

COUNSELING (MS)

Health and Human Enrichment

Overview

The Master of Science (MS) in Counseling is designed to prepare students to enter the Counseling profession via one of three primary concentrations: Clinical Mental Health Counseling, School Counseling, and a Combined program. All students complete the same core coursework, and then additional specialization courses dependent on the chosen concentration. All coursework emphasizes personal and interpersonal growth in addition to academic excellence, and students are taught the necessary knowledge and skills to be professional, ethical, and effective helpers within their chosen setting. Program requirements, policies, and resources are all available in the Student Handbook which is reviewed during initial coursework, is available on the program's Sharepoint site, and can be requested from program coordinators. Additional secondary concentrations are also available in Addictions Treatment, Eating Disorders, Marriage and Family Therapy, Play Therapy, and Wellness Leadership.

Clinical Mental Health Counseling

The Clinical Mental Health Counseling concentration completes a 60-credit degree designed to prepare students to function as licensed clinical mental health counselors. The concentration provides the educational requirements outlined by the New Hampshire Board of Mental Health Practice as requisite to attaining clinical mental health counseling licensure. The clinical mental health counseling concentration is nationally accredited by the Council for the Accreditation of Counseling and Related Educational Programs (CACREP), a distinction that ensures program quality and can ease the application process for licensure. Students should note that there are significant post-degree requirements to undertake prior to being licensed, including a licensure exam and between two and four years of paid post-graduate clinical experience. In addition to coursework, students in the Clinical Mental Health Counseling concentration must successfully complete a 100-hour practicum and 600-hour internship in a mental health setting.

School Counseling

The School Counseling concentration completes a 60-credit degree designed to prepare students to be a K–12 licensed professional school counselor. This concentration prepares students for the application process for New Hampshire licensure in school counseling, which also includes completion of a licensure exam. PSU's school counseling concentration is nationally accredited by the Council for the Accreditation of Counseling and Related Educational Programs (CACREP), and is the only school counseling program in New Hampshire to hold this prestigious distinction. PSU's program also meets New Hampshire Department of Education (NHDOE) licensure requirements. Licensure requirements are subject to change and candidates can find the latest NHDOE standards at <https://www.education.nh.gov>. Students in the School Counseling concentration must successfully complete a 100-hour comprehensive public-school practicum and a 600-hour comprehensive public school internship. At the end of these two culminating field-based experiences, students will have gained experience in school counseling at the elementary, middle, and high school levels as required by NH Licensure requirements.

Combined Clinical Mental Health and School Counseling

The Combined concentration grants specialization in both Clinical Mental Health and School Counseling as part of a 76 credit degree, designed to prepare students to be licensed as both a Clinical Mental Health and School Counselor. Students in this concentration will work closely with their advisor to complete required courses in both specialization areas. Students will also complete internship experiences for both specializations to ensure license eligibility, totaling 1400 hours of experience in both school and clinical settings.

Degree Requirements

Required Core Courses in this Major

Core Counseling Component

Course	Title	Credits
Core Counseling Component		
CO 5010	Professional Orientation and Ethics	3
CO 5020	Counseling Skills	3
CO 5040	Diversity and Advocacy in Helping Relationships	3
CO 5050	Advanced Human Development	3
CO 5070	Research Design in the Helping Professions	3
CO 5130	Psychopharmacology and the Biological Basis of Mental Health	3
CO 5230	Career Counseling and Development	3
CO 5260	Counseling Theories and Personality	3
CO 5430	Assessment for Counselors	3
CO 5460	Group Counseling	3
CO 5720	Addictions & Related Disorders	3
CO 5770	Psychopathology: Disorders of Childhood, Adolescence and Adulthood	3
CO 5100	Practicum	3
Elective Course		3
Total Credits		42

Required Concentration in this Major (Students choose one)

Clinical Mental Health Counseling

Course	Title	Credits
Clinical Mental Health Counseling Component		
CO 5600	Foundations of Clinical Mental Health Counseling	3
CO 5670	Working with Children and Families	3
CO 5710	Crisis and Trauma Counseling	3
CO 5790	Assessment, Diagnosis, and Treatment Planning	3
CO 5880	Seminar and Internship in Mental Health Counseling	6-9
Total Credits		18-21

School Counseling

Course	Title	Credits
School Counseling Component		
CO 5030	Foundations of School Counseling	3
CO 5080	School Counseling Practice	3
CO 5650	Critical Issues in Schools	3
CO 5780	Working with Youth and Systems	3

CO 5850	Seminar and Internship in School Counseling	6
Total Credits		18

Combined Clinical Mental Health and School Counseling

Course	Title	Credits
Clinical Mental Health Counseling Component		
CO 5600	Foundations of Clinical Mental Health Counseling	3
CO 5670	Working with Children and Families	3
CO 5710	Crisis and Trauma Counseling	3
CO 5790	Assessment, Diagnosis, and Treatment Planning	3
CO 5880	Seminar and Internship in Mental Health Counseling	6-9
School Counseling Component		
CO 5030	Foundations of School Counseling	3
CO 5080	School Counseling Practice	3
CO 5650	Critical Issues in Schools	3
CO 5780	Working with Youth and Systems	3
CO 5850	Seminar and Internship in School Counseling	6
Total Credits		36-39

