

# Counselor Education, MA

## Clinical Mental Health Counseling

The Master of Arts program in counselor education with a clinical mental health counseling subprogram requires a minimum of 60 s.h. of graduate credit. Students must maintain a graduate program grade-point average of at least 3.00. Full-time students can complete the program in approximately 20 months (four semesters).

The program prepares professional counselors to provide assistance with psychological wellness through flexible, consumer-oriented therapy to individuals experiencing various problems in living, including mental disorders and substance abuse. They combine traditional psychotherapy with a practical, problem-solving approach that creates a dynamic efficient path for change and problem resolution.

Clinical mental health counselors work in a variety of settings, including public government agencies; private practice; community mental health agencies; managed behavioral health care organizations; integrated delivery systems; hospitals, including the Veteran's Administration; employee assistance programs; and substance abuse treatment centers. They provide interventions designed to help individuals with their immediate needs such as assessment and diagnosis, psychotherapy, treatment planning, brief and solution-focused therapy, alcoholism and substance abuse treatment, psychoeducational and prevention, and crisis management.

The MA subprogram in clinical mental health counseling is accredited by the Council for Accreditation of Counseling and Related Educational Programs (CACREP). Graduates of the program are eligible for certification by the National Board for Certified Counselors. By completing the program's coursework, students also complete the courses they must take in order to apply for licensure as mental health counselors in Iowa. Students who complete the program and wish to seek licensure in other states should refer to the relevant state licensing board for specific requirements.

The curriculum blends academic work with supervised clinical experiences. Students take practicum and internship concurrently with academic courses. The program concludes with a full-time internship (40 hours per week) during a spring semester. Students are assigned to mental health agencies or facilities that meet CACREP accreditation standards and that have programs or clientele aligned with a student's interests and educational objectives. Clinical placements require criminal background checks. Supervised practicums, internships, and final examinations are not offered during summer sessions.

The MA in counselor education with a clinical mental health counseling subprogram requires the following work.

## Required Courses

Course #	Title	Hours
All of these:		
CSED:5202	Introduction to Group Counseling	3
CSED:5203	Career Development and Counseling	3

CSED:5221	Theories of Counseling	3
CSED:5241	Professional Counseling Orientation and Ethical Practice	3
CSED:5248	Diagnosis and Treatment Planning for Traditional, Vulnerable, and Special Populations in Counseling	3
CSED:5249	Medical, Psychopathological, and Psychosocial Aspects of Health and Disability	3
CSED:5250	Social and Cultural Foundations of Counseling	3
CSED:5254	Assessment and Appraisal	3
CSED:5278	Applied Microcounseling	3
CSED:6342	Lifespan Development	3
CSED:6349	Practicum in Clinical Mental Health Counseling	3
CSED:6352	Internship in Clinical Mental Health Counseling	12
CSED:6353	Pre-Practicum and Case Management in Counseling	3
CSED:6500	Research and Program Evaluation	3

## Electives

In consultation with their advisors, students choose 9 s.h. (from a minimum of 3 courses) in elective coursework. Students are permitted to select coursework numbered 3000 and above from counselor education (prefix CSED), teaching and learning (prefix EDTL), educational policy and leadership studies (prefix EPLS), and psychological and quantitative foundations (prefix PSQF). Students are encouraged to select from the following course list, as these courses are curated for counselor education students.

Course #	Title	Hours
CSED:4110	Psychology of Food and Mood	3
CSED:4113	Sleep, Sleep Deprivation, and Sleep Disorders	3
CSED:4114	Psychology of Body Modification and Self-Image	3
CSED:4130	Human Sexuality	3
CSED:4131	Loss, Death, and Bereavement	3
CSED:4132	Introduction to Addictions and Impulse Control Disorders	3
CSED:4162	Introduction to Couple and Family Therapy	3
CSED:4173	Trauma Across the Lifespan	3
CSED:4174	Positive Psychology	3
CSED:4175	Motivational Interviewing	3
CSED:4176	Child Abuse: Assessment, Intervention, and Advocacy	3
CSED:4179	Sexuality Within the Helping Professions	3
CSED:4185	Introduction to Substance Abuse	3
CSED:4187	Introduction to Assistive Technology	3

CSED:5280	Topical Seminar in Counselor Education (may be taken more than once if the topic differs)	arr.
CSED:5400	Suicide and Crisis Intervention in Counseling	2-3
CSED:5500	Telehealth Skills in Clinical Mental Health	3

## Final Examination

The final examination consists of a departmental comprehensive portfolio that documents knowledge, skills, and dispositions on the process and practice of clinical mental health counseling. Exams are offered only during fall and spring semesters.

## Admission

Applicants must meet the department's general admission requirements. They should have a good academic record and relevant experiences. No specific undergraduate major area of study is required for the MA program, but a major in one of the social sciences is considered good preparation. Postbaccalaureate work and volunteer experiences relevant to the field of mental health counseling are preferred. The program encourages applications from persons historically underrepresented in the field, particularly those with a disability and/or members of underrepresented groups. A personal interview is required.

Although students may be admitted for any semester, the program highly recommends that full-time students begin in the fall.