

MASTER OF SCIENCE IN CLINICAL MENTAL HEALTH COUNSELING - MS

Program Description

This program offers a Master of Science online Clinical Mental Health Program, housed in a traditional women's college, that serves multiple purposes. The relational approach that is the foundation for the program empowers women's experiences and realities, while addressing all social identities as befits an ethical and equitable stance in serving all clients.

Licensed Clinical Mental Health counselors are trained master's level professionals who counsel families, individuals, groups and couples across the lifespan to promote optimal mental health and well-being. This program would enhance the development of community and seek to alleviate the distress that so many members of marginalized communities experience.

Some of the many issues that counselors help people deal with include relational problems, trauma, anxiety, stress management, addictions, parenting, family, suicidal ideation, and problems with self-worth. They can help people address emotional and mental health stressors from ongoing oppression, through both reflection and advocacy for social justice and equity.

While focused on preparing generalist practitioners who can serve multiple populations and work with varied issues, the program also offers students as well as practitioners the option to focus on a particular issue, by taking additional courses in that area. These include microcredentials in Trauma Studies, Couple and Family counseling, Multicultural Counseling, Counseling Children and Adolescents, Addictions, Holistic Health, etc.

This program values and centers academic excellence in providing a comprehensive and dynamic curricula. The online program fits with trends in Higher Education for career-aligned academic programs while being accessible to lifelong learners for continuing professional development or career changes.

The online course delivery allows for study on demand and diverse learner needs for content and skills. It also supports rural learners and adult learners who are juggling competing demands of distance, work, and family. In keeping with current needs, the program will offer Relational-Cultural and Trauma-informed approaches while acknowledging and accommodating Neurodiversity. St. Kate's current support systems for instructional design, learning simulations, and curricular design will enhance the delivery of this program with a range of learner support resources. Finally, a program like this can assist more availability of providers for the increasing mental health needs in society.

AI Clients

To accommodate online learners to gain a robust skills development experience, each core course will be embedded with AI client skills practice. Students will work weekly with an AI client in real time to practice skills. The AI client will use instructor loaded case studies for students to practice skills relevant to the course. The AI will give immediate feedback to the student and practice can be repeated until the skill is mastered. Session practice can also be recorded to be turned into the instructor.

Residency

Accreditation requires a residency to assess skills and dispositions in professional counseling. A residency will take place once a year in the summer semester on the St. Catherine University campus in St. Paul, Minnesota. The residency will take place over a four-day period from Thursday to Sunday. Students can find accommodations in the area or can stay on campus in residence halls. Faculty will also be present to teach, supervise, mentor, and observe.

Admissions Process

The Clinical Mental Health Counseling (MCHC/CMHC) program is committed to preparing practitioners who can work with diverse clients; through actively recruiting applicants in rural areas; from underrepresented populations in counseling; and for adult learners exploring their second or third careers. The program hopes to specifically reach out to and build connections with Tribal Colleges, HBCUs, Hispanic Serving Institutions to serve as pipelines to prepare students to succeed in the MCHC program.

Admission requirements

1. Applicants will submit the following materials for review:
 - a. Evidence of academic aptitude for graduate-level study, that includes one of the following:
 - i. a 3.0 overall undergraduate grade point average or an explanatory statement and a minimum of a 3.0 grade point average in the last 60 credits of the undergraduate program
 - ii. a graduate grade point average of 3.3 on a previously completed advanced degree
 - b. Evidence of motivation and ethical and responsible intent to assist others in mental health
 - i. CASPER test through Acuity Insights (<https://acuityinsights.app/>): This is a situational judgement test that examines resilience, empathy, self-awareness, ethics, and communication. Cost: \$50
 - ii. A one-page narrative focusing on the applicant's rationale for seeking admission to the Clinical Mental Health Counseling program with reference to relevant experiences, as well as goals for working as a clinical mental health counselor
 - c. Evidence of Professional Dispositions of Helping
 - i. A focused resume or vita listing relevant experiences in helping that may consist of paid professional work or structured volunteer experiences, that provides evidence of the applicant's commitment and understanding of the mental health field. These experiences must be accurately documented in the resume. Must list a minimum of two references with contact information, who can speak to academic and/or interpersonal skills
2. Faculty will review documents and if successful, the candidate will be invited for a virtual small group interview. At this interview:
 - a. Candidates will engage in a group activity to assess interpersonal skills
 - b. Each candidate will be interviewed individually
 - c. Candidates can ask questions about any aspect of the program
3. Successful candidates will receive a letter of admission to the program within two weeks of the interview. If the Fall or Spring semester is full, candidates will be offered a seat in the semester after.

COUN 6004	Cultural Humility	3
Summer Term		
COUN 6006	Group Facilitation and Counseling	3
COUN 6002	Counseling Process & Techniques	3
Elective		3
Fall Term		
COUN 6008	Research and Program Evaluation in Clinical Mental Health Counseling	3
COUN 5999	Crisis, loss, and grief	3
COUN XXXX	Addictions	3
Spring Term		
COUN 6007	Assessment & Diagnosis	3
COUN 6005	Career Counseling	3
COUN 5998	Family & Systems Counseling	3
Summer Term		
		3
COUN 6009	Case Conceptualization, Treatment Planning & Interventions	3
Sexuality Counseling		3
Fall Term		
COUN 6010	Practicum	3
COUN 5076	Trauma Informed Counseling	3
Elective		3
Spring Term		
COUN 6012a	Internship I	3
Elective		3
Total Credits		60

Summer Term		
COUN XXXX	Addictions	3
COUN 5078	Trauma-Informed Counseling	3
Fall Term		
COUN 6012	Internship I	3
Elective		3
Spring Term		
COUN XXXX	Internship II	3
Elective		3
Total Credits		60

Part Time

Code	Title	Credits
Spring Term		
COUN 6001	Professional Orientation and Ethical Practice in Counseling	3
COUN 6003	Lifespan Development in Counseling	3
Summer Term		
COUN 6006	Group Counseling	3
COUN 6002	Counseling Theory & Techniques ^	3
Fall Term		
COUN 6008	Research and Program Evaluation in Clinical Mental Health Counseling	3
COUN 5999	Crisis, Loss, & Trauma	3
Spring Term		
COUN 6004	Cultural Humility	3
COUN 6007	Assessment & Diagnosis	3
Summer Term		
COUN 6011	Case Management	3
COUN 5997	Sexuality Counseling	3
Fall Term		
COUN 6005	Career Counseling	3
COUN 6009	Treatment Planning	3
Spring Term		
COUN 6010	Practicum	3
COUN 5998	Family & Systems Counseling	3