Optional Additional Concentrations in this Major

Addictions Treatment

Course	Title	Credits
Addictions Treatment Component		
CO 5730	Addictions Treatment Modalities	3
Total Credits		3

Marriage and Family Therapy

Course	Title	Credits
Marriage and Family Therapy Component		
MFT 5010	Foundational Methods in Marriage and Family Therapy	3
MFT 5020	Current Issues in Marriage and Family Therapy	3
MFT 5030	Foundations and Ethics in Marriage and Family Therapy	3
MFT 5900	Seminar and Internship in Marriage and Family Therapy	3-9
Total Credits		12-18

Eating Disorders

Course	Title	Credits
Eating Disorders Component		
CO 5160	Eating Disorders: Awareness and Prevention	3
CO 5185	Medical Aspects and Nutrition Counseling of Eating Disorders	3
CO 5170	Treatment Modalities for Eating Disorders	3
Total Credits		9

Play Therapy

Course	Title	Credits
Play Therapy Component		
CO 5210	Dynamic Play Therapies	1

CO 5220	Child Centered Play Therapy	1
CO 5240	Expressive Play Therapies	1
CO 5250	Special Populations in Play Therapy	1
Add Four Elective Play Therapy Courses		4
CO 5200	Adlerian Play Therapy	
CO 5270	Special Topics: Play Therapy	
CO 5280	Group Play Therapy	
CO 5290	Nature Based Play Therapy	
CO 5370	Play Therapy in School	
CO 5380	Family Play Therapy	
CO 5390	Play Therapy with Traumatized Children	
Total Credits		8

Wellness Leadership

Course	Title	Credits
Wellness Leadership Component		
OH 5180	Exploring Personal & Organizational Health	3
OH 5200	Communication in Socially Responsible Organizations	3
OH 5100	Full Spectrum Leadership	3
Total Credits		9

Learning Outcomes

Counselor Education Core Learning Objectives - Students will be able to:

1. Articulate and demonstrate the professional and ethical role of a counselor.
2. Discuss and demonstrate techniques of cross-cultural counseling and advocate on behalf of multicultural populations.
3. Describe the role that human growth and development plays in counseling interventions and modify these interventions as appropriate.
4. Explain theories of career development and implement career interventions.
5. Define and utilize counseling skills and advanced counseling interventions.
6. Articulate theories of group counseling and utilize leadership skills in facilitating various types of groups.
7. Identify and utilize various types of counseling assessments.
8. Describe and conduct methods of research and program evaluation.

Clinical Mental Health Counseling Concentration Learning Objectives - Students will be able to:

1. Articulate and apply foundational knowledge of clinical mental health counseling.
2. Articulate and demonstrate various types of counseling, consultation, prevention, and intervention – including response to crisis and trauma and addiction.
3. Discuss issues of multiculturalism, demonstrate multicultural competency skills, and advocate on behalf of multicultural populations in clinical mental health counseling settings.
4. Analyze and utilize various types of clinical mental health counseling assessments.
5. Critically evaluate and utilize research methods in the practice of clinical mental health counseling.

6. Describe and employ principles of case conceptualization, diagnosis, and treatment planning with a variety of populations.

School Counseling Concentration Learning Objectives - Students will be able to:

1. Articulate and apply foundational knowledge of school counseling.
2. Articulate and demonstrate various types of counseling, prevention, and intervention – including methods of program development and crisis response.
3. Discuss issues of multiculturalism, demonstrate multicultural competency skills, and advocate on behalf of multicultural populations in school counseling settings.
4. Analyze and utilize various types of school counseling assessments.
5. Critically evaluate and utilize research methods in the practice of school counseling.
6. Describe methods of promoting social, emotional, and academic development.
7. Demonstrate methods of effective collaboration and consultation with school staff, students, parents, and community members.
8. Explain the importance of and assume leadership roles in their respective schools.

The Combined Clinical Mental Health and School Counseling concentration includes all of the above learning objectives.

Career Pathways

The concentration in Clinical Mental Health Counseling is designed to prepare students to function as licensed clinical mental health counselors. It provides the educational requirements outlined by the New Hampshire Board of Mental Health Practice as requisite to attaining mental health counseling licensures. PSU's mental health counseling program is nationally accredited by the Council for the Accreditation of Counseling and Related Educational Programs (CACREP). Students should note that there are significant post-degree requirements to undertake prior to being licensed, including a licensure exam and between two and four years of paid post-graduate clinical experience.

Graduates work in both private and public clinical, healthcare, prison, residential, and school settings.

The concentration in School Counseling is designed to prepare students to be a K-12 professional school counselor. PSU's school counseling program is nationally accredited by the Council for the Accreditation of Counseling and Related Educational Programs (CACREP). It is the only school counseling program in New Hampshire to hold this prestigious distinction. While in their program, students complete the educational requirement for the application process for New Hampshire licensure in school counseling, which also includes completion of a licensure exam. Graduates work throughout the K-12 public and private school system in New Hampshire and surrounding states.

The Combined Clinical Mental Health and School Counseling concentration prepares students for both career paths listed above.

Mental Health professionals in all settings continue to be an area of identified need in New Hampshire, and post-graduation employment rates are very high for all concentration areas.