

SCHOOL OF NURSING AND HEALTH SCIENCES PROGRAMS

MASTER OF SCIENCE IN CLINICAL MENTAL HEALTH COUNSELING

Faculty

- Katie Cristensen, PhD
- Patrick McMillion, PhD
- Janine Wanlass, PhD (Chair)

Program Mission

The Masters in Clinical Mental Health Counseling program at Westminster University educates students in the fundamentals of counseling theory and practice in an experiential and interpersonal learning environment that facilitates personal and professional growth. Our aim is to train professional counselors with a sound basis in ethical behavior, psychological theories, and professional counseling skills, creating a knowledge base and capacity for thinking that can be translated into effective counseling practice with individuals, families, and groups from diverse backgrounds. We strive to guide our students to become more self-aware and self-reflective as they hone their intellectual and emotional skills. We encourage critical thinking, emphasize professional honesty and integrity, and foster a commitment to providing services to local communities.

Program Objectives

The program of study is designed to develop a student's ability to:

- Understand counselor professional identity and demonstrate skill in applying ethical and legal considerations in professional counseling.
- Demonstrate the awareness, knowledge, and skills to counsel clients from diverse backgrounds.
- Apply theories of human development to clients' needs and issues.
- Have knowledge of career assessment and planning principles and theories.
- Demonstrate skills necessary to be an effective counselor while applying a theoretical approach.
- Demonstrate knowledge and skills to facilitate psychoeducational and process groups.
- Competently select and interpret assessment measures (i.e., academic/educational, career, personality, diagnostic, and developmental).
- Critically evaluate research in a manner that informs counseling practice.
- Demonstrate the knowledge and ability to diagnose and design treatment plans for a broad range of mental health issues.
- Engage in critical thinking and demonstrate a heightened sense of self-awareness in the counseling role.

Retention in the Program

The student must:

- Maintain a grade point average of 3.0. If the student receives a grade of C+ or lower in any course, the credit hours for this course do not count toward graduation requirements and must be repeated.
- Pass comprehensive exam (60%) and write an acceptable case conceptualization of a client in the third year of study.
- Complete the program within 5 years.
- Comply with ethical standards for counselors (ACA, ACMHCA codes) and all policies for practicum students, interns, or employees at community clinical placements. Failure to do so may result in suspension or dismissal from the program.

Program Probation and Dismissal Policy

A student may receive a practicum/internship/classroom warning of program probationary status at any time during a field or classroom experience if the instructor determines that the student's performance is unsatisfactory. The written warning will outline what the student must do to meet the course or program requirements. Program probation will be removed if the student is able to satisfy the conditions listed in the written warning; however, any program probationary status will be documented in the student's record. A student can be dismissed from the Masters in Professional Counseling program for any of the following reasons:

- Violation of the academic honesty policy.
- Violation of the ethical code for counselors.
- Failure to maintain a GPA appropriate for the program.
- A documented pattern of unprofessional behavior in the classroom or clinical setting.
- A documented violation of agency policy or procedures in a clinical placement.

Graduation Requirements

To be eligible for a master's degree or graduate certificate, students must satisfy the following conditions:

- Meet all credit hour and other course requirements.
- Maintain an overall grade point average of 3.0 or above.
- Be enrolled at Westminster University during the semester in which they wish to graduate.
- Maintain good academic standing.
- Earn a grade of B- or higher in all graduate courses.

Note: Only graduate-level coursework may be applied toward degree or certificate requirements. The final responsibility for being informed about, and adhering to, graduation requirements rests with the individual student.

Program Requirements

Students must complete at least 60 hours of graduate course work drawn from the following:

Requirement Description	Credit Hours	Prerequisites
I. Required Courses	48	
CCE 605 Seminar in Professional Counseling Roles	1	
CCE 610 Counseling Ethics	3	
CCE 612 Statistics and Research Methods	3	
CCE 614 Psychopathology and the DSM	3	
CCE 617 Individual Counseling I	3	
CCE 619 Individual Counseling II	3	
CCE 621 Human Growth and Development	3	
CCE 628 Group Counseling	3	
CCE 633 Child and Family Counseling	3	
CCE 636 Clinical Assessment	3	
CCE 639 Multicultural Counseling	3	
CCE 640 Counseling Practicum	3	
CCE 642 Substance Abuse Counseling	3	
CCE 643 Trauma and Crisis Counseling	3	
CCE 645 Career Counseling and Development	3	
Take 3 credits from the following:		
CCE 660 Internship I	1-3	
Take 3 credits from the following:		
CCE 661 Internship II	1-3	
II. Counseling Theory Courses	6	
Take two out of the following four courses:		
CCE 630 Applications of Humanistic/Existential Theory	3	
CCE 631 Applications of Cognitive Behavioral Theory	3	
CCE 632 Applications of Family Systems Theory	3	
CCE 644 Applications of Psychodynamic Theory	3	
III. Elective Courses	6	
Take two Special Topics courses.		
CCE 650 Special Topics Seminars	3	
Total Hours For The MSCMHC Degree	61	

All courses are required other than the choice among theory courses where students can select two of the four and elective courses, where students must take six credit hours from options provided.

