



SCHOOL OF LEADERSHIP AND EDUCATION SCIENCES

Mother Rosalie Hill Hall
5998 Alcalá Park
San Diego, CA 92110-2492



Master of Arts in Counseling
Specialization in Clinical Mental Health Counseling



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Contact Information

For admissions and general program information:

Office of Outreach and Recruitment
Phone: (619) 260-7988
E-mail: solesgrads@sandiego.edu

For more information:

www.sandiego.edu/soles/admissions





Master of Arts in Counseling

Specialization in Clinical Mental Health Counseling



Program Overview

The Master of Arts in Counseling at the University of San Diego's (USD) School of Leadership and Education Sciences (SOLES) prepares students to become professional counselors. We offer specializations in clinical mental health and school counseling.

The Specialization in Clinical Mental Health Counseling (CMHC) is an intensive 60 semester-unit graduate curriculum providing comprehensive training at the master's level. The CMHC specialization prepares graduates for independent clinical practice as licensed professional counselors. The specialization has a strong clinical focus that helps students develop competencies required to work as practitioners in educational settings, mental health agencies, correctional institutions, religious organizations, inpatient health-care facilities and private practice. Students in the CMHC specialization also learn methods for conducting clinical assessments, using the DSM-IV-TR, conceptualizing cases, writing psychosocial histories, crafting treatment plans, as well as evaluating the outcomes of mental health programs and clinical services. Professional mental health ethics and cultural responsiveness are integrated into all coursework. Clinical mental health counselors provide direct services to clients of all ages, cultural backgrounds, and circumstances to help them achieve their goals. Students learn individual and group counseling techniques, as well as the clinical intervention skills found to be effective for a variety of mental health issues ranging from adjustment disorders to severe mental illnesses. The CMHC specialization uses an evidence-based clinical practice approach in coursework and internship so students develop competencies and a professional identity consistent with clinical mental health counselors.

Distinguishing Features

- Our program develops students with professional competencies required for national certification and counseling licensure in most states.
- The Clinical Mental Health Counseling Specialization was designed in accordance with the national standards of the Council for Accreditation of Counseling and Related Educational Programs (CACREP) and the National Board for Certified Counselors (NBCC).

- Students learn to deliver individual and group counseling services, clinical training presentations, and utilize technology to deliver clinically-relevant services.
- Our faculty members identify with the clinical mental health counseling profession through: professional memberships; published research and conference presentations; service as officers, board and committee members in state and national counseling organizations; and mental health licenses.
- The program is enhanced by an international requirement in the curriculum.
- Students develop a clinical sub-specialty.
- Classes are in the afternoons and evenings so working students can complete our program.
- Clinical courses are taught by mental health professionals who have actual private practice experience and who, for the most part, are licensed and/or board certified.
- Clinical courses use a case-based approach to training.
- Students are exposed to experiences that increase their skills for forensic counseling work.

Program Curriculum

Prerequisites

Complete at least 12 undergraduate credits with a grade of B or higher in psychology, human services, education, or closely related areas with specific coursework in research, social and cultural foundations, human development across the lifespan, statistics and computer science.

The Master of Arts in Counseling with the Clinical Mental Health Counseling Specialization consists of the following 60 units:

Core Courses (24 units)

COUN 503	Professional Orientation and Ethics in Counseling	3 units
COUN 505	Lifespan Development	3 units
COUN 508	Research Methods in Counseling	3 units
COUN 510	Career Development Across the Lifespan	3 units
COUN 515	Multicultural Counseling	3 units
COUN 520	Counseling Psychology: Theory and Practice	3 units
COUN 525	Group Dynamics	3 units
COUN 530	Assessment Techniques in Counseling	3 units

Mental Health Clinical Core (18 units)

COUN 543	Foundations of Clinical Mental Health Counseling	3 units
COUN 541	Advanced Counseling: Diagnosis and Treatment	3 units
COUN 544	Introduction to Family Counseling	3 units
COUN 545	Substance Abuse Counseling	3 units
COUN 546	Human Sexuality	3 units
COUN 547	Crisis Intervention Counseling	3 units

Clinical Instruction in Counseling and Mental Health Practice (12 units)

COUN 504	Prepracticum in Counseling Techniques	3 units
COUN 589P	Practicum—Adult	3 units
COUN 592F	Clinical Mental Health Internship I	3 units
COUN 593F	Clinical Mental Health Internship II	3 units

Students complete a total of 6 or more units until they complete a minimum of 600 hours of supervised experience.

Electives (6 units)

Electives are selected with the approval of the specialization coordinator.

SOLES students are required to complete an international experience to graduate. Contact the specialization coordinator for more information.

Admission Requirements

- Submit the Graduate School Admission Application and Statement of Purpose online at www.sandiego.edu/admissions/graduate/application.php. The Statement of Purpose should describe how the USD program will fit your personal/professional goals. Please include your strengths in interpersonal skills,

experiences with multiculturalism, involvement in team building, and participation in volunteer activities.

- Submit all college or university transcripts. Applicants must submit one official sealed transcript from every college or university attended. A minimum grade point average of 2.75 (on a 4.0 scale) is required in all undergraduate/graduate coursework.
 - For international students only: transcripts must be issued in English by the academic institution or must be officially translated by an approved agency. Applicants are required to have their foreign transcripts evaluated by an independent credential evaluation service. Applicants may contact The International Education Research Foundation, Inc. and request a Detail Report, or World Education Services and request a Course-by-Course Report.
- Three professional letters of recommendation from supervisors, employers or professors. Please do not submit personal recommendations.
- Submit a resume.
- The Graduate Record Examination (GRE) is not required
- Additional requirements for international students:
 - Submit the official results of the Test of English as a Foreign Language (TOEFL). Minimum requirements are 83 (Internet-based), 237 (computer-based), or 580 (paper-based).
 - Submit Certification of Finances Form and supporting documents. Please visit www.sandiego.edu/admissions/graduate/international.php for form and additional information.

Application Deadlines:

Summer/fall early admissions deadline is Jan. 31 and regular admissions deadline is March 1.

Financial Aid

Students may be eligible to apply for additional scholarships and financial aid through SOLES. To learn more about the opportunities available, please visit www.sandiego.edu/soles/financialaid.

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