

MASTER'S DEGREE IN PROFESSIONAL COUNSELING 2009-2010

<http://pc.ed.utah.edu/>



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Professional mental health counselors facilitate the growth and development of individuals, families, and groups through the helping relationship. They practice in a range of settings, including outpatient, inpatient, and community mental health agencies, individual and group private practice settings, and other contexts where counseling and mental health services are provided. Mental Health Counseling is a distinct licensure specialty from other helping professions such as psychology, social work, psychiatry, and psychiatric nursing although, like other mental health professions, a variety of issues may be addressed through professional counseling, including, but not limited to:

- Anxiety and depression
- Lifespan adjustment issues
- Family and interpersonal problems
- Substance abuse and other addictions
- Adaptation to disability and illness
- Sexual abuse and domestic violence
- Eating disorders
- Career development
- Management of job stress
- Grieving death and loss

MISSION STATEMENT

The mission of the Master's program in Professional Counseling is to educate and train professional counselors who will promote the optimal functioning of individuals, families, groups, and communities. Built upon a foundation of knowledge and skills in counseling those from diverse backgrounds, program graduates will be able to employ evidence-based practices to address the mental health needs of individuals, groups, and families. The course of study in the M.Ed. program in Professional Counseling will support the acquisition of knowledge and foster professional and personal growth through self-reflection, guided face-to-face and online instruction, and feedback through individual and small group supervision.

PROGRAM PHILOSOPHY

The Master's Program in Professional Counseling "*Philosophy of Training*" involves providing you with a manageable program of study that leads to a "*Professional Practice*" degree. Although there are informal opportunities to engage in research independent of assignments within courses, the philosophy of the program is to provide trainees with the skills to become practicing mental health professionals in the community. This means that you will become familiar with the research process as a consumer of research findings. To this end, course offerings allow you to learn while you are also engaged in part- or full-time employment and there *is not a formal research project requirement (outside of your regular didactic coursework) for completing the M.Ed. degree.*

Consequently, most required courses meet once per week in the early evening and face-to-face coursework is supplemented with meaningful online offerings. We are dedicated to providing you with close individualized supervision. It is our belief that training in professional counseling must involve some face-to-face instruction with licensed professionals who are skilled in the profession, and can act as role models of professional counselors. This is why we limit the number of student applicants that we accept per academic year. A smaller, more personal student cohort gives us the opportunity to attend to your individual needs, provide you with close supervision, and provides you opportunities to interact on campus (and through practical placements in the field) with instructors and professional colleagues. Students in this program value this cooperative atmosphere among their class peers within a personalized learning environment.

PROGRAM OBJECTIVES & CURRICULUM

Your course of study (outlined on pages 7 & 8 of this document) is intended to develop your ability to meet the following objectives:

- Develop competencies in counseling individuals, families, and groups using appropriate techniques, materials, and resources to address personal and developmental issues.

- Understand a variety of theoretical perspectives of human interaction and how these impact counseling.
- Develop self-awareness, knowledge, and skills related to issues of diversity and multiculturalism.
- Learn and understand the ethical principles and professional values that are an essential part of mental health counseling.
- Learn how to seek appropriate consultation with colleagues, other professionals, and informed lay persons.
- Develop the skills to establish effective relationships with individuals and agencies that also provide services to assist clients.
- Understand basic principles of social and cultural factors on the functioning of individuals, families, and communities.
- Learn the role, function and professional identity of a mental health counselor.
- Understand professional issues unique to mental health counseling.
- Learn to value continuing professional education and life-long learning in maintaining your professional counseling skills.

ORGANIZATIONAL STRUCTURE

The Master's in Professional Counseling Specialty is offered within the Counseling and Counseling Psychology (CCP) Program in the Department of Educational Psychology. Our department is housed within the College of Education at the University of Utah. The program faculty are expert instructors and leading researchers in their fields of study. They teach required courses as well as serve in all program functions including administering the master's comprehensive examination. They adhere to the highest standards of professional practice and are licensed professionals in their respective fields.

PROGRAM OF STUDY

The Master's in Professional Counseling Program leads to a Master's degree (M.Ed.) in Educational Psychology and requires a minimum of sixty (60) semester hours. Consequently, this program is designed to meet the educational requirements for licensure as a Professional Counselor (LPC) in the State of Utah and is congruent with national standards for master's level licensure in most other States and jurisdictions across the country.