Students are required to take and pass comprehensive exams prior to April 1st of their third year. Students should be aware that completion of this program satisfies all academic requirements for licensure in Utah as an associate clinical mental health counselor. Additional clinical practice hours are needed to meet Utah's full licensure requirements, which can occur after a period of not less than 2 years (3,000 hours).

Recommended Plan of Study

	Fall Semester	Spring Semester
Year 1	CCE 605 Professional Roles CCE 610 Counseling Ethics CCE 612 Stats & Research Methods CCE 617 Individual Counseling I CCE 621 Human Growth & Dev	CCE 619 Individual Counseling II CCE 628 Group Counseling CCE 614 Psychopathology and the DSM CCE 633 Child and Family Counseling
Year 2	CCE 636 Clinical Assessment CCE 639 Multicultural Counseling CCE 642 Substance Abuse Counseling CCE 640 or 643 Counseling Practicum or Trauma & Crisis Counseling	CCE 650 Special Topics in Counseling (Choose an elective) CCE 640 or 643 Counseling Practicum or Trauma & Crisis Counseling <i>Two of the following:</i> CCE 630 Applications of Humanistic/Existential Theory CCE 631 Applications of Cognitive Behavioral Theory CCE 632 Applications of Family Systems Theory CCE 644 Applications of Psychodynamic Theory
Year 3	CCE 645 Career Counseling and Development CCE 660 Internship I	CCE 650 Special Topics in Counseling (Choose an elective) CCE 661 Internship II

Some students enter the MSCMHC program only to learn that while they love the study of counseling, they no longer desire to practice. For those students who seek an education in the applications of psychology but who choose not to seek licensure, the Master of Applied Psychology is a degree option. At the end of the first and second years of academic study in the graduate program, students and faculty determine if a student will graduate from the MAP program or the MSCMHC program.

Master of Science in Applied Psychology

Students may wish to pursue the Master of Science in Applied Psychology if they have an interest in understanding human behavior and how change occurs within a treatment context but do not have a wish to practice as a licensed counselor. For example, a student may wish to work in an administrative capacity in a human or social service agency or non-profit. Perhaps one aspires to head an HR/EAP program or run a for-profit residential treatment center, and while the student does not wish to provide direct services to clients, the student wants a deep understanding of best practices within the fields of psychology and counseling.

Program Goals

- Demonstrate knowledge of how psychological and counseling theories are applied in human and social services
- Prepare students for administrative or staff positions within social services agencies
- Understand how theories of human development, psychology, and counseling are used to promote health and change in individuals and groups

Program Requirements

Students must complete at least 45-48 hours of graduate course work drawn from the following:

Requirement Description	Credit Hours	Prerequisites
I. Required Courses	36	
CCE 605 Seminar in Professional Roles I	1	
CCE 610 Counseling Ethics	3	
CCE 612 Statistics and Research Methods	3	
CCE 614 Psychopathology and the DSM	3	
CCE 617 Individual Counseling I	3	
CCE 619 Individual Counseling II	2	
CCE 621 Human Growth and Development	3	
CCE 628 Group Counseling	3	
CCE 633 Child and Family Counseling	3	
CCE 636 Clinical Assessment	3	
CCE 639 Multicultural Counseling	3	
CCE 642 Substance Abuse Counseling	3	
CCE 643 Trauma & Crisis Counseling	3	

Requirement Description	Credit Hours	Prerequisites
II. Counseling Theory Courses	3	
Take one out of the following four courses:		
CCE 630 Applications of Humanistic/Existential Theory	3	
CCE 631 Applications of Cognitive Behavioral Theory	3	
CCE 632 Applications of Family Systems Theory	3	
CCE 644 Applications of Psychodynamic Theory	3	
III. Elective Courses	6	
Take two Special Topics courses.		
CCE 650 Special Topics	3	
Total Hours for the MS in Applied Psychology	45	

