective courses without completing a concentration. The entire program of study may not exceed 60 credits. See *Elective Concentrations* on page 258 for concentration courses.

- Addictions Counseling — LADC
- Trauma Studies



Maestría de Educación con especialización en

# Consejería en Salud Mental (Puerto Rico)

- CIP code 511508 • 60 créditos • 6 términos a tiempo completo
- Programa aprobado por la Junta de Instituciones Postsecundarias de Puerto Rico

**Descripción del Programa** — El programa de Consejería en Salud Mental facilita adiestramiento para futuros profesionales licenciados en Consejería Profesional con un alto compromiso social y sentido de la multiculturalidad.

**Puerto Rico** — La Escuela de Psicología y Consejería (SOPC) monitorea los estándares de licenciamiento en Massachusetts y en Puerto Rico para el beneficio de los estudiantes de Consejería en Salud Mental. El currículo académico cumple con los cursos, la experiencia de campo necesarios para revalidar con la Junta de Consejeros Profesionales en Puerto Rico.

**Objetivos del Programa** — Los estudiantes desarrollan conocimientos en conceptos teóricos y prácticos de la consejería profesional, incluyendo técnicas psicoterapéuticas que pueden aplicarse en la consejería individual, grupal, familiar y en consultas que estén relacionadas con organizaciones o comunidades. Dentro del programa de estudio se toman cursos de desarrollo humano, comportamiento disfuncional y enfermedades de salud mental, además de procesos de avalúo, diagnóstico y tratamiento. Asimismo, se destacan conocimientos en los procesos de prevención y tratamientos en abuso de substancias, violencia doméstica y enfermedades de salud mental, además de investigación y diseño de investigación relacionados a la consejería profesional.

## Requisitos Académicos

Cursos de Salud Mental y experiencias de campo. . . . .	42
Electivas de Consejería . . . . .	18
CCP 592 Portfolio de Salda en Tevera . . . . .	Cero Crédito
Total . . . . .	60

El programa de Consejería en Salud Mental provee la preparación académica para licenciarse como consejero profesional en Puerto Rico. El programa no puede exceder de 60 créditos.

## Experiencia en el campo

La experiencia en el campo incluye práctica y internado supervisada bajo un mentor cualificado con licencia, conforme a las regulaciones y la Ley 147 de 2002 para Consejeros Profesionales.

**Requisitos de admisión:** Grado de bachillerato, otros requisitos de la Escuela de Psicología y Consejería.

**Directores del Programa:**  
Linda Kuramoto, MS, CAGS, CRC, LMHC  
linda.kuramoto@cambridgecollege.edu

Paul White, MEd. LMHC, CARC  
paul.white@cambridgecollege.edu

**Los cursos se deben tomar en secuencia.** Los cursos del primer término deben aprobarse antes de los del segundo término. Un máximo de 4 cursos está permitido por término.

## Término 1

- CCP 622 Ethics & Professional Issues for School Counselors & Mental Health Practitioners
- CCP 540 Personality & Counseling Theory
- CCP 550 Rogerian Person-Centered Therapy: Basic Counseling Skills (includes assessment of readiness for field experience)
- CCP 630 Human Development Across the Lifespan

## Término 2

- CCP 615 Psychopathology
- CCP 650 Group Dynamics/Group Counseling & Human Systems
- CCP 518 Research Design & Evaluation
- CCP 639 Career Development

## Término 3

- CCP 520 Field Experience I (preq. CCP 550, CCP 699),
- CCP 636 Psychological Testing
- CCP 754 Perspectives in Cross-Cultural Counseling
- Un curso electivo de la SOPC

## Término 4

- CCP 641 Field Experience II
- Dos o tres cursos electivos de la SOPC

## Término 5

- CCP 700 Field Experience III
- Dos o tres cursos electivos de la SOPC

## Término 6

- CCP 701 Field Experience IV or one elective (if approved substitution has been granted by program chair)
- Un curso electivo de la SOPC

## Concentraciones Electivas

El programa básico le da al estudiante la preparación académica para licenciarse como consejero profesional de salud mental. Los estudiantes pueden elegir una o dos concentraciones bajo las cuales acumulan credenciales y conocimientos adicionales, pero también tienen la posibilidad de tomar una combinación de cursos electivos sin completar una concentración en particular. El programa de estudio no puede exceder de 60 créditos. Vea Concentraciones Electivas en la pagina 254 para los cursos que se ofrecen en las diversas concentraciones de estudio.

- *Consejería para adicciones* — LADC
- *Estudios acerca de trauma*

# Psychology and Counseling Course Descriptions

## Alcohol & Drug Counseling (ADC)

### **ADC 505 Alcohol and Drugs in Society - 3 credits**

This course provides an overview of alcohol and other drugs of abuse in our society today. The common drugs of abuse will be named and their actions based on substance, setting and individual psychological set will be described and examined. We will explore the consequences of abuse and dependence to the individual, the family, and society at large. Historical approaches to this issue including understanding etiological factors, as well as scientific methods of treatment, rehabilitation and prevention will be covered. Bio-psychosocial assessment and related interventions will be identified, including medications, counseling, 12 Step support and other psychological methods. .

### **ADC 521 Practicum Seminar in Alcohol and Drug Counseling - 3 credits**

Enrollment limited to 10. This course is for students beginning their alcohol and drug counseling program fieldwork. Counselor trainees become familiar with the following: basic professional counseling skills and behaviors; working with agencies/systems; the use of supervision; beginning diagnostic skills; and DSM-5 TR. The 300 hour practical supervised experience takes place in a facility or agency licensed to provide counseling services. An opportunity to provide 10 hours in each of the "12 core functions" will be part of this experiential placement. Participants complete case presentations, case scripts, process notes and take an active part in the didactic and demonstration parts of the class. Readings and active discussion are required. The Commonwealth of Massachusetts specifies that this practicum be supervised by an "approved supervisor" as described in (CMR) 262, in order for students to meet requirements for licensure as an LMHC. Requirements for those not seeking a mental health license will be provided by the program director or your advisor.

### **ADC 601 Role of the Professional in Alcohol and Drug Treatment - 3 credits**

This course introduces students to the role of the professional in alcohol and drug treatment. The historical development of treatment services and the various professionals associated with the field. The development of treatment modalities, the influence of the federal government and private facilities in developing standards and credentials for counselors and other professionals as well as certification, licensing standards, the institution of organizations and agencies designed to promote appropriate and evidence based treatment for alcohol and drug abuse/dependency will all be explored. The language and descriptors of treatment, The patient placement criteria of the American Society of Addiction Medicine and other instruments will be demonstrated. The "12 core functions" for substance abuse counselors, five domains and 46 global criteria of the international Certification Consortium will be presented and demonstrated. Levels of care and various settings of treatment programs will be explored.

### **ADC 611 Family Treatment of Substance Abuse - 3 credits**

This course bridges the gap between substance abuse counseling and family therapy. It examines the specific interactional patterns that help to maintain addictive behavior within the family. Case examples illustrate how to intervene in addictive families. The following topics are covered: a systemic perspective on addictive behavior; assessing substance abuse and setting treatment goals; the over responsibility/under responsibility dynamic in families; the family intervention model; treatment needs of young children and adult children of addictive families; and facilitating family adjustment to sobriety. Course requirements include class attendance, reading, participation in experiential exercises and role play.

### **ADC 625 Psychopharmacology in Addictions Treatment - 3 credits**

The use of medications in the treatment of alcohol and drug dependence has often been controversial. Recent times have seen the advent of more and different types of medications to address addiction directly. Agonist and antagonist drugs are designed to have a direct impact on the neurochemistry of addiction. The use of other psychotropic drugs can be contra-indicated in persons with addictive disorders. Because psycho-pharmacology treatment depends on diagnosis, this course will review the medical model's analytical mode, differential diagnosis. A brief review of relevant neuroanatomy and neurophysiology will then set the stage for an examination of the major psychotropic medications: anti-psychotics, anti-depressants, mood stabilizers and anti-anxiety agents. The course will be grounded throughout in clinical material, and case histories will be discussed during each class. Requirements will include one topical presentation. We will also share responsibility for presenting cases.

