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# LaGrange College

## Course Catalog - Clinical Mental Health Counseling

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### **M.A. in Clinical Mental Health Counseling - Master of Arts in Clinical Mental Health Counseling**

**Type:**Major

#### **Introduction**

The Master of Arts in Clinical Mental Health Counseling (CMHC) Program is a 60-semester-hour program designed to prepare students to be Licensed Professional Counselors (LPC) in the State of Georgia. The program has been developed to be in compliance with the 2016 Standards outlined by the Council for the Accreditation of Counseling and Related Educational Programs (CACREP). Students will be prepared to sit for the state-required licensure exam (e.g., the National Counseling Exam (NCE)). Upon completion of the program, graduates may apply to take the National Counselor Examination (NCE), then obtain employment. Once students have found both a supervisor and director to sign off on their paperwork students may apply for an associate license. Students who obtain their associate license in counseling (APC) will be eligible to practice in a variety of settings, including private practice and/or community agencies such as mental health centers, hospitals, outpatient and residential drug treatment centers, and agencies serving children, adolescents, and families.

#### **Mission of the Clinical Mental Health Counseling Program**

It is the mission of the Clinical Mental Health Counseling (CMHC) Program at LaGrange College to prepare counseling professionals who value civility, integrity, diversity, service, advocacy, and excellence as they promote the well-being of all those they serve. The faculty members are committed to communicating the knowledge, skills, and passion for both the art and the science of counseling as they prepare qualified graduates to serve the people of their communities as well as the counseling profession.

#### **Program Mission Goal**

It is our goal of the Clinical Mental Health Counseling Program at LaGrange College to develop counseling professionals who possess the skills and knowledge necessary to be highly competent and committed in specialty areas.

## **Program Goals and Objectives**

The program goals and objectives reflect current knowledge and projected needs concerning counseling practice in a multicultural and pluralistic society. The LaGrange College CMHC program has program goals that are met through learning objectives, which are utilized as key performance indicators for the efficacy of the program. These key performance indicators (learning objectives) are assessed by a series of assessments. All assessments are tracked by using a comprehensive assessment map. All program goals are directly tied to learning objectives (key performance indicators) that are measured through the assessment map. The overall program goals are met through key learning indicators (objectives). The assessment of key student learning indicators includes assessment that is summative and formative, across time and across program requirements. Key student learning indicators include program specific requirements and external assessments (e.g., CPCE). Course specific learning indicators are reflective of the requirement that all courses in the Clinical Mental Health Counseling Program have assignments that directly evaluate learning indicators reflective of the CACREP 2016 foundational and specialty standards. The key student learning indicators are evaluated by a comprehensive assessment map.

## **CMHC Program Goals**

- Develop knowledge and skills necessary for competent professional practice, while cultivating strong counselor identity (met through objective #1- #10)
- Develop competent professional who engage in advocacy, by enhancing awareness and creating a passion for social justice while implementing multiculturally competent practices (met through the following learning objectives #2, #3, #10)
- Enhance engagement in professional organizations by increasing counselor identity (#1, #10)
- Maintain a high-quality CACREP based program in Clinical Mental Health Counseling (#1- #10)

## **CMHC Learning Objectives (Key Performance Indicators)**

1. Demonstrates knowledge and skills of counseling professional standards including ethical and legal standards.
2. Demonstrates knowledge and skills of multicultural theories and multicultural counseling practices.
3. Demonstrates knowledge and skills of theories and counseling practices related to human growth and development.
4. Demonstrates knowledge of theories related to career planning and career counseling practice.

5. Demonstrates skills necessary to establish a counseling relationship.
6. Demonstrates knowledge of theories and models of crisis intervention.
7. Demonstrates knowledge and skills needed to conduct group counseling and apply group counseling theories.
8. Demonstrates knowledge of assessment and testing theories including use of assessment.
9. Demonstrates knowledge of program evaluation and the use of research within counseling
10. Demonstrates awareness and ability to develop clinical mental health counseling identity.

### **Program Objectives (Key Performance Indicators)**

#### **Learning Outcomes**

- a. Multicultural Issues
- b. Skills in Assessment and Treatment Planning

#### **Admission Requirements**

Students applying for admission to the CMHC Program must fulfill the following:

Students who wish to apply to the CMHC Program must submit the following information:

1. A completed application using the following website: [www@lagrange.edu](http://www@lagrange.edu)
2. A recent (no more than 5 years old) GRE or MAT score (applicants must have an average of 130 on verbal and quantitative sections of the GRE with a 3.5 on the writing section)
3. An official transcript of their undergraduate and previous graduate programs (if applicable)
4. An undergraduate cumulative GPA of 2.5
5. A two-page essay describing the journey that led them to pursuing a counseling career, including how this degree program will assist them in pursuing their career goal
6. A background check
7. No licensed or certifications have been revoked in other fields.
8. Three professional references

All materials are due by the admissions deadline to be invited for the on-campus interview.