The Master's in Professional Counseling Program follows, in general, the standards of accreditation by the Council of Accreditation of Counseling and

Related Educational Programs (CACREP) and meets the educational requirements for licensure qualification as described by the Professional Counselor Licensing Act Rules through the Utah Division of Occupational Licensure (DOPL).

Given the applied nature of this discipline, the program and courses at the University of Utah incorporate an experiential component involving role plays, self-disclosure or self-reflective journals, and field assignments, as well as a 900 clock hour supervised counseling experience (with 360 hours in the direct provision of mental health therapy).

COMPREHENSIVE EXAM

Successful completion of the program also requires that students pass a comprehensive exam, typically conducted at the culmination of the student's program of study. This is a multiple choice examination that mirrors the National Counselor Examination (NCE). The specific exam is the Counselor Preparation Comprehensive Examination (CPCE), a 160 item exam used by over 220 colleges and universities that train professional counselors. Information about this exam can be found at: <http://www.cce-global.org/cpce>

All Admitted applicants in the Professional Counseling track will register and take the CPCE examination that is required for M.Ed. degree completion. Pass rates are established by national normative data and by the CCP faculty. Three faculty members from the CCP program are selected to serve as the student's Comprehensive Examination Supervisory Committee. These three committee members also serve as the student's supervisory committee and oversee the year-end evaluation of the student's program of study.

INTERNSHIP REQUIREMENTS AND PREREQUISITES

The internship in professional counseling is intended as a capstone experience for the final year of the M.Ed. degree program of study. An extensive array of internship placements is available throughout the Wasatch Front region, and your internship coordinator will assist you in identifying a suitable match to your interests. Arrangements for the professional counseling internship are made through the internship coordinator in the semester (Spring) prior to the beginning of the internship year. Prerequisites for enrolling in the Internship in Professional Counseling (EDPS 6910) include successful completion of: EDPS 6010, (Introduction

to Statistics); EDPS 6200 (Counseling Theories and Procedures); EDPS 6210 (Counseling Skills); EDPS 6300 (Introduction to Measurement); EDPS 6350; (Group Counseling Procedures); EDPS 6360, (Multicultural Counseling); EDPS 6710, (Skills Training Practicum); EDPS 7180, (Personality Assessment); EDPS 6960 (Master's Ethics); EDPS 6820 (Professional Issues in Counseling); and EDPS 7600 (Diagnostic Adult Psychopathology). The internship experience occurs over two semesters, with approximately 30 hours per week of supervised experience beginning Fall semester, which translates into 900 hours of supervised work.

LICENSURE INFORMATION

The Professional Counseling track can meet the educational requirements for licensure as a Professional Counselor (PC) in the State of Utah. Licensure is regulated by the Professional Counselor Licensing Board under the rules and regulations of the Division of Occupational and Professional Licensing (DOPL) in the State of Utah.

Information pertaining to licensure and application materials can be obtained from:

*Department of Commerce
Division of Occupational and Professional Licensing
Heber M. Wells Building/160 East 300 South
Salt Lake City, Utah 84145-0805
(801) 530-6628
OR access the DOPL web page at:
http://www.dopl.utah.gov/licensing/professional_counselor.html*

ACADEMIC STANDARDS, STUDENT EVALUATION, AND APPEALS

Academic Standards: Students obtaining a Master's in Professional Counseling must maintain a 3.0 cumulative grade point average, sustain a minimum 3.0 grade point average each semester, and earn a B- or higher in all required courses. Course grades lower than a B- must be repeated within 12 months to earn a higher grade (B- or above), and all incomplete grades must be resolved with a B- or higher within 12 months. A cumulative GPA that is below 3.0 for more than one semester is grounds for program dismissal.

Annual Evaluation: At the end of each academic year, faculty in the CCP program meet to review and evaluate student progress. Students will be evaluated in the following areas: academic performance; meeting program timeline deadlines; clinical skill development; ethical/professional

behavior; personal/interpersonal behavior; and multicultural competence. A copy of this annual evaluation will be provided to the student and a copy will remain in the student's departmental file. In the event that concerns are raised in the evaluation meeting regarding a student's progress in any area, the Training Director will consult with the student to consider what steps may be needed to remedy the concern.

Appeal Process: In some cases, students may disagree with the outcome of student evaluations, student grades, or supervisory or practicum evaluations. In these cases, the following procedures have been identified to guide students in the process of appealing such decisions.