### **ADC 642 Addiction Counseling - 3 credits**

Designed for counselors with some knowledge in treating and educating substance abusers and their families, this course offers an in-depth examination of special populations and specific issues related to substance abuse treatment. Topics include: working with dual diagnosis clients; adolescent substance abuse; women treatment issues; working with diverse client populations including HIV positive clients; cultural competency; infectious diseases; tobacco cessation; relapse prevention; the use of strategic and paradoxical interventions; and certification of substance abuse counselors. Evidence based treatment from psychodynamic to motivational enhancement as well as modern approaches to relapse prevention will be explored.

## Psychology & Counseling (CCP)

### **CCP 512 The Cognitive Therapies - 3 credits**

Therapeutic applications of the cognitive theorists will be explored. Among the theorists are Insoo Kim Bergh (brief solution focused therapy), Aaron Beck (cognitive therapy), Richard Glasser (choice therapy), Albert Ellis (rational-emotive behavioral therapy), Arnold Lazarus (multi-modal therapy) and select others. Using didactic, video and experiential exercises, the course will address mental health issues in children and adolescents, addiction and substance abuse, bereavement, and family structure. This course includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

**CCP 513 California Clinical Experience: Practicum I - 3 credits**

Supervised clinical counseling of individuals, couples, groups, families, and children. At least one hour of individual supervision per week or two hours of group supervision. Four hours of case presentations. Continuous registration for this portion of the clinical training until completion of at least 100 clock hours.

**CCP 516 Alcohol and Drugs in Society - 3 credits**

This course provides an overview of alcohol and other drugs of abuse in our society today. The common drugs of abuse will be named and their actions based on substance, setting, and individual psychological set will be described and examined. We will explore the consequences of abuse and dependence on the individual, the family, and society at large. Historical approaches to this issue including understanding etiological factors, as well as scientific methods of treatment, rehabilitation and prevention will be covered. Bio-psycho-social assessment and related interventions will be identified, including medications, counseling, 12 Step support, and other psychological methods.

**CCP 518 Research Design & Evaluation - 3 credits**

This course provides students with a foundation in research and evaluation methodologies and strategies, program evaluation and needs assessment. Students will gain an understanding of different types of research and research design, procedures for data collection and analysis, analysis of both hard and soft data, and ethical and legal considerations associated with research. Students will leave the course prepared to conduct and be discriminating consumers of research. This course includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

This course addresses the following Massachusetts State Standards for School Guidance Counseling: k. Knowledge of statistics, research design, and research in guidance counseling

**CCP 520 Field Experience I - 3 credits**

Enrollment limited to 10. This initial field experience course must be taken concurrent with a field placement. Documentation of practicum requirements in accordance with 262 CMR 2.00 must be completed between the 8th week of class and the end of the term and before any internship hours begin. Prerequisite: CCP 550 Basic Counseling Skills: Rogerian Therapy. This course is a prerequisite for CCP 792A School Adjustment/Mental Health Internship Seminar A.

**CCP 520D Marriage & Family Therapy (MFT)/Professional Clinical Counselor (PCC) Practicum I - 3 credits**

Prerequisites: 12 units of coursework in the MFT/PCC Program. A practical integration of theory and technique. Supervised practicum/field study experience in clinical counseling of individuals, couples, groups, families, and children. A minimum of one hour of individual or triadic supervision, or two hours of group supervision weekly. Four hours of case presentations. Continuous registration for this portion of the clinical training until completion of at least fifty clock hours or six semester units. Students are required to meet BBS and COAMFTE minimum clinical hour requirements.

**CCP 522 Pre-internship Clinical Skills - 3 credits**

Enrollment limited to 9. This pre-internship clinical skills course must be taken concurrently with CCP 524, the in-vivo lab and clinical supervision course. Students follow two individual clients from initial assessment to case closing in a guided role play narrative over the course of the term. Students become familiar with the principles of

therapeutic relationships and basic professional counseling skills; developing techniques for communicating and working with families, agencies/systems, and school and community personnel; the use of supervision; beginning diagnostic skills; and DSM-5. Students take an active part in role plays, complete case presentations, process notes, and treatment planning. This course will stress philosophy and principles of counseling. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction. Prerequisite: CCP 550 Basic Counseling Skills: Rogerian Therapy and CCP 650 Group Dynamics. This course is a prerequisite for CCP 792A School Adjustment/Mental Health Internship Seminar A and CCP 641 Field Experience II.

**CCP 524 Pre-internship Supervision Laboratory - 3 credits**

Enrollment limited to 6. This companion course to CCP 522 provides students the opportunity to consult with their clinical supervisor for case consultation and supervision for their two ongoing cases in CCP 522. Students are responsible for audio, video and / or verbatim transcribing of several sessions over the period of the course. Students will meet weekly with the instructor / supervisor to review their case progress. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

**CCP 540 Personality and Counseling Theory - 3 credits**

This course explores personality and counseling theories, identifying strengths and weaknesses in each theory. Cultural elements are stressed. Theories are approached from an eclectic standpoint, including normal and abnormal, social, intellectual, and emotional development. Students are encouraged to identify an approach or approaches which are compatible with their history, current philosophy, clients and counseling settings. We also explore modern notions of cultural and family identity, increasing our ability to adapt counseling theory to the strengths and needs of individuals in our contemporary, diverse client population. The on-line library is employed in this course to gather evidence and support project development and presentations. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

This course addresses the following Massachusetts State Standard for School Adjustment Counselor/School Social Worker: b: Theories of normal and abnormal intellectual, social, and emotional development.

This course addresses the following Massachusetts State Standards for School Guidance Counseling: e. Theories of normal and abnormal intellectual, social, and emotional development.

**CCP 550 Rogerian Person-Centered Therapy: Basic Counseling Skills - 3 credits**

Successful completion required for mental health **field experience I**, CCP 520. The basis of therapeutic relationships is seen in Carl Rogers' theory of personality with its stress of self-actualization, development of the self, phenomenological field, validation, and conditions of worth is the basis for the techniques that are taught, practiced and modeled in this course. These techniques are empathic understanding, unconditional positive regard, and congruence. These techniques are central to any effective relationship from any theoretical perspective. The student will become practiced at these and related aspects of person-centered theory. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

This course addresses the following Massachusetts State Standards for School Adjustment Counselor/School Social Worker: Standard a: Principles of therapeutic relationships.

**CCP 561 Counseling Techniques with Multi-Problem Families in Changing Communities - 3 credits**

It is strongly recommended that students participate in a practicum/ internship while enrolled in this course. This course is for those beginning work with “multi-problem” families, and for those with some experience who wish to adopt a systemic, strengths-focused model of counseling. Techniques for communicating and working with families in school and community settings are emphasized. Instructor and student generated case studies are supported by role-playing and outside readings. Students go step-by-step through assessment, contracting, and counseling processes. They learn how to evaluate resources and needs, how to identify and collaborate with outside helpers and agencies, and how to deal with conflicts between the needs of family members. Issues relating to family violence, substance abuse and the use of home visiting are also discussed. In addition to class participation and readings, two papers analyzing families and the counseling process are required. This course emphasizes approaches which honor the socioeconomic, linguistic and cultural differences which may affect families and relationship between the family and therapist. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction. This course addresses the following Massachusetts State Standard for School Adjustment Counselor/ School Social Worker: f: Techniques for communicating and working with families and school and community personnel.

**CCP 592 SOPC Exit Portfolio - 0 credit**

An educational portfolio assembled by the student over the course of their studies. It highlights the student’s professional knowledge, skills and abilities, and documents quality graduate level work.