Recommended Plan of Study for MS in Applied Psychology

	Fall Semester	Spring Semester
Year 1	CCE 605 Seminar in Professional Roles I CCE 610 Counseling Ethics CCE 612 Statistics & Research Methods CCE 617 Individual Counseling I CCE 621 Human Growth & Development	CCE 619 Individual Counseling II CCE 628 Group Counseling CCE 614 Psychopathology and the DSM CCE 633 Child and Family Counseling
Year 2	CCE 636 Clinical Assessment CCE 639 Multicultural Counseling CCE 642 Substance Abuse Counseling CCE 643 Trauma and Crisis Counseling	Choose one Counseling Theory course from: <i>CCE 630 Humanistic/Existential Theory</i> <i>CCE 631 Cognitive Behavioral Theory</i> <i>CCE 632 Family Systems Theory</i> <i>CCE 644 Psychodynamic Theory</i> CCE 650 Special Topics in Counseling (take two)

Graduate Certificate in Adventure Therapy

Faculty

- Patrick McMillion, PhD

Program Goals

- Students will develop a foundational knowledge of the distinct elements of adventure therapy, including history, interventions, theories, and models.
- Students will examine sociocultural/environmental implications of adventure therapy, emphasizing principles diversity, equity, and inclusion; as well as environmental ethics and justice.
- Students will learn and apply various models of client assessment, incorporating relevant learning into clinical practice and risk management.
- Students will demonstrate knowledge of and adherence to accepted standards of professionalism and ethical practice while developing and implementing adventure therapy.
- Students will explore practical aspects of integrating adventure therapy programming in a variety of organizational and clinical settings.
- Students will apply professional standards for clinical documentation to an adventure therapy setting, examining confidentiality standards, liability, and note-taking.
- Students will employ foundational counseling skills of therapeutic alliance building to a variety of adventure therapy settings and client populations.
- Students will gain competence in developing, facilitating, and processing adventure therapy interventions in support of client-centered, culturally relevant, and clinically-informed treatment practices.
- Students will critically examine the relevance and effectiveness of adventure therapy practices through both formal and informal means to support integration and transfer of learning towards clinical goals.

Program Objectives

The Adventure Therapy Certificate Program is designed for post-graduate licensed mental health therapists (e.g., ACSWs, LCSWs, ACMHCs, LCMHCs, LMFTs, etc.) and concurrently enrolled Westminster MSCMHC students seeking advanced training in adventure therapy. We welcome individuals across mental health disciplines (counseling, social work, marriage and family therapy, etc.). Through three intensive courses between January and June, students will develop the foundational knowledge and skills to implement clinically effective, ethical, and culturally relevant adventure therapy programming across settings and client populations. A student successfully completing each of the three courses will earn a university-issued certificate and have met the educational standards for the Clinical Certified Adventure Therapist credential, issued by the Association for Experiential Education.

Program Requirements

Students must complete the three listed courses with no less than 3.0 GPA.

Requirement Description	Credit Hours	Prerequisites
I. Required Courses	9	
CCE 651 Foundations of Adventure-Based Counseling	3	
CCE 652 Professional Practice in Adventure-Based Counseling	3	
CCE 653 Clinical Practice in Adventure-Based Counseling	3	
Total Hours for the Program	9	

Recommended Plan of Study for MSCMHC with Graduate Certificate in Adventure Therapy*

	Fall Semester	Spring Semester
Year 1	CCE 605 Professional Roles CCE 610 Counseling Ethics CCE 612 Stats & Research Methods CCE 617 Individual Counseling I CCE 621 Human Growth & Dev	CCE 619 Individual Counseling II CCE 628 Group Counseling CCE 614 Psychopathology and the DSM CCE 633 Child and Family Counseling
Year 2	CCE 636 Clinical Assessment CCE 639 Multicultural Counseling CCE 642 Substance Abuse Counseling CCE 640 or 643 Counseling Practicum or Trauma & Crisis Counseling	CCE 640 or 643 Counseling Practicum or Trauma & Crisis Counseling <i>Two of the following:</i> CCE 630 Applications of Humanistic/Existential Theory CCE 631 Applications of Cognitive Behavioral Theory CCE 632 Applications of Family Systems Theory CCE 644 Applications of Psychodynamic Theory *CCE 651 Foundations of Adventure-Based Counseling (First 7 weeks) *CCE 652 Professional Practice in Adventure-Based Counseling (Second 7 weeks) *CCE 653 Clinical Practice in Adventure-Based Counseling (Summer - First 4 weeks)
Year 3	CCE 645 Career Counseling and Development CCE 660 Internship I	CCE 661 Internship II *CCE 651 Foundations of Adventure-Based Counseling (First 7 weeks) *CCE 652 Professional Practice in Adventure-Based Counseling (Second 7 weeks) *CCE 653 Clinical Practice in Adventure-Based Counseling (Summer - First 4 weeks)