Following an initial screening, students who meet the minimum qualifications may be invited for an interview. The interview process will involve both individual and group

interviews with the Clinical Mental Health Counseling faculty. Interviews may take place in a virtual format.

In some cases, a student may be admitted on a provisional basis, allowing the student time to demonstrate academic potential and counseling dispositions necessary to complete the program. While on provisional status, the student may enroll in 12 semester hours during the fall semester. The student may remove the provisional status by achieving a B or better on all coursework taken during the first semester. Failure to do so may result in the student being asked to withdraw from the program.

### **Student Transfer Policy**

Students who are interested in transferring to LaGrange College may submit an application to transfer through admissions (put link)

1. The prospective student must be interviewed by the program faculty
2. Submit a CMHC application to admissions
3. Submit all transcripts
4. The student must be in “good standing” with their current institution
5. The student must provide a letter for recommendation from their current institution.

Await CMHC program faculty decision on their acceptance

Grading Scale for CMHC:

- A 90-100**
- B 80-89**
- C 70-79**
- D 60-69**
- F Below 60**

### **Financial Information**

All charges for the semester/term are due and payable at the beginning of the term, and each candidate is expected to make satisfactory arrangements at that time.

Candidates who pre-register and pay in advance of the deadline each semester are not required to attend final registration. Invoices not paid by the due date will be assessed a Late Payment Fee enumerated below.

The College offers a deferred payment option that allows candidates to make monthly payments to cover educational costs. Interest will be assessed to candidates utilizing this option.

#### **Expenses**

1. Tuition —per credit hour \$ 740.00

|  |           |
|--|-----------|
| Housing/Activity fee—per summer sessions (3) |           |
| \$1,000.00                                   |           |
| 2. Fees — Miscellaneous                      |           |
| Late Payment Fee                             | \$ 50.00  |
| Personal checks failing to clear             | \$ 30.00  |
| Graduation Fee                               | \$ 200.00 |
| Student Identification Card replacement fee  | \$ 25.00  |
| Parking Permit                               | \$ 50.00  |

## Suggested Course Rotation

### First Year Sample Plan of Study

The sample plan of study below demonstrates how students may complete the program in two calendar years. Students may take up to four years to complete their course work and clinical experiences to obtain a Master of Arts Degree in Clinical Mental Health Counseling.

#### First Fall

- [COUN 5000](#) - Foundations of CMHC
- [COUN 5001](#) - Theories of Counseling
- [COUN 5002](#) - Strategies and Techniques
- [COUN 5004](#) - Professional Practice & Ethics

#### First Interim

No Class

#### First Spring

- [COUN 5003](#) - Group Dynamics
- [COUN 5013](#) - Individual Analysis
- [COUN 6000](#) - Advanced Techniques
- [COUN 6001](#) - Assessment and Diagnosis

#### First Summer

- [COUN 5011](#) - Life Span Development
- [COUN 5012](#) - Career Counseling
- [COUN 6004](#) - Crisis, Trauma, & Grief Counseling
- [COUN 6005](#) - Research and Program Evaluation

#### Second Fall

- [COUN 5999](#) - Practicum
- COUN 5999 - Practicum Lab
- [COUN 6002](#) - Addictions Counseling
- [COUN 6003](#) - Family Counseling

#### Second Interim

- [COUN 6997](#) - Internship I

#### Second Spring

- [COUN 5010](#) - Social and Cultural Diversity

[COUN 6007](#) - Principles of Consultation, Management and Advocacy

[COUN 6998](#)-Internship II

Comprehensive Exam

**Second Summer**

[COUN 6999](#) - Internship III

## Graduation Requirements

Students must satisfy the following:

- Earn 60 semester hours in approved coursework and clinical experiences.
- **Maintain a 3.0 (B) average throughout the program.** Anything below a C is considered a failing grade. Courses in which a student achieves a grade below a B must be repeated. If a student does not achieve a B or better during the second attempt, a remediation plan must be created by the program faculty for the student to remain in the program. Failure to complete the remediation plan may result in the student being released from the program.

Students may receive no more than 2 C grades in the program. Students who obtain more than 3 C's will be dismissed from the program.