**CCP 600 Biopsychosocial Dimensions of Aging - 3 credits**

Students explore the biology, psychology and sociology of aging, with an emphasis on how these issues manifest in clinical settings. Students will explore the biology of aging, including “normal aging,” common physical changes, medical conditions, and related functional impairment. Psychosocial issues will also be addressed, including multigenerational family dynamics, aspects of adult development (e.g. generativity, successful aging), and common late-life stressors (e.g. financial strain, bereavement, housing changes). This course will also explore sociocultural trends in aging such as cohort differences between generations, multicultural concerns, ageism and discrimination. Students will also obtain an overview of public health policy, advocacy and case management, as they relate to counseling work with older adults. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

**CCP 606 Family Treatment of Substance Abuse - 3 credits**

This course bridges the gap between substance abuse counseling and family therapy. It examines the specific interactional patterns that help to maintain addictive behavior within the family. Case examples illustrate how to intervene in addictive families. The following topics are covered: a systemic perspective on addictive behavior; assessing substance abuse and setting treatment goals; the over-responsibility/under-responsibility dynamic in families; the Family Intervention Model; treatment needs of young children and

adult children of addictive families; and facilitating family adjustment to sobriety. Course requirements include class attendance, reading, participation in experiential exercises and role play. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction. This course addresses the following Massachusetts State Standard for School Adjustment Counselor/School Social Worker: d: Prevention and treatment of substance abuse, physical and sexual abuse, and violence in PreK-12 students.

**CCP 615 Psychopathology - 3 credits**

This course deals with the nature of neurotic behavior, abnormal behavior and the psychoses, as well as the nature of normal and abnormal intellectual, social, and emotional development and learning in childhood and adolescence. Particular attention is given to ego-defensive, adaptive and sociocultural aspects of behavior, health and wellness, and ways in which adaptive behavior becomes symptomatic. This course organizes disorders according to the organization of the DSM-5. Historical contexts in which psychopathology has been diagnosed and viewed from early medical concepts through the currently used Diagnostic Criteria in the DSM-5 are presented. Learning disorders, including emotional issues affecting student achievement and their treatments are investigated. Attention is focused on differential diagnosis, treatment planning and best practices in applied settings. Discussions focus on psychopharmacology, knowledge of medical conditions and medication related to physical disabilities and learning disorders, prevalent psychotherapies, and theories of abnormal behavior and development. Case studies provide experience in classifying, diagnosing and categorizing various mental disorders from childhood throughout the lifespan.

Discussions of treatment of mental illness include psychopharmacology, prevalent psychotherapies used in individual, family, couple and group psychotherapy and current research findings related to treatment. Discussions also focus on health and wellness, multicultural issues, plus variables related to resiliency and student learning. Additionally, the effects of abuse, violence, theories of normal and abnormal behavior and development are examined. Current research that can assist the school counselor in developing a plan of action for referral and treatment that relates to personal, social and academic functioning of students will be procured through the online library. This course utilizes films, tapes, case studies, class presentations, lectures, and group discussions. It includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction. This course also includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

This course addresses the following Massachusetts State Standard for School Adjustment Counselor/School Social Worker: h: Knowledge of medical conditions and medication related to physical disabilities and learning disorders. c. Learning disorders, including emotional issues affecting student achievement, and their treatment

This course addresses the following Massachusetts State Standards for School Guidance Counseling: c. Psychology of learning. d. Understanding of the diagnosis and treatment of learning and behavior disorders. e. Theories of normal and abnormal intellectual, social, and emotional development.



### **CCP 617 School Adjustment Counseling/School Social Work - 3 credits**

This course explores the roles and functions of school adjustment counselors with students identified as having emotional, behavioral, and social problems. This course operates on the assumption that such students are best served using personal, systems, family and group counseling approaches, with strong emphasis on identifying, assessing and utilizing community and family resources. Techniques for working with families, school and community personnel are emphasized. Clinical school counseling and systems issues are explored as well as: consultation, harm prevention and reduction, and the evaluation and utilization of community resources. Assessments such as genograms, biopsychosocial assessments, functional behavior assessments and behavior intervention plans, will be taught as well as treatment planning and goal writing.

The understanding of the diagnosis and treatment of learning, emotional and behavioral disorders, when to recommend an IEP, when a 504 is most appropriate, and when students do not qualify for services is emphasized. Knowledge of IEP/special education time lines is conveyed. The referral process for students and their families to obtain services and supports in the community is a focus of discussion, as well as advocating and facilitating relationships with community and government agencies. The course addresses a working knowledge of the juvenile justice system with regard to criminal justice, child protection, CRA laws and regulations, as well as federal and state regulations addressing the legal rights of students and their families. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

This course addresses the following Massachusetts State Standards for School Adjustment Counselor/School Social Worker: c: Learning disorders, including emotional issues affecting student achievement, and their treatment. e: Knowledge of state –of –the-art diagnostic instruments; procedures for testing and interpreting results. f :Techniques for communicating and working with families and school and community personnel. g: Knowledge of the criminal justice system with particular reference to the juvenile justice system and organizations. i: Federal and state regulations addressing the legal rights of students and families.

### **CCP 620D Marriage & Family Therapy (MFT)/Professional Clinical Counselor (PCC) Practicum II - 3 credits**

Prerequisites: 12 units of coursework in the MFT/PCC Program. Supervised practicum/field study experience in clinical counseling of individuals, couples, groups, families, and children. At least one hour of individual supervision per week or 2 hours of group supervision. Four hours of case presentations. Continuous registration for this portion of the clinical training until completion of at least fifty clock hours or six semester units. Students are required to meet BBS and COAMFTE minimum clinical hour requirements.

### **CCP 622 Ethics and Professional Issues for School Counselors and Mental Health Practitioners - 3 credits**

This course explores several models of school counseling and mental health counseling and the relationship to relevant ethics, federal, state, municipal, state laws, and standards and regulations. The course emphasizes best practices and strategies for dealing with ethical and legal dilemmas, including the ability to apply and practice ethical and legal standards in school counseling. School counseling and systems models are examined along with consultation, harm prevention and reduction, and the evaluation and utilization of community resources. Focal areas include professional roles and functions, ethical standards including accountability, responsibility,

client/student welfare, emotional health, laws and regulations, institutional policies including crisis/disaster preparedness and response, cross cultural, cross social class practices and their impact on mental health and school counseling. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction. This course addresses the following Massachusetts State Standard for School Adjustment Counselor/School Social Worker: i: Federal and state laws and regulations addressing the legal rights of students and families. This course addresses the following Massachusetts State Standard for School Guidance Counseling: h. Federal, state, municipal, and school laws and regulations.

### **CCP 625 Foundations of Couples Counseling - 3 credits**

Designed for beginning counselors working with couples, this course will cover the basic approaches to couples counseling. Presentations and discussions of key topics will be accompanied by videotapes and experiential exercises. Therapy techniques such as family sculpture, doubling, and psychodrama will be presented. Special topics in couples counseling such as divorce, violence, and alcoholism will be discussed. The goals of the course are to help students learn how to: (1) assess the couples' presenting problem; (2) develop appropriate counseling plans; and (3) evaluate counseling as it proceeds. Course requirements include class attendance, readings, active participation, and two five-page papers. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

### **CCP 629 Geriatric Counseling - 3 credits**

There are many unique issues that arise in providing counseling services to older adults. After discussing the "paradox of aging" — that older adults generally have increased cognitive and physical problems yet also report higher well-being — this course will explore the differential prevalence and symptomology of various mental disorders in older adulthood. Students will also learn about the major types of dementia and related treatment issues (e.g. behavioral interventions, working with family caregivers). Students will be taught about evidence-based clinical interventions for older adults, such as cognitive-behavioral therapy, problem-solving therapy, and reminiscence/life review. Students will also learn about the unique professional issues that arise in providing mental health counseling to older adults in the variety of settings in which treatment often occurs (e.g. long-term care, outpatient mental health, hospitals, social service agencies, and home-based treatment.) Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

### **CCP 630 Human Development Across the Lifespan - 3 credits**

This course will address the psychological and biological aspects of human development from conception through childhood, adolescence, early adulthood, mid-life and aging. Familial, environmental and cultural factors will be explored as they impact the development of people across the continuum of life. Theory will combine with application related to physical, emotional, intellectual, learning, social, normal and abnormal development; plus cognitive, moral, and vocational adjustment. The processes of physical and psychological development including ethnic and gender differences will be studied. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

This course addresses the following Massachusetts State Standard for School Adjustment Counselor/School Social Worker: b: Theories of normal and abnormal intellectual, social, and emotional development.