- In the case of students who are experiencing difficulty in the program or who have received an unsatisfactory evaluation, the student will meet with the Training Director to follow up and establish plans for remediation.
- If the student disagrees with the evaluation of the faculty, s/he can, in consultation with her/his Training Director, discuss the disagreement in order to provide clarification or request a review of the faculty decision. Because of the timing of evaluations at the end of the semester, faculty may not be able to meet until the beginning of the following semester; at that time, the faculty will meet promptly to consider the student's concerns.
- If the student continues to disagree with an evaluation, the student may pursue the disagreement using more formal means. The student may appeal to the Chair of the Department or the Dean of the College. The student can appeal the academic action in writing within 40 business days of an unsatisfactory decision by the CCP Program faculty. The Department Chair or College Dean then has 15 business days to respond in writing.
- If the Department Chair or College Dean fails to respond, or if the student disagrees with the decision, or if the Program disagrees with the decision, a formal appeal may be submitted to the Academic Appeals Committee of the College of Education within 15 days of the Chair or Dean's response. Detailed information about the process of this appeal is contained in the University of Utah Student Code (<http://www.admin.utah.edu/ppmanual/8/8-10.html>).

The faculty is committed to student progress and success in the Program. You are strongly urged to

maintain contact with the Professional Counseling Training Director throughout the Program. If unforeseen circumstances prevent your timely progression through the Professional Counseling program, please consult as early as possible with the PC Training Director to explore possible solutions.

PROVISION OF COUNSELING SERVICES DURING THE PROGRAM

Students involved in the skills training practicum (EDPS 6710) or internship experiences must provide evidence of professional liability insurance (even through EDPS 6710 employs only volunteer clients liability insurance provides added protection to you for unforeseen circumstances). This insurance can be purchased at: <http://www.acait.com/>

Students *must* be registered for an internship (EDPS 6910) in order to receive credit towards their program of study for engaging in the provision of supervised mental health counseling. Other activities that involve the extracurricular provision of mental health services may fall under the requirements for the social service worker license (www.dopl.utah.gov/licensing/social_work.htm).

Situations that may require this license would arise, for example, if the student was working in a paid employment context and providing mental health services for a social service agency prior to admission into the Master's in Professional Counseling program (or when not officially enrolled in a University of Utah practicum or internship course)

ADDITIONAL PROGRAM AND DEPARTMENT POLICIES

You *must* be registered for a minimum of three credits per semester to maintain your status as a matriculated graduate student at the University of Utah (with the exception of summer term). This means that you must be enrolled for 3 semester hours of graduate credit in the semester that you take the Master's comprehensive examination (or CPCE). Students must complete all requirements for the degree within a four year time limit. Failure to meet the four-year time limit deadline is grounds for dismissal from the Professional Master's program.

All students must file supervisory committee forms with the Departmental Academic Program Specialist, which are due by the student's second year in the graduate program. Students should also be aware that their admission to candidacy form (also known

as the program of study form) must be completed the semester prior to when the student intends to graduate. Both of these Graduate School required forms are available online at www.utah.edu/graduate_school/forms.html.

FORMS DUE: By Fall or Spring of Year 2:
Supervisory Committee Forms
By Fall of Year 3:
Admission to Candidacy Form (Program of Study)

ADMISSIONS REQUIREMENTS AND PROCEDURES

The Counseling and Counseling Psychology (CCP) faculty evaluate admissions quality and diversity of experience and background, past academic achievement, personal statement, letters of recommendation, and Graduate Record Examination (GRE) scores. Applicants must meet the admissions requirements of the University of Utah Graduate School and demonstrate interest and commitment to Professional Counseling. Applications for admission are reviewed once per year. All materials must be received by December 15. Send a completed Graduate School application to the University Admissions Office, 250 Student Services Bldg., **at least six weeks before** the department's December 15th admission application deadline.

The Graduate School allows six (6) semester hours of transfer work from other institutions OR Nine (9) semester hours of graduate credit earned in a non-matriculated status at the University of Utah. These may be applied towards degree requirements. All transfer credit or credit earned in a non-matriculated status at the University of Utah must be approved by the CCP faculty and by the Graduate School of the University of Utah.