- **Receive a passing grade on the Counselor Preparation Comprehensive Examination (CPCE).** A student will be given two opportunities to pass all sections of the CPCE. If the student fails to receive a passing score on their first attempt, they must retake the exam a second time. We will accept the higher of the two scores on a failed section(s) of the exam. By their second attempt, the student must receive a passing score for all sections failed on the previous administrations. Failing to pass all eight sections of the comprehensive exam a second time will result in the student being issued a remediation plan and a comprehensive written assignment given by the Clinical Mental Health Counseling program.
- **Students will complete a comprehensive portfolio project.** The student will need to pass at least 6 out of the 8 sections in the portfolio in order to graduate. Students who do not pass the portfolio project will be subject to a remediation plan, or dismissal from the program.

The portfolio demonstrates student progress in the mastery of the knowledge, skills, and dispositions required of the combined Council for Accreditation of Counseling and Related Educational Programs (CACREP) Clinical Mental Health Counseling area. [(1)foundations; (2) counseling, prevention, and intervention including treatment planning, case management, crisis intervention, client education and referral, record keeping and consultation; (3) diversity and advocacy; (4) screening, assessment, intake and orientation; (5) diagnosis; and (6) research and evaluation. The portfolio is scored by each Clinical Mental Health Counseling faculty using a rubric.

- Meet with an advisor to verify, through an audit of courses and grades, that they meet the requirements for earning a Master of Arts Degree in CMHC before petitioning to graduate.

## **COUN 4002 - An Introduction to Counseling Strategies**

This course is designed for students to explore the basic counseling strategies and techniques used in the counseling field. Students will obtain knowledge of the tools necessary to effectively provide counseling services. Students in the course will be paired with CMHC graduate students and participate in mock counseling sessions throughout the semester. Students enrolled in this course will be provided an overview of the counseling process beginning with the intake session through the termination session. Students will obtain opportunities to observe the practice of counseling skills and the execution of counseling techniques in a safe environment.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

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## **COUN 4003 - An Introduction to Group Leadership Experience**

This course is designed to provide students with theories and skills used to facilitate counseling groups in mental health, community settings, or business leadership settings. Students will experience what it is like to serve as a group member as well as learn group leadership skills and techniques.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

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## **COUN 4004 - Motivational Interviewing and Best Practices in Counseling**

An intensive study of evidence-based practice (EBP) and advanced theories within clinical mental health counseling, as well as an examination of outcome research relating to the use and application of these theories and techniques. Class format will include lecture, discussion, quizzes, reflections and assignments designed to increase student's knowledge and understanding of advanced counseling theories.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

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## **COUN 5000 - Foundations of Clinical Mental Health Counseling: Advocacy, Program Development, and Service Delivery**

This course is designed to provide an overview of Clinical Mental Health Counseling, including a survey of theoretical foundations, research, diagnostics and practice. Topics also covered include role of the Clinical Mental Health Counselor, outreach to vulnerable client populations, preventative education, client advocacy, referral



practices, and the facilitation of these practices in community mental health agencies and specialized settings.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

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## **COUN 5001 - Theories of Counseling**

This course is designed for students to explore major theorists involved in the development of major theoretical explanations of human nature and behavior. Students will also explore the impact of these theories on current practices in the counseling profession.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

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## **COUN 5000 - Foundations of Clinical Mental Health Counseling: Advocacy, Program Development, and Service Delivery**

This course is designed to provide an overview of Clinical Mental Health Counseling, including a survey of theoretical foundations, research, diagnostics and practice. Topics also covered include role of the Clinical Mental Health Counselor, outreach to vulnerable client populations, preventative education, client advocacy, referral practices, and the facilitation of these practices in community mental health agencies and specialized settings.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

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## **COUN 5003 - Group Dynamics**

This course is designed to provide students with the theories and skills used to facilitate counseling groups in mental health or community settings. Students will practice newly acquired skills in the classroom with other students and will also experience what is like to serve as a group member.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

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## **COUN 5004 - Professional Practice and Ethics**

In this course, students will explore ethical standards and legal precedents that guide the professional counselor in making decisions related to the many issues that arise in practice. The primary focus of this course will be the most recent version of the Code of Ethics of the American Counseling Association.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

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## **COUN 5010 - Multicultural Counseling**

This course will explore research and counseling approaches related to diverse populations, including issues related to ethnicity, gender, gender-identity, sexual orientation, age, and disabilities. Students will also explore factors involved in identity development within themselves and within individuals in the different populations studied.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

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## **COUN 5011 - Life Span Development**

This course will explore various theoretical frameworks for the understanding of human development from birth to late adulthood. Students will explore definitions of normal development and factors that may cause normal development to go awry.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

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## **COUN 5012 - Career Counseling**

This course will introduce students to career and vocational development and the issues that may arise or interfere with that process. Students will explore resources and instruments that may assist individuals in this developmental process.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

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## **COUN 5013 - Individual Analysis**