This course addresses the following Massachusetts State Standards for School Guidance Counseling: c. psychology of learning, and e. theories of normal and abnormal, intellectual, social, and emotional development.

#### **CCP 631 The Counselor in the Forensic Environment - 3 credits**

This course explores forensic settings, the counselor's roles within these settings, and appropriate counseling and systems skills. It introduces concepts of addiction, relapse prevention, and stages of personal change, as they relate to forensic counseling. Students are introduced to the continuum of forensic settings including court clinics, juvenile detention and rehabilitation facilities, houses of correction, jails, prisons, pre-release and post-release centers. Students explore the stages of the judicial process, legal and procedural issues during incarceration, the offender's transition to release and community life, and the dynamic tension between the goals of rehabilitation and punishment. Students then survey counseling and systems skills appropriate to such settings and engage in realistic role-plays in order to develop or improve their skills. The course then surveys approaches to addiction, relapse prevention, and stages of personal change, with an overview of appropriate counseling techniques. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

#### **CCP 634 Death and Dying - 3 credits**

In this course, students will explore an overview of common end-of-life issues that arise when counseling dying clients and their family, e.g. discussion of goals of care (e.g. DNR/DNI), psychological treatments for pain, multicultural factors, familial conflict, anticipatory grief, bereavement, and death anxiety. Students will also learn about palliative care, hospice care, and the complex bioethical issues that can arise in this work. Lastly, students will explore what it means personally to work with this population, with discussion of compassion fatigue and burnout prevention. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

#### **CCP 636 Psychological Testing - 3 credits**

This course provides an overview of psychological testing including a review of projective testing and techniques for individual and group administration for understanding personality development and pathology, basic administration, scoring and diagnostic skill development. This course reviews instruments including TAT, MMPI and Rorschach as well as language and alternative non-language-based intelligence tests, achievement tests including the WISC-IV, the Woodcock-Johnson III, tests of nonverbal intelligence, and other state-of-the-art diagnostic tools. Emphasis is on clinical integration of the testing materials, useful intervention strategies and recommendations for the counselor, treatment team and/or referral agent. Test reliability, validity, standard deviations, scaled scores, percentiles and interpretation of significant differences are taught. This course includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

This course addresses the following Massachusetts State Standards for School Adjustment Counselor/School Social Worker: c. Learning disorders, including emotional issues affecting student achievement, and their treatment.

This course addresses the following Massachusetts State Standard for School Counseling: b. Understanding and interpretation of Massachusetts Comprehensive Assessment System (MCAS) and other academic test results to students, teachers, and peers.

#### **CCP 637 Neurobiology: Basics and Beyond - 3 credits**

In this three credit course, we will explore neurobiology as it relates to emotional, behavioral and cognitive development and expression. The last decade, with the benefits of technology and research, has witnessed a renewed convergence of psychiatry and neurology. Emotional factors are often expressed via neurological symptoms and neurological deficits often resulting in psychological symptoms. This course will identify key areas in the brain, nervous system, and the interrelationship with internal and external factors that shape who we are and what we do. Through presentations, discussion and experiential practice, students taking this course will leave with a greater understanding of the brain/body connection as it relates to stress, trauma and the myriad of neurological and emotional pathologies. This course includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

#### **CCP 638 Group Work with Children and Adolescents - 3 credits**

This course is designed to prepare students in the Mental Health, School Adjustment, and School Counseling programs to lead psychoeducational and/or counseling groups for children and adolescents. Class lectures and experiential activities will provide a theoretical and practical framework for organizing and leading theme-oriented counseling groups in school and community mental health settings. Readings will provide students with different theoretical perspectives on working with groups as well as the practical tasks in managing and working with school age youngsters in a group setting. Designing curriculum for the prevention and treatment of substance abuse, physical and sexual abuse, and violence as well as numerous other topics will be reviewed. The course explores counseling issues and provides specific techniques and strategies that are developmentally appropriate and applicable to the school/community settings. Application of ethical standards and legal requirements unique to counseling children and adolescents is included.

This course addresses the following Massachusetts state standards for school adjustment counseling: a. principles of therapeutic relationships. b. theories of normal and abnormal intellectual, social and emotional development. d. Prevention and treatment of substance abuse, physical and sexual abuse, and violence in PreK-12 students.

This course addresses the following Massachusetts state standards for school counseling: f. knowledge of strategies used for the prevention and treatment of substance abuse, physical and sexual abuse, the spectrum of mental illnesses, and violence in PreK-12 students. e. theories of normal and abnormal intellectual, social and emotional development. l. group counseling and group leadership.

#### **CCP 639 Career Development - 3 credits**

This course provides an experiential approach to career development for mental health, school and rehabilitation counselors to support clients with and without disabilities across the lifespan in both individual and group settings. Orientation to key assessment instruments, online resources, labor market information, transferable skills analysis, job placement strategies and work-related supports will be made to support the career guidance process and to develop comprehensive plans of action for clients.

This course addresses the following Massachusetts State Standard for School Counseling: i. Career counseling

**CCP 640    Addiction Disorders - 3 credits**

Designed for beginning and intermediate clinicians, this course provides a thorough foundation in substance abuse treatment. The prevention and treatment of substance abuse in people of all ages will be explored, as well as the relationship between substance use, violence, and physical and sexual abuse. Topics include: theories of etiology of addiction; pharmacology of psycho-active drugs; cultural factors that influence substance use; assessment and intervention with substance abusers and their families. Emphasis is put on diagnosis, treatment planning and referral to appropriate resources including self-help groups. Students will have the opportunity to participate in simulated interviews and experiential exercises. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

This course addresses the following Massachusetts State Standards for School Adjustment Counselor/School Social Worker: c: Learning disorders, including emotional issues affecting student achievement, and their treatment. f: Techniques for communicating and working with families and school and community personnel. g: Knowledge of the criminal justice system with particular reference to the juvenile justice system and organizations. i: Federal and state regulations addressing the legal rights of students and families.

This course addresses the following Massachusetts State Standard for School Counseling: f: Knowledge of strategies used for the prevention and treatment of substance abuse, physical and sexual abuse, and violence in PreK-12 students.

**CCP 641    Field Experience II - 3 credits**

Prerequisite: CCP 520. Enrollment limited to 10. This is the first in a sequence of distinctly defined, post-practicum, supervised co-curricular experience and runs concurrent with field placement. Continuous registration for this portion of the clinical training is required until completion of 200 hours per term or 600 total hours. Documentation of internship requirements in accordance with 262 CMR 2.00 will continue.

**CCP 642    Fundamentals of Pastoral Counseling - 3 credits**

This introductory course will provide an integrative study of psychological, spiritual, and faith-based frameworks. The course will explore the role of spirituality in clinical practice, and train students on how to effectively integrate a client's spirituality into various phases of counseling, including clinical assessments and intervention. We will study several theories and models for spiritually-informed psychotherapy from diverse perspectives. This course includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

**CCP 643    Medical and Psychological Aspects of Disabilities - 3 credits**

The course offers students with little or no exposure to advanced medical sciences the opportunity to examine the physiological and anatomical basis for many chronic illnesses, medical and psychiatric disabilities they will encounter in the rehabilitation counseling setting. Students examine the etiology, progress, and correlations between mental health and other disabling conditions as well as the psychosocial implications associated with these circumstances. This course includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

**CCP 644    California Clinical Experience: Practicum II - 3 credits**

Supervised clinical counseling of individuals, couples, groups, families, and children. At least one hour of individual supervision per week or two hours of group supervision. Four hours of case presentations. Continuous registration for this portion of the clinical training until completion of at least 100 clock hours.

