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 electives. The program of study may not exceed 60 credits.

- **Addictions Counseling** — CADAC, LADC
- **School Adjustment & Mental Health Counseling** core program with no concentrations — LMHC, DESE
- **Rehabilitation Counseling**
- **Trauma Studies**

Courses — The sequence below is highly recommended. Take 2-4 courses/term.

**Term 1**
CCP540 Personality & Counseling Theory
CCP550 Rogerian Person-Centered Therapy: Basic Counseling Skills (includes assessment of readiness for field experience)
CCP630 Human Development Across the Lifespan
CCP622 Ethics & Professional Issues for School Counselors & Mental Health Practitioners

**Term 2**
CCP518 Research Design & Evaluation
CCP615 Psychopathology
CCP650 Group Dynamics/Group Counseling & Human Systems
CCP639 Career Development

**Term 3**
CCP520 Field Experience I (preq. CCP550)
CCP617 School Adjustment Counseling/School Social Work
CCP636 Psychological Testing
CCP638 Group Work with Children & Adolescents for Rehabilitation Counseling concentration, take a concentration course instead of this course.

**Term 4**
CCP792A School Adjustment/Mental Health Internship* Seminar A (preq. CCP550) . . . . . . . . . . . . . . . . . Fall/Spring only
CCP754 Perspectives in Cross-Cultural Counseling
CCP561 Counseling Techniques with Multi-Problem Families in Changing Communities . . . . . . . . . . . . . . . . . Fall/Spring only or CCP715 Multicultural Counseling: Children, Adolescents in Context

**Term 5**
CCP793B School Adjustment/Mental Health Internship* Seminar B (preq. CCP792A) . . . . . . . . . . . . . . . . . Fall/Spring only
Two electives or concentration courses

**Term 6**
CCP701 Field Experience IV*
One elective or concentration course
CCP708 School Adjustment Counseling Exit Portfolio (TaskStream)

* See next page: Internship courses and sequence options.

(All courses @ 3 credits.)
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.

Internship Courses (preq. CCP520 Field Experience I)
CCP792A School Adjustment/Mental Health Internship Seminar A — in a school. ......... Fall, Spring
CCP793B School Adjustment/Mental Health Internship Seminar B — in a school ......... Fall, Spring
CCP641 Field Experience II, ................. every term or CCP701 Field Experience IV

Internship sequence options
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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 MTELs: 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.

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.

Admission requirements: Bachelor’s degree and other School of Psychology & Counseling requirements, including requirements for ESE 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 ESE licensure area.

Program and schedule subject to change.

Program chair: Brian Sasso, MA, LMHC
brian.sasso@cambridgecollege.edu

900 hours total (minimum), to be completed in three or four terms in school and mental health settings.
- Field Experience I (CCP520) recommended in third term.
- SAC field experience after CCP520 is completed.
  - School placement must be approved by the SAC chair.
  - 450 hours (minimum), completed in two sequential terms for SAC placement (fall/spring or spring/fall).
  - In one school setting approved by the SAC chair according to ESE 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: Must include 300 hours in an approved substance abuse treatment program with appropriate supervision in the 12 core functions.
- Trauma option: Must include documented counseling experience related to trauma.

(All courses @ 3 credits.)