ADDITIONAL RESOURCES / LINKS

Students and potential applicants may want to review additional information relevant to the counseling profession and the Professional Counseling program at the following links:

Utah Mental Health Counselors Association
www.umhca.org

American Counseling Association (ACA)
www.counseling.org

ACA Code of Ethics
www.acait.org

Counsel for Accreditation of Counseling
and Related Professions (CACREP)
www.cacrep.org

National Board for Certified Counselors
www.nbcc.org

Counselor Preparation Comprehensive
Examination (CPCE)
<http://www.cce-global.org/cpce>

University of Utah Student Code
(<http://www.admin.utah.edu/ppmanual/8/8-10.html>)

DEPARTMENT OFFICERS AND CCP PROGRAM STAFF

Educational Psychology

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Program Administration (801-581-7148)

PROFESSIONAL COUNSELING CURRICULUM

I. CORE REQUIREMENTS

(18 Hours)

Statistics and Research Design (3 Hours Required)

EDPS 6010 (3) Introduction to Statistics and Research Design

Assessment and Measurement (6 Hours Required)

EDPS 6300 (3) Introduction to Measurement
EDPS 7180 (3) Personality Assessment

Developmental Theory (6 Hours Required)

EDPS 6330 (3) Career Development and Assessment

EDPS 6051 (3) Life Span: Early to Late Adulthood

Human Diversity (3 Hours Required)

EDPS 6360 (3) Multicultural Counseling

II. COUNSELING THEORY AND PRACTICE

(23 Hours)

EDPS 6200 (3) Counseling Theories
EDPS 6210 (3) Counseling Skills
EDPS 6350 (3) Group Counseling
EDPS 6340 (3) Substance Abuse Counseling
EDPS 6710 (3) Practicum in Counseling
EDPS 6910 (8) Internship in Counseling

III. PC SPECIALIZATION REQUIREMENTS

(7 Hours)

EDPS 6820 (2) Professional Issues in Mental Health Counseling

EDPS 6960 (2) Master's LPC Ethics and Standards

EDPS 7600 (3) DSM: Adult Psychopathology

IV. COUNSELING APPROACHES

(12 Hours)

EDPS 6960 (3) Sexual Counseling

EDPS 6960 (3) Meditation and Stress

EDPS 6960 (6) *Positive Psychology
(online course content – two [3 credit hour] courses)

Program faculty also recommend the following didactic courses below that could be used in place of Positive Psychology online coursework.

- EDPS 6370 (3) Psychology of Women
- EDPS 6550 (3) Soc Psych of Hum Diversity
- EDPS 6050 (3) Life Span: Infancy to Adol

DEGREE REQUIREMENTS

The M.Ed. Degree requires that the student complete: **(1)** Core Requirements (18 Hours); **(2)** Counseling Theory and Practice Requirements (23 Hours); **(3)** PC Specialization Requirements (7 Hours); **(4)** Counseling Approaches (12 hours) for a total of **60 hours** of graduate work; and **(5)** complete the Master's Comprehensive Exam.

***Positive Psychology online series (EDPS 6960)**

- Forgiveness and anger reduction
- Positive psychology & well-being
- Coping with difficult people
- Enhancing happiness and life satisfaction
- Achieving peace after divorce
- Quality of Intimate relationship
- Positive psychology for addictive thinking
- Growing from traumatic life experiences

**At least two of the Positive Psychology online courses are offered each semester:*

<http://www.ed.utah.edu/edps/positivePsych/index.php>

PROFESSIONAL COUNSELING CURRICULUM SEQUENCE

Year 1: Fall 2009

3 EDPS 6200 Counseling Theories
3 EDPS 6210 Counseling Skills
2 EDPS 6820 Prof Issues (T1)/
2 EDPS 6960 Master's Ethics (T2)
3 EDPS 6010 Statistics

13 (hours)

Year 1: Spring 2010

3 EDPS 6300 Measurement
3 EDPS 7600 DSM
3 EDPS 6330 Career
3 EDPS 6051 Lifespan Dev: Adulthood

12 (hours)

Year 2: Fall 2010

3 EDPS 6350 Group Counseling
3 EDPS 6340 Substance Abuse
3 EDPS 6950 Meditation & Stress

9 (hours)

Year 2: Spring 2011

3 EDPS 7180 Personality Assess
3 EDPS 6360 Multicultural Couns
3 EDPS 6710 Practicum

9 (hours)

Year 2: Sum 2011

3 EDPS 6960
(Sexual Counseling)
2 EDPS 6910
(Internship)

5 (hours)

Year 3: Fall 2011

3 EDPS 6910 Internship
3 EDPS 6960 *Online Offerings

6 (hours)

Year 3: Spring 2012

3 EDPS 6910 Internship
3 EDPS 6960 *Online Offerings
(take CPCE exam)

6 (hours)

TOTAL 60 HOURS