**CCP 650    Group Dynamics/Group Counseling and Human Systems - 3 credits**

This course involves the study of the dynamics common to all small groups, through examining their structural and interactional properties and learning the bases for understanding groups as therapeutic, organizational, social, psychological, and collective phenomena. The class will be divided into two groups. All students will participate in an experiential, interactional group for one half of the term and observe another interactional group for one half of the term. Each experiential phase of a group will be followed by a didactic analysis of the process. The instructor will demonstrate various techniques as leader of all experiential sessions. Leadership styles will be examined as they influence group process. Students are required to write journal analyses of group sessions, complete assigned readings, and attend every session. Students are taught to develop self-awareness, sensitivity to others, and skills needed to relate to individuals and groups from diverse backgrounds. (No one will be admitted to the course in the event of failure to attend the first session.) Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

This course addresses the following Massachusetts State Standard for School Adjustment Counselor/School Social Worker: a: Principles of therapeutic relationships.

This course addresses the following Massachusetts State Standard for School Guidance Counseling: i. group counseling and group leadership.

**CCP 652    Holistic Approaches to Psychotherapy - 3 credits**

Through exploring a range of integrative approaches to counseling and psychotherapy this course aims to elucidate holistic assumptions behind counseling people in psychological distress. This course includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

**CCP 653    Religious Coping from a Sociocultural Perspective - 3 credits**

This course will examine the stress experience of marginalized groups and explore the ways in which religion, spirituality and/or faith is used to help individuals cope. We will study traditional stress and coping theory, and religious coping theory to examine the applicability of these models for oppressed and marginalized populations. The course will explore the ways in which certain theories and models for mental health practice have historically pathologized the faith experience of some groups. The course will contrast this study with a look at liberation theologies for its role in helping to empower individuals and communities dealing with systemic stressors and oppression. Students will develop skill in integrating these frameworks and understandings into effective clinical practice. Diverse populations and faith traditions will be explored. This course includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

**CCP 654 Rehabilitation Plan Development - 3 credits**

This course acquaints students with case and caseload management, delivery systems for public, private and nonprofit settings for individuals with cognitive, intellectual, medical, physical and psychiatric disabilities. This course will address laws and ethical standards that impact rehabilitation counseling and the range of community resources available to the counselor whose goal is the effective and comprehensive mental health recovery of individuals, including achieving maximum independence and employment. This course includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

**CCP 655 Vocational and Affective Counseling - 3 credits**

This course acquaints students with the process, history and philosophy of rehabilitation counseling. Class discussions will focus on the organizational structure of the rehabilitation system, the professional identity of the rehabilitation counselor, and legal and ethical issues in the practice of rehabilitation counseling and how it complements the area of mental health delivery of services. This course includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

**CCP 656 Vocational Assessment & Evaluation - 3 credits**

This course provides an orientation to individual appraisal, standardized testing, and test and measurement principles found in psychological testing for mental health assessments, but expands and provides increased focus on vocational and career interest testing. It includes standard test areas such as achievement, aptitude, interest, personality, situational testing, behavioral observation, work samples and functional evaluations. This course will also address career alternatives for the rehabilitation counselor. This course includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

**CCP 657 Terror, Trauma and the Sacred: Psychological and Spiritual Perspectives - 3 credits**

This course will examine the ways in which spirituality and faith impacts a person's response to crisis. We will examine case examples of individuals and communities dealing with issues of grief and loss; death and dying; natural disasters; and trauma and victimization. The course will explore a wide-variety of spiritual and faith-based frameworks for the perspectives they provide on suffering, hope and healing. Students will develop skills and techniques for crisis management and counseling from a faith-based perspective. This course includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

**CCP 671 East & West: Self, Suffering, & Healing - 3 credits**

This course considers theories of mind and behavior in Eastern philosophy and Western psychology. The aim of the course is to elucidate different perspectives on the nature of self and human suffering, and to understand suggested pathways to the alleviation of suffering. We will examine Western theories ranging from psychoanalysis to transpersonal psychology, as well as Eastern traditions ranging from Taoism and Buddhism to the perspectives of figures like Jiddu Krishnamurti. A central question of the course is: To what extent do Eastern ways of understanding human experience complement Western theories - or are their differences difficult to reconcile? This course includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

**CCP 672 Counseling Adolescents Transitioning to Adulthood - 3 credits**

In this course students will develop strategies to effectively counsel adolescents. This course will address the stages of development in the adolescents' transition into adulthood, with a focus on the tasks of differentiation, autonomy, relationships, family, work, post-secondary education, military service, and other developmental challenges. Collaboration and consultation with parents/guardians, community collaterals, school support staff, and employers, as well as access to resources will be addressed. For those adolescents considering entry to higher education, the college/post-secondary training program and its funding will also be discussed. Special emphasis will be placed on ways to help those who traditionally face substantial barriers to success, including low-income students, minority and EL students, and students with disabilities. The fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction are emphasized throughout the course.

This course addresses the following Massachusetts State Standards for School Guidance Counseling: m. Development of skills for consultation with parents, teachers and administrators. n. College counseling and use of college and other post-secondary resource materials (grades 5-12).

**CCP 673 Play, Activity and Expressive Counseling Techniques - 3 credits**

This course explores ways of using play, activity, and arts-based approaches in counseling with children, adolescents, and adults. These active modalities are used in various ways to enact, accelerate, and enhance the counseling process. Teaching and learning methods include guided exploration of a variety of materials and techniques, lectures, discussion, role-plays, media presentations, case studies, individual and group projects, critical reading, and written assignments.

**CCP 680 Human Sexuality - 3 credits**

Sensitization to sexual issues and exploration of how therapists' perceptions of such issues affect their work with clients is explored in this course. Introduction to the theory and practice of sex therapy, including information about sexual function and dysfunction and appropriate intervention methods is presented. Emphasis is on the relationship system and the dynamics of sexual functioning within that system. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

**CCP 681 Mind, Body, & Emotion: a Holistic Perspective - 3 credits**

This course reviews literature in animal and human behavior to provide a basic biological and behavioral framework for considering the relationship between the mind, body, and emotions. The historical view of emotion as an instinctual force that should be controlled is contrasted with an emerging understanding of emotion as an adaptive intelligence that deeply informs our relationship to the world. This course includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

**CCP 698 Pre-Practicum Readiness Seminar for School Adjustment and School Counseling - 0 credits**

The Pre-Practicum Readiness Seminar is designed to expose identified SOPC school-based students to the various aspects and requirements of a school-based internship. The seminar is designed to outline professional, ethical standards, and appropriate interactions while interning in a school setting. The class will also offer an overview of all school-based graduation paperwork requirements.



**CCP 698A Pre-Practicum Seminar for School Adjustment and School Counseling - 0 credits**

Registration in this course is a prerequisite to field experience. This 0-credit course triggers Tevera fee and student access.

**CCP 699 Mental Health Counseling Jurisprudence Seminar**

Registration in this course is a prerequisite to field experience. This 0-credit course triggers Tevera fee and student access..

**CCP 700 Field Experience III - 3 credits**

Prerequisite: CCP 641. Enrollment limited to 10. This is the second in a sequence of distinctly defined, post-practicum, supervised co-curricular experience and runs concurrent with field placement. Continuous registration for this portion of the clinical training is required until completion of 200 hours per term or 600 total hours. Documentation of internship requirements in accordance with 262 CMR 2.00 will continue.

**CCP 701 Field Experience IV - 3 credits**

Enrollment limited to 10. This the third in a sequence of distinctly defined, post-practicum, supervised co-curricular experience and runs concurrent with field placement. Documentation of internship requirements in accordance with 262 CMR 2.00 will be completed until 600 total hours. An elective may be substituted for this course if all field experience requirements are met by the completion of CCP 700 and granted by program chair.

