

Master of Arts in Counseling (MAC) Online Program

PROGRAM OVERVIEW

The Master of Arts in Counseling (MAC) Online Program offers two specialty areas: Clinical Mental Health and School Counseling. The curriculum and program adhere to the Council for Accreditation of Counseling and Related Education Programs 2016 Standards. Most courses are asynchronous online; skills courses (i.e., Practicum, Internship) meet synchronously via a virtual platform. In addition, students must successfully complete two 1-week in-person intensive counseling simulations over two summer sessions to demonstrate individual and group counseling skills necessary to be an effective and competent counselor. These degrees will allow graduates from this program to be eligible for licensure as a Clinical Mental Health Counselor, known as a Licensed Professional Counselor, and/or for certification as a School Counselor in most states.

Clinical Mental Health Counseling (CMHC)

The Clinical Mental Health Counseling specialty leads to eligibility, after passing the required examination and meeting the post-master's supervised experience requirement, as a Licensed Professional Counselor in Missouri. In addition, students will gain the professional knowledge, skills, and practices necessary to address a wide variety of circumstances within the clinical mental health counseling context. **It is imperative and required that students know the unique requirements in their state.** Visit <http://nbcc.org/directory> for specific state's requirements.

School Counseling (SC)

The School Counseling specialty leads to eligibility, after submitting appropriate paperwork and passing the Missouri school licensure exam, for K-12 licensure as a school counselor in Missouri. Students will gain the professional knowledge, skills, and practices necessary to promote the academic, career, and social/emotional development of all K-12 students. **It is imperative and required that students check the requirements in their home state for unique licensure requirements.** Visit <http://www2.ed.gov/about/contacts/state/index.html> for specific state's requirements.

Cohort Model

The Counselor Education program at Culver-Stockton College is designed around a cohort model for online students. Students join a cohort when they begin the program and are expected to stay within their cohort while progressing through their studies. Collaboration, trust, communication, and support are key to success in this program and as a future counselor. A cohort model facilitates an environment conducive to building these qualities. Research indicates that cohort models facilitate both personal and professional transformation for students within a cohort. Students who step out of cohort could be delayed in graduation and are not guaranteed placement in courses needed for graduation as classes are developed for cohorts. Moreover, students out-of-cohort may incur an administrative fee.

Online Program

Students enrolled in the online program take the bulk of their coursework online with a one-week residency required during each of two consecutive summers. Students typically enroll in six to nine credit hours per semester, taking one or two courses at a time, and attend between six to eight semesters to meet graduation requirements. Some courses are offered at a specific time during the week using a live classroom. During the intensive weeks, students will interact with the faculty on campus and further develop their counseling and interpersonal skills, form learning groups, become acquainted with the program and its expectations, and receive intensive supervision.

Number of credit hours required: 60

Core Courses (Clinical Mental Health & School Counseling)

Lifespan Development (3)
Counseling Theories (3)
Pre-Practicum (3)
Ethics/Professional Issues (3)
Introduction to Research (3)
Counseling the Couple, Family, and System (3)
Assessment in Counseling (3)
Career Development (3)
Multicultural & Diversity Issues (3)
Group Counseling (3)
Crisis, Disaster & Trauma (3)
Foundations of Addictions Counseling (3)
Practicum – 16 weeks (3)
Internship I – 16 weeks (3)
Internship II – 16 weeks (3)

Clinical Mental Health Only

Diagnosis & Psychopathology (3)
Clinical Mental Health Counseling (3)
Counseling Modalities for CM Health (3)
Elective – 2 courses (6)

School Counseling Only

Comprehensive School Counseling (3)
Counseling Modalities in a School Setting (3)
Foundations in School Counseling (3)
Professional School Counseling Issues (3)
Elective (3)

COURSE DESCRIPTIONS

Assessment in Counseling - This course provides students with an understanding of individual and group approaches to assessment and evaluation. Students will learn various assessment and appraisal techniques with emphasis on multicultural and diversity, ethical, and legal issues.

Career Development – This course provides students an understanding of the career planning process. Key career development theories will be examined and applied. The counseling process, the world of work, and career information resources, including computerized career assessment, will be examined in relation to career interventions.

Clinical Mental Health Counseling - This course focuses on issues in clinical mental health counseling including professionalism, roles and responsibilities, leadership, and management issues. The roles, responsibilities, and functions of the clinical mental health counselor will be discussed, showing the interrelatedness of community mental health counseling and other

therapeutic professions (e.g., hospitals, law enforcement, and human services). In addition, the theoretical and historical framework within which the clinical mental health counselor has functioned in the past, the present, and the future will be explored.

Comprehensive School Counseling - This course offers an in-depth exploration of current professional school counseling. Students will understand the skills needed in counseling, consulting, advocacy, and collaboration to promote academic success for all students. The course offers a comprehensive approach to a school counseling program. Students will learn the mechanism with which school counselors and school counseling teams design, coordinate, implement, manage and evaluate their programs for student success.

Counseling Modalities for Clinical Mental Health - This course focuses on applying the skills, interventions and modalities learned in the counseling courses to the Clinical Mental Health setting. Emphasis will be on learning to use evidence-based practices, working with clients with co-occurring diagnoses, and collaborating with multi-disciplinary teams.

Counseling Modalities in a School Setting - This course focuses on applying the skills, interventions and modalities learned in the counseling courses to the school setting. Emphasis will be on learning to use evidence-based practices to help K-12 students function more effectively in the academic, personal/social, and career domains.