Students in this course will explore techniques for collecting, organizing, and applying data from a variety of assessment instruments used to assist individuals in both self-understanding and the decision-making process.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

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## **COUN 5999 - Practicum**

This course is a one-term supervised counseling experience in a community or area site offering counseling service. Students will spend a minimum of 100 hours serving individuals and groups of individuals as well as participating in agency or site activities that include staffing, consulting, case conceptualizing, case management, and other tasks related to counseling that are assigned to them. Students will audio- and/or video-record sessions with individual clients. While counselors at the site will participate in the supervision of student counselors, the majority of supervision, both individual and group supervision, will be the responsibility of the faculty supervisor. Proof of current Liability Insurance is required at the beginning of this course.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

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## **COUN 6000 - Advanced Counseling Techniques**

This course will focus on techniques specific to various theories, such as Cognitive Behavioral Therapy, Brief Solution-Focused Therapy, and Motivational Interviewing. Students will practice new techniques in and outside of class with student partners. Sessions will be recorded for review in supervision sessions both individually and in groups.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

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## **COUN 6001 - Counseling Assessment, Diagnosis, and Intervention**

This course will explore the classification system of mental disorders as defined by the most current edition of the Diagnostic and Statistical Manual of Mental Disorders. Students will learn criteria for categories of disorders as well as appropriate psychological and pharmacological modalities of treatment.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

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### **COUN 6002 - Addictions Counseling**

In this course, students will examine aspects of alcohol and other drug use disorders as well as other compulsive or obsessive behaviors, often referred to as process addictions, and learn skills for identifying and treating people with these issues. The course also addresses the role counselors can play in the prevention, treatment, and recovery process both with individuals and with groups.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

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### **COUN 6003 - Family Counseling**

This course focuses on the family as a system, how it affects individual family members, and how individual family members affect the system as a whole. Students will explore various family issues and their impact as well as the theories that attempt to explain family behavior and offer therapeutic interventions. Students will work to understand the impact that their own family system has had on them as individuals and the impact they have had on their families and other systems to which they may belong.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

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### **COUN 6004 - Crisis, Trauma, and Grief Counseling**

In this course, students will explore the impact of serious occurrences/events on the psychological and developmental well-being of individuals. The focus will be on the theories and techniques related to the processing and treatment of people in individual and group counseling settings.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

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### **COUN 6005 - Research and Program Evaluation**

This course is designed to provide an understanding of research methods, statistical analysis, needs assessment, and evaluation of practices and/or programs. In this course, students will design a quantitative study, gather data, interpret their findings, and apply findings to counseling and educational practices.

**Grade Basis:** L

**Credit hours:** 3.0  
**Lecture hours:** 3.0

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## **COUN 6007 - Principles of Management, Consultation, and Supervision in CMHC**

In this course students will examine mental health services and program management involving administration, finance, and budgeting in private and public agency settings. Students will also explore the processes of consultation, advocacy, and clinical supervision.

**Grade Basis:** L  
**Credit hours:** 3.0  
**Lecture hours:** 3.0

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## **COUN 6997 - Internship I**

The introduction to internship experience is designed to introduce students to internship. Students will accrue between 600 and 1000 hours of internship over the course of 3 semesters. Students will serve both individuals and groups of individuals as they did during the practicum experience. Students will become more involved in the daily tasks of the clinical mental health counselor. Their individual supervision will be completed by a site supervisor; the faculty supervisor will be involved mainly in group supervision of student counselors.

**Grade Basis:** P  
**Credit hours:** 3.0  
**Lecture hours:** 3.0

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## **COUN 6998 - Internship II in Counseling**

The internships are designed to extend over three semesters and may occur at the same site both terms or occur at two different sites. Students will accumulate a total of 600 hours serving both individuals and groups of individuals as they did during the practicum experience. They will become more involved in the daily tasks of the clinical mental health counselor. Their individual supervision will be completed by a site supervisor; the faculty supervisor will be involved mainly in group supervision of student counselors. Proof of current Liability Insurance is required at the beginning of each of these courses.

**Grade Basis:** L  
**Credit hours:** 3.0  
**Lecture hours:** 3.0

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## **COUN 6999 - Internship III**

The internships are designed to extend over three semesters and may occur at the same site both terms or occur at two different sites. Students will accumulate a total of 600 hours serving both individuals and groups of individuals as they did during the practicum experience. They will become more involved in the daily tasks of the clinical mental health counselor. Their individual supervision will be completed by a site supervisor; the faculty supervisor will be involved mainly in group supervision of student counselors. Proof of current Liability Insurance is required at the beginning of each of these courses.

**Grade Basis:** P

**Credit hours:** 3.0

**Lecture hours:** 3.0

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**LaGrange College**

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