**CCP 710 Marriage and Family Therapy: Basic Counseling Skills - 3 credits**

This course will cover the theories behind marital and family therapy and provide a practical integration of interests and skills. The course is designed to meet the needs of both beginning and experienced therapists. Beginning students will have the opportunity to build a sound theoretical foundation for marital and family therapy while more advanced students can refine technique and explore emerging treatment approaches. Written assignments will be similarly tailored. One basic counseling skills course is required in each counseling program. The course stresses development of counseling skills which are essential to a particular area of training and practice. One or more active teaching methods, such as role-play, live or videotaped demonstration, or other experiential exercises form a significant part of the course experience. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

**CCP 715 Multicultural Counseling: Children and Adolescents in Context: Basic Counseling Skills - 3 credits**

This course explores the counseling process with children and adolescents from two perspectives: first from the experiential world of the child or adolescent, and secondly, from an ecological/systems perspective, with strong emphasis on cultural strengths and concerns. Topics include: the world of the child in a multicultural society; exceptionality, techniques for communicating and working with diverse families, school and community personnel; play/activity techniques, multicultural group work. Also: assessment; diagnosis; gathering and communicating information; sensitivity to others; self awareness; culturally congruent educational programs; stereotyping; economic, social and political issues surrounding diversity; relevant state, municipal and school laws and regulations relating to ethnic, linguistic, racial, gender and religious diversity; interviewing; dealing with research; resources and referrals within schools and community; hazards and problems of normal and abnormal development;

enhancing a positive school climate in a multicultural school setting. The course also addresses issues impacting learning, achievement, and diversity with a final presentation utilizing the online library and other online researched based sites. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

This course addresses the following Massachusetts State Standards for School Adjustment Counselor/School Social Worker: f: Techniques for communicating and working with families and school and community personnel. i: Federal and state laws and regulations addressing the legal rights of students and families.

This course addresses the following Massachusetts State Standards for School Guidance Counseling: h. Federal, state, municipal, and school laws and regulations. j. Resources within the school system or the community for referral. m. Development of skills for consultation with parents, teachers, and administrators.

**CCP 720 Psychopharmacology in Addictions and Mental Health Counseling - 3 credits**

The use of medications in the treatment of alcohol and drug dependence and their co-occurring disorders has historically been controversial. Newer medications with less potential for addiction are increasingly being used, including agonist and antagonist drugs designed to have a direct impact on the neurochemistry of addiction. Finding the balance between treating dependence and co-occurring depression, anxiety, trauma and other disorders poses a special challenge, and it appears that addressing these issues concurrently shows the most success. This course will review current clinical models of intervention and differential diagnosis. A brief review of relevant neuroanatomy and neurophysiology will set the stage for an examination of major psychotropic medications, including antipsychotics, antidepressants, mood stabilizers and anti-anxiety medications, as well as newer medications for addictions treatment. This course will be grounded in clinical material and frequent presentation of case material. Requirements will minimally include one topical presentation. Responsibility will be shared for presenting material throughout the class. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

**CCP 720D Marriage & Family Therapy (MFT)/Professional Clinical Counselor (PCC) Practicum III - 3 credits**

Prerequisites: 12 units of coursework in the MFT/PCC Program. Supervised practicum/field study experience in clinical counseling of individuals, couples, groups, families, and children. At least one hour of individual supervision per week or 2 hours of group supervision. Four hours of case presentations. Continuous registration for this portion of the clinical training until completion of at least fifty clock hours or six semester units. Students are required to meet BBS and COAMFTE minimum clinical hour requirements.

**CCP 722 The Life of the Family in Context - 3 credits**

This course examines the evolution of the family in the context of the social environment in which it exists. Traditional family values and structures are examined as well as more modern and nontraditional situations that may include: the divorced family, the gay/lesbian family, families of war, immigrant families, religious families, foster/alternative family environments, families of abuse, grandparent/grandchild families, culturally blended families, addicted families, and families experiencing mental illness. An exploration of personal



and professional experiences and the lenses through which we view families as well as challenges to traditional family concepts will be considered. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

### **CCP 723 Narrative and Collaborative Approaches to Therapy - 3 credits**

Postmodern therapy is a radical shift in both the stance of the therapist and in how therapy is conducted. For example: the therapist is the participant/manager of the conversation, not the 'expert.' Language, rather than interactional pattern, is the system; meaning and understanding are achievable through continued efforts; difficulties are constructed in the language system and can be 'dissolved' through language; and change occurs through development of new language. In this course, students will have their assumptions challenged and play an active role in co-creating a postmodern experience of meaning-making in the classroom. Ideas will be practiced both in and out of class, so students are strongly encouraged take this course concurrently with their internship. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

### **CCP 724 Post Traumatic Stress Reactions - 3 credits**

This course focuses on theory, research and practice of trauma by addressing systemic and cultural aspects of diagnosis, assessment, dynamics, and trauma treatment. This includes acute stress disorder, post traumatic stress disorder and complex PTSD, as well as dual diagnoses. Immediate and long-term effects of trauma on various populations will be explored: trauma in adults, children, and families, sexual and physical abuse survivors; victims of crimes, large scale disaster, war; workplace violence and complicated grief. Other topics include trauma resilience, natural courses of coping; transgenerational aspects of traumatization and life span perspectives on trauma.

This course addresses the following Massachusetts State Standard for School Adjustment Counselor/School Social Worker: d: Prevention and treatment of substance abuse, physical and sexual abuse, and violence in PreK-12 students. This course includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

### **CCP 727 Clinical Interventions for Combat Stress and Trauma - 3 credits**

This course is taught in the fall only. The content and design of this course is to familiarize students with the history, diagnosis and treatment of combat stress and trauma (CST) in the lives of primarily military people, but also the effects of CST on civilian populations exposed to war operations. The course will further provide information concerning the effects of CST on veterans' families. Through lecture, class discussion, directed readings and case studies, students will become acquainted with causes and effective treatments of CST. Emphasis will be placed on diagnosis, treatment, referral resources and the support systems. Students will gain knowledge of: 1) the prevalence and complexity of combat stress and trauma; 2) counseling and treatment methods for returning veterans and their families; and 3) referral resources for veterans. Students will demonstrate proficiency in understanding the nature and complexity of combat stress and trauma. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

### **CCP 728 Trauma Specific Interventions - 3 credits**

Students will learn about assumptions, principles and concepts of trauma-specific treatment approaches and trauma-informed care. Students will gain knowledge of theory and practice of psychological first aid, its application in disaster mental health, crisis intervention and crisis counseling. They will become familiar with major approaches in trauma treatment: individual and group trauma counseling, cognitive, behavioral, psychodynamic, and exposure therapies, psychopharmacological treatments, and newly emerging approaches. The acquired knowledge and skills can be applied in providing individual and group crisis intervention, brief trauma counseling and treatment of survivors of sexual abuse, war trauma, torture, disasters and workplace violence and other. The ethics of trauma work will be thoroughly covered. This course includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

### **CCP 729 Trauma Intervention in Schools - 3 credits**

This course is taught in the spring term only. Trauma, chronic fear and stress impact children's neurobiological development which affects critical brain functions (memory, language, problem-solving, higher order thinking, and executive function skills). The support a child/adolescent receives from those around them and the communities they inhabit heavily influences the trauma response and forward growth. Schools are children's communities. This course will explore the impact of trauma on the child/adolescent's neurobiological development, relationships, behavior, learning and academic performance. Trauma sensitive approaches in schools are described, including prevention and treatment of physical, sexual and substance abuse, as well as clinical interventions related to stabilization and the development of coping and social skills. School and system-wide crisis prevention, intervention and postvention planning and implementation will also be reviewed. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

This course addresses the following Massachusetts State Standard for School Adjustment Counselor/School Social Worker: d: Prevention and treatment of substance abuse, physical and sexual abuse, and violence in PreK-12 students.