Counseling the Couple, Family, and System - This course provides counseling students the theoretical background and therapeutic skills necessary for therapeutic intervention in families, couples, and systems. Students will examine systems theory as it relates to families, couples and within a professional context. Students will also develop knowledge and skill pertaining to family-of-origin issues, addictions, parenting, and professional consultation.

Counseling Theories and Helping Relationships - This course presents the major schools of thought influencing the practice of counseling. The relationship of philosophy, theory, and practice will be a primary focus. Students will understand the historical foundations of counseling and the beginnings of their own personal foundation of counseling.

Crisis, Disaster, & Trauma - This course focuses on knowledge of the types of interventions used to address a range of crises, disasters, and other trauma-causing events. Students will explore definitions and types of crisis, disasters, and emergencies, as well as theory and models applied to specific situations. Students will explore the variety of emergency management systems and collaboration among schools, agencies, and governmental entities. Additionally students will be introduced to trauma treatment.

Diagnosis and Psychopathology - The evolution of the DSM, its organization, and use will be explored. The student will develop an understanding of the process of diagnosis and the classification of mental disorders. The etiology and treatment of psychological disorders will be reviewed. Clinical writing skills will be practiced.

Ethical & Professional Issues - This course focuses on the ethical standards that govern the counseling profession. Current legislation and court decisions affecting professional behavior are examined. Particular emphasis is placed on the individual counselor's development of a professional identity within legal and ethical parameters.

Foundations of Addictions Counseling - This course provides counselors in training with an overview of the addictive process and the practice of addiction counseling. Models of addiction along with professional issues in Addiction Counseling, Co-occurring disorders, such as process addictions and

mental illnesses will be addressed. Students will develop conceptual knowledge, practical skills, and self-awareness concerning the etiology of addiction and its impact across the lifespan. An overview of assessment, diagnosis, and treatment of addictions with diversity & advocacy issues also being explored.

Foundations of School Counseling - This course provides an introduction to professional school counseling, including historical perspectives, theory, practice, employment settings, credentialing, legislation, research, and ethical considerations.

Group Counseling - This course explores leadership styles, group dynamics, and group process necessary to run successful groups. The major group counseling theories will be explored, and group skills will be practiced. The course requires that students gain experience as both a growth group participant and as a co-leader.

Internship I - Students will utilize knowledge and skills gained in coursework and the practicum experience in a supervised counseling setting. Students will receive supervision, increase knowledge of the profession, increase skill base, and continue the process of self-exploration and self-awareness.

Internship II - A continuation of Internship I, students will complete their supervised on-site experience, expand their acquired skills, and receive further supervision in a clinical mental health setting.

Introduction to Research - An introductory course to help students develop an understanding of the importance of professional counseling research; overview basic elements of quantitative, qualitative, and action research methods; enhance skills to evaluate and critique research and literature; and gain an appreciation for conducting research and program evaluation.

Lifespan Development - This course is designed to provide an understanding of major influences of human development. Presentation of various developmental theories enable the student to understand the stages of the developmental process that include conception, childhood, adolescence, adulthood, aging process, and death and dying. Students will develop an appreciation and awareness of the complexity of human growth and development.

Multicultural & Diversity Issues - This course is designed to assist students in understanding the impact of social/cultural forces upon identity development and formation. Students will explore various components of our pluralistic society and how oppressive systems can exclude and harm individuals. Change theory and advocacy principles will be introduced to aid students in dealing with these issues in their communities and with clients

Practicum - Practicum is a clinical, experiential course that requires students to complete hours in a professional setting. The student will apply counseling techniques and skills in a supervised setting. The student will participate in the counseling process, refine techniques, and further enhance their therapeutic development.

Pre-Practicum - This course provides students an introduction to the counseling profession and helping relationships. The course will emphasize personal growth, self-awareness, and professional behavior. Students will experience the helping relationship as both client and counselor.

Professional School Counseling Issues - This course will focus on the day-to-day life of the school counselor and current trends in school counseling. Specifically, students will gain an understanding of the counselor as educational leader, working with parents and the community, diversity in schools, serving specific populations, crises/threat assessment, technology, career advisement, and ethical and legal issues.

Sample Course Progression

Year 1 Fall

- Term 1 – Lifespan Development
- Term 2 – Counseling Theories

Year 1 Spring

- Term 3 – Ethical & Professional Issues
- Term 4 – Multicultural & Diversity Issues

Year 1 Summer

- Term 5 – Pre-Practicum
- Term 5 – Assessment in Counseling
- Term 6 – Introduction to Research
- Summer Intensives #1

Year 2 Fall

- Term 1 – Counseling the Couple, Family & System
- Term 2 CMH Only – Diagnosis & Pathology
- Term 2 SC Only – Foundations in School Counseling

Year 2 Spring

- Terms 3 & 4 – Practicum (meet virtually weekly for supervision)
- Term 3 – Crisis, Disaster & Trauma
- Term 4 CMH Only – Clinical Mental Health Counseling
- Term 4 SC Only – Professional School Counseling Issues

Year 2 Summer

- Term 5 – Group Counseling
- Term 6 – Career Development
- Summer Intensives #2

Year 3 Fall

- Terms 1 & 2 – Internship I (meet virtually weekly for supervision)
- Term 1 CMH Only – Counseling Modalities for Clinical Mental Health
- Term 1 SC Only – Counseling Modalities in a School Setting
- Term 2 - Elective

Year 3 Spring

- Terms 3 & 4 – Internship II (meet virtually weekly for supervision)
- Term 3 – Foundations of Addictions Counseling
- Term 4 – CMH Only - Elective
- Term 4 – SC Only – Comprehensive School Counseling