This course addresses the following Massachusetts State Standards for School Guidance Counseling: f. Knowledge of strategies used for the prevention and treatment of substance, physical and sexual abuse, the spectrum of mental illnesses, and violence in PreK-12 students

### **CCP 730 The Practice of Mental Health Counseling - 3 credits**

This course looks at issues in the practice of mental health counseling, including: history and trends; specialized roles related to young people and schools (school social worker/school adjustment counselor, guardian ad litem, juvenile court clinician); roles, settings and special populations in mental health counseling practice; specialized treatment planning, assessment, and documentation of managed care. (The course does not focus on basic clinical skills.) Particular emphasis is given to professional identity and ethics, mental health consultation, the roles of members of an interdisciplinary team, developing a process for professional self assessment and continuing education planning, using appropriate language for managed care assessment and treatment, and developing a disclosure statement to introduce clients to the counseling relationship. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

**CCP 731 California Clinical Experience: Practicum III - 3 credits**

Supervised clinical counseling of individuals, couples, groups, families, and children. At least one hour of individual supervision per week or two hours of group supervision. Four hours of case presentations. Continuous registration for this portion of the clinical training until completion of at least 100 clock hours.

**CCP 754 Perspectives in Cross-Cultural Counseling - 3 credits**

This course focuses on the role of culture in the development of psychological health and in psychopathology. Variations among diverse cultures in defining mental health and deviant behavior are discussed. The importance of understanding the cultural context is emphasized, both in the prevention and in the resolution of psychological problems. Students become aware of their own cultural beliefs regarding mental health issues, and the impact of their perspective in working with culturally different people. Techniques for working with families and schools are also discussed. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

This course addresses the following Massachusetts State Standards for School Adjustment Counselor/School Social Worker: Standard f: Techniques for communicating and working with families and school and community personnel.

This course addresses the following Massachusetts State Standards for School Guidance Counseling: m. Development of skills for consultation with parents, teachers, and administrators

**CCP 758 Clinical Practice in California - 3 credits**

*This course is only available at California locations and may not be offered at other locations.* This course explores the intersection of the diversity of California culture and the practice of mental health counseling. Topics include: gender, gender identity and sexual expression; diversity in family organization and living arrangement; cultural and religious beliefs specific to California and the understanding necessary to provide effective therapy; family and community violence, crisis and emergency response, and treatment of trauma; local and regional supports and resources available to individuals and families; and socioeconomic factors specific to the diverse cultures found in California. Topics include child and intimate partner abuse, elder abuse and reporting requirements. (7 clock hours). this course include the fundamental occupational tasks of assessment, case presentation and collaboration, team membership and client interaction.

**CCP 792A School Adjustment/Mental Health Internship Seminar A - 3 credits**

Prerequisites: CCP 520, passing scores on MTEL Communication and Literacy Exams. (enrollment limited to 10.) This course is for students in the School Adjustment/Mental Health program who are in their first term of an approved ESE/SAC School Internship. This course focuses on students' mental health counseling practice which is conducted in an approved school setting. A minimum of 225 hours of experience are required under the supervision of a qualified supervisor (Massachusetts Regulations 262 CMR) and must also have DESE licensure as a School Adjustment Counselor. Goal(s) for each student will be established with their College internship instructor and site supervisor at the beginning of the experience. Casework, note taking, diagnostic and treatment planning will be analyzed and explored in the classroom with a focus on enhancing students' clinical skills in these areas. Use of Functional Behavior Assessments will be discussed as well as the formation of groups in the school setting. Additionally, a review of the principles of therapeutic relationships, developing techniques for communicating and working with

families, agencies/systems, and school and community personnel; and the use of supervision will be discussed. The diagnosis and treatment of learning and behavioral disorders, when to recommend an educational evaluation, an FBA, an IEP or a 504 will also be discussed. SAC interns will learn to develop plans for the prevention, treatment and referral of students engaged in legal or illegal substances, school violence, school crises and other situations. The progress on the completion of a portfolio demonstrating the student's advancement through their program of study is required in this course. This course includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction. Onsite training supervised by a state-approved licensed/certified school adjustment counselor who also has clinical licensure as an LMHC, LICSW, LMFT, licensed psychologist, or psychiatrist is required.

The fieldwork experiences in this course address the following Massachusetts State Standards for School Adjustment Counselors: 3: A practicum of 900 hours, 450 of which must be working with children, adolescents, and families in an educational setting. 4: A passing score on the Communication and Literacy Skills test.

Standard a: Principles of therapeutic relationships. b. Theories of normal and abnormal intellectual, social, and emotional development c: Learning disorders, including emotional issues affecting student achievement, and their treatment. d: Prevention and treatment of substance abuse, physical and sexual abuse, and violence in PreK-12 students. e. Knowledge of state-of-the-art diagnostic instruments; procedures for testing and interpreting results. f Techniques for communicating and working with families and school personnel. g. Knowledge of the criminal justice system with particular reference to the juvenile justice system and organizations. h. Knowledge of medical conditions and medication related to physical disabilities and learning disorders. i. Federal and state laws and regulations addressing the legal rights of students and families.

**CCP 793B School Adjustment/Mental Health Internship Seminar B - 3 credits**

Prerequisites: CCP 520, CCP 792A, passing scores on MTEL Communication and Literacy Exams. (enrollment limited to 10.) This course is for students in the School Adjustment/Mental Health program who are in the second term of an approved ESE/SAC School Internship. This course focuses on students' mental health counseling practice which is conducted in an approved school setting. A minimum of 225 hours of internship experience are required under the supervision of a qualified supervisor (Massachusetts Regulations 262 CMR) and must also have DESE licensure as a School Adjustment Counselor. Goal(s) for each student will be established with their College internship instructor and site supervisor at the beginning of the experience. Casework, note taking, diagnostic and treatment planning will be analyzed and explored in the classroom with a focus on enhancing students' clinical skills in these areas. Development of Behavior Intervention Plans based on Functional Assessments will be discussed as well as establishing groups in the school setting and evaluating their impact. Additionally, a review of the principles of therapeutic relationships, developing techniques for communicating and working with families, agencies/systems, and school and community personnel; and the use of supervision will be discussed. The diagnosis and treatment of learning and behavioral disorders, when to recommend an educational evaluation, an FBA, an IEP or a 504 will also be discussed. SAC interns will learn to develop plans for the prevention, treatment and referral of students engaged in legal or illegal substances, school violence, school crises and other situations. The completion of a portfolio demonstrating the student's advancement through their program of study is required in this

course. This course includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction. Onsite training supervised by a state-approved licensed/certified school adjustment counselor who also has clinical licensure as an LMHC, LICSW, LMFT, licensed psychologist, or psychiatrist is required.

The fieldwork experiences in this course address the following Massachusetts State Standards for School Adjustment Counselors: 3: A practicum of 900 hours, 450 of which must be working with children, adolescents, and families in an educational setting. 4: A passing score on the Communication and Literacy Skills test.

Standard a: Principles of therapeutic relationships. b. Theories of normal and abnormal intellectual, social, and emotional development c: Learning disorders, including emotional issues affecting student achievement, and their treatment. d: Prevention and treatment of substance abuse, physical and sexual abuse, and violence in PreK-12 students. e. Knowledge of state-of-the-art diagnostic instruments; procedures for testing and interpreting results. f Techniques for communicating and working with families and school personnel. g. Knowledge of the criminal justice system with particular reference to the juvenile justice system and organizations. h. Knowledge of medical conditions and medication related to physical disabilities and learning disorders. i. Federal and state laws and regulations addressing the legal rights of students and families

#### **CCP 798 Clinical Supervision and Consultation Skills - 3 credits**

Prerequisites: Successful completion of at least two (2) terms of fieldwork at Cambridge College - CCP 520, CCP 641, CCP 792A. Masters-level clinicians and Licensed Professional Counselors can expect to serve as supervisors or consultants in their post-graduate employment. This course will address the complex roles of clinical supervisors and consultants and will cover the legal and ethical responsibilities of supervision, the options for styles of supervision in various settings, methods of assessment of needs, documentation and other skills necessary to provide quality supervision and consultation.

## **School Counseling (CSG)**

#### **CSG 616 Counseling in the Schools - 3 credits**

Pre Practicum: 15 hours of directed field-based training required for DESE licensure. This course explores history, philosophy and trends in school counseling. Topics include professional roles and practices, student counseling, multicultural issues, stereotyping, impact of socioeconomic status, gender and sexual identity, group work, assessment issues, behavioral observation, and a variety of traditional and developmental/ preventive classroom guidance approaches. The course is presented in a manner which includes individual and group counseling, and consultative perspectives. There is a strong emphasis on developing skills which allow interns to learn differentiated strategies to confront the achievement gap. Students learn to develop a professional identity as a person in the role as change agent, and to help students deal with crisis, emergencies, and disasters through intervening with important figures and organizations in their lives. A significant part of the course will deal with crisis intervention, learning to recognize symptoms of substance abuse in students and home-life where substance abuse occurs; consultation to teachers, parents and administrators with respect to promoting student well-being.

Students will be taught to identify opportunities, especially from the community at large, than can enhance or impede growth and advancement academically and socially. Another focus will explore liaison opportunities with important individuals from the non-school community, and the roles of the peer group in the lives of children and adolescents. Students will also be taught to advocate for students and the policies in school and the community that are equitable for multicultural student populations. Through this course students will employ web searches to gather supporting data for presentations. Includes the fundamental occupational tasks of assessment, case presentation, case collaboration, team membership and client interaction.

This course addresses the following Massachusetts State Standards for School Guidance Counseling: a. Familiarity with the Curriculum Frameworks and their use in the advising responsibilities of the guidance counselor. b. Understanding and interpretation of Massachusetts Comprehensive Assessment System (MCAS) and other academic test results to students, teachers, and parents. f. Knowledge of strategies used for the prevention and treatment of substance, physical and sexual abuse, the spectrum of mental illnesses, and violence in PreK-12 students. g. philosophy, principles and practices in school guidance counseling. j. resources within the school system or the community for referral. m. Development of skills for consultation with parents, teachers, and administrators.

#### **CSG 695 Counseling and Consulting Techniques Laboratory - 3 credits**

Counseling skills such as interviewing, reflection, use of empathy, summarization, concreteness, genuineness, magic questioning, and building relationships will be covered in this course. The course will also teach techniques for identifying and focusing on problem behaviors (substance abuse, physical abuse, suicide risk), body language, and underlying influences of problematic behavior. In addition, Solution Focused School Counseling, and other models of counseling will be explored. Students are taught to understand and develop multicultural awareness and competencies, and how to be an effective leader. The course will also address wellness programs for students, and methods of consulting to promote student academic, career and personal/social development in ways to help parents solve problems. Students will be introduced to principles of peer mediation, peer mentoring, and peer tutoring and engage in supervising peer interventions to solve problems. The course employs technology for student presentations, role taking, lecture, video, audio, presentations, readings and demonstrations, and fieldwork.

This course addresses the following Massachusetts State Standards for School Guidance Counseling: m. development of skills for consultation with parents, teachers, and administrators.

#### **CSG 792E School Counseling Internship Fieldwork and Seminar I (PreK-8) 600 clock hours - 3 credits**

#### **CSG 792S School Counseling Internship Fieldwork and Seminar I (5-12) 600 clock hours - 3 credits**

Class preparation and assignments reflect levels preK-8 or 5-12 depending on fieldwork level and license level sought.

Onsite training supervised by a state-approved licensed/certified school guidance counselor at the level sought is required; currently, 600 contact hours minimum, 240 of which must be in direct service with students, and 360 hours of indirect service (per CACREP

National Standards). Entry requires approval from school guidance counseling chair. Students must pass required parts of MTEL (Massachusetts) or other state tests before entry.

This is the first of a two term capstone experience where interns engage in the role of school counselor and attend a seminar that runs concurrent with fieldwork. Interns work with children and adolescents under supervision of a licensed school guidance counselor. They participate in individual and group counseling; utilize technology in the counseling process; apply counseling principles to career, social, personal, and academic development of students, and students with normal and abnormal behavior. Students are taught to use measurable outcomes for school counseling programs and activities. They utilize behavioral observation and program evaluation in planning successful interventions for students. They work with special education teams in understanding diagnosis of learning and behavior disorders. Interns are introduced to resources within the school district and community for referral. They develop plans for the prevention, treatment and referral of students engaged in legal or illegal substance abuse, personal, physical, and sexual abuse, school violence, school crises and other trauma causing situations. Students engage in ethical and legal practices of school counseling; campaign for an identity as a school counselor; work in support service teams to identify opportunities that enhance or impede academic, personal/social and career development. They work with task and peer counseling groups; deploy multicultural strategies in relation to diversity, equity, and opportunity in student learning; involve parents to promote academic, personal/social, and career development. Students are taught to use data to make decisions regarding accountability; learn and practice concepts, principles, and strategies to help close the achievement gap and school drop-out; employ suicide risk procedures; and are involved with designing curriculum and instructional strategies to teach a developmental guidance curriculum. Students also apply consultation strategies with parents, staff, administration and community resources; plan and implement developmental classroom guidance programs; learn the special education referral processes; and are taught to recognize and discuss personal limitations in supervision. Students are expected to utilize leadership strategies in the planning and implementation of parent education programs, and advisor/advisee programs. And lastly, students become familiar with the state achievement tests and the state curriculum frameworks. One contact hour of weekly supervision with a licensed supervisor and attendance at a seminar that runs concurrent with fieldwork is required.

The fieldwork experiences in this course address all of the Massachusetts State Standards for School Guidance Counseling (except standard k).

**CSG 793E School Counseling Internship Fieldwork and Seminar II (PreK-8) 600 clock hours - 3 credits**

**CSG 793S School Counseling Internship Fieldwork and Seminar II (5-12) 600 clock hours - 3 credits**

Class preparation and assignments reflect levels preK-8 or 5-12 depending on fieldwork level and license level sought.

Onsite training supervised by a state-approved licensed/certified school guidance counselor at the level sought is required; currently, 600 contact hours minimum, 240 of which must be in direct service with students, and 360 hours of indirect service (per CACREP National Standards). Entry requires approval from school guidance counseling chair. Students must pass required parts of MTEL (Massachusetts) or other state tests before entry.

This is the second of a two term capstone experience where interns engage in the role of school counselor and attend a seminar that runs concurrent with fieldwork. Interns work with children and adolescents under supervision of a licensed school guidance counselor. They participate in individual and group counseling; utilize technology in the counseling process; apply counseling principles to career, social, personal, and academic development of students, and students with normal and abnormal behavior. Students are taught to use measurable outcomes for school counseling programs and activities. They utilize behavioral observation and program evaluation in planning successful interventions for students. They work with special education teams in understanding diagnosis of learning and behavior disorders. Interns are introduced to resources within the school district and community for referral. They develop plans for the prevention, treatment and referral of students engaged in legal or illegal substance abuse, personal, physical, and sexual abuse, school violence, school crises and other trauma causing situations. Students engage in ethical and legal practices of school counseling; campaign for an identity as a school counselor; work in support service teams to identify opportunities that enhance or impede academic, personal/social and career development. They work with task and peer counseling groups; deploy multicultural strategies in relation to diversity, equity, and opportunity in student learning; involve parents to promote academic, personal/social, and career development. Students are taught to use data to make decisions regarding accountability; learn and practice concepts, principles, and strategies to help close the achievement gap and school drop-out; employ suicide risk procedures; and are involved with designing curriculum and instructional strategies to teach a developmental guidance curriculum. Students also apply consultation strategies with parents, staff, administration and community resources; plan and implement developmental classroom guidance programs; learn the special education referral processes; and are taught to recognize and discuss personal limitations in supervision. Students are expected to utilize leadership strategies in the planning and implementation of parent education programs, and advisor/advisee programs. And lastly, students become familiar with the state achievement tests and the state curriculum frameworks. One contact hour of weekly supervision with a licensed supervisor and attendance at a seminar that runs concurrent with fieldwork is required.

The fieldwork experiences in this course address all of the Massachusetts State Standards for School Guidance Counseling (except standard k).