

# Counselor Education

**A basic belief of the USM Counselor Education program is that people often need assistance in addressing typical developmental transitions as well as difficult life situations.** Mental health, rehabilitation, and school counselors are trained to help people with these challenges.

USM's Counselor Education program maintains the highest professional standards through program accreditation and licensing, as well as through professional development and involvement with national and state organizations. The Clinical Mental Health Counseling and School Counseling specialties hold accreditation from the Council for the Accreditation of Counseling and Related Education Programs (CACREP). The Rehabilitation Counseling program holds accreditation from the Council on Rehabilitation Education (CORE).

## Getting Started

The Counselor Education program allows prospective students to pursue up to six credits of its foundation courses before applying for admission. Suggested courses to pursue before applying are detailed under the course requirements section within each concentration. Please note that successful completion of courses under non-degree ("non-matriculated") student status does not guarantee admission to a graduate program. For a complete listing of transfer course policies, registration instructions, and current USM course offerings and availability, see the Web page for non-matriculated students at [www.usm.maine.edu/cehd/prospective-students/non-degree.htm](http://www.usm.maine.edu/cehd/prospective-students/non-degree.htm)

## Professional Licensure and Certification Notice

Students with a criminal record who are pursuing degrees leading to application for professional licensure or certification should contact the appropriate licensure or certification body prior to matriculation to ensure eligibility.

## MHRT/COMMUNITY CERTIFICATE

The MHRT/Community Certificate is a five-course program that leads to MHRT/Community certification and can also lead to the new state 'Employment Specialist Certificate'.

- HCE 610 Introduction to Rehabilitation Counseling Services
- HCE 611 Medical and Psychological Aspects of Disability
- HCE 612 Multicultural Counseling: Family and Disability Issues
- HCE 614 Principles of Psychosocial Rehabilitation
- HCE 615 Vocational Counseling and Placement in Rehabilitation OR
- HCE 619 Myth, Madness & Mental Illness

## M.S.IN COUNSELING, SCHOOL COUNSELING

There have been dramatic changes in the training and practice of school counselors in the past few years. Driven by a philosophy of developing potential and preventing problems, school counselors act as change agents in schools, primarily working with students, but also working with faculty and members of the community, to help nurture student growth in the areas of social-personal, educational, and career development. School counselors provide classroom guidance, small group and individual counseling,

## PROGRAM OPTIONS

### Certificate Program (rolling admission)

- Mental Health Rehabilitation Technician MHRT/Community Certificate

### Master of Science in Counseling with concentrations in:

- School Counseling
- Clinical Mental Health Counseling (LCPC)
  - Substance Abuse Expertise
- Rehabilitation Counseling (CRC, MHRT/ Community)

**Admission application deadline: February 1**

### Post-Master's Certificate of Advanced Study in Counseling (rolling admission)

- Clinical Supervision
- Play Therapy
- Holistic
- Self-Designed

consultation with parents and teachers, and a variety of coordinated services to help students discover their potential and learn strategies for success in school and life. During the final phase of coursework, students intern under the supervision of a certified school counselor. Suggested courses to begin with are HCE 500, HCE 604, HCE 605, HCE 620, HRD 664, and HRD 668.

## Certification/Licensure

Upon completion of the degree, graduates are eligible for certification from the Maine Department of Education as School Guidance Counselors, levels K-12. Certified graduates are qualified to become employed in elementary, middle, and secondary schools in Maine. In addition, graduates are eligible to sit for the National Counselor Examination (NCE) and prepare to be licensed as a professional counselor (LPC) in Maine.

## Course Requirements (60 credits)

### Core Courses (36 credits)

- HCE 500 Orientation to the Counseling Profession
- EDU 600 Research Methods and Techniques
- HCE 604 Career Development
- HCE 605 Psychological Measurement and Evaluation
- HCE 620 Fundamentals of Counseling Theories
- HCE 621 Fundamentals of Counseling Skills
- HCE 626 Group Process and Procedures
- HCE 627 Group Counseling
- HRD 664 Culture, Tradition, and Diversity
- HRD 668 Human Development
- HCE 690 Individual Counseling Practicum Seminar
- HCE 691 Individual Counseling Practicum Laboratory

### Required Specialty Courses (15 credits)

- HCE 607 School Guidance Programs and Services
- HCE 609 The Practice of School Counseling
- HCE 622 Counseling Children and Adolescents
- HCE 686 Internship in Counselor Education  
(6 credits – 600 hours at a range of grade levels)

# Counselor Education

## Electives (9 credits)

To receive certification as a school counselor in the State of Maine, students will need an exceptionalities course. This may be an undergraduate or graduate course. If you choose to take a graduate course, we recommend SED 540: Nature and Needs of Learners Who are Exceptional.

### **M.S.IN COUNSELING, CLINICAL MENTAL HEALTH COUNSELING (LCPC)**

With the passage of a licensure law in 1992, mental health counselors were officially recognized as critical health care providers in Maine. Mental health counselors focus on the promotion and maintenance of mental health, the prevention and treatment of mental illness, and the improvement of mental health delivery service systems. A variety of therapeutic modalities are used by mental health counselors to help clients solve problems, make difficult decisions, increase self-awareness, explore options, and gain personal insights. Mental health counselors primarily work in community counseling centers, non-profit agencies, hospitals, and private practice. Coursework in this program focuses on the diagnosis, treatment, and prevention of mental and emotional disorders, and the general principles and practices for the promotion of optimal mental health. During the final portion of their coursework, students intern under the supervision of a licensed mental health worker. *Suggested courses to begin with are HCE 500, HCE 604, HCE 605, HCE 620, HRD 664, HRD 668.*

### **Certification/Licensure**

Graduates are eligible to sit for the National Counselor Examination (NCE) and prepare to be licensed as a clinical professional counselor (LCPC) in Maine. Those students interested in substance abuse issues may consider earning a Substance Abuse Expertise Certificate as part of this program.

### **Course Requirements (63 credits)**

#### Core Courses (36 credits)

- HCE 500 Orientation to the Counseling Profession
- EDU 600 Research Methods and Techniques
- HCE 604 Career Development
- HCE 605 Psychological Measurement and Evaluation
- HCE 620 Fundamentals of Counseling Theories
- HCE 621 Fundamentals of Counseling Skills
- HCE 626 Group Process and Procedures
- HCE 627 Group Counseling
- HRD 664 Culture, Tradition, and Diversity
- HRD 668 Human Development
- HCE 690 Individual Counseling Practicum Seminar
- HCE 691 Individual Counseling Practicum Laboratory

#### Required Specialty Courses (18 credits)

- HCE 640 Professional Issues for Mental Health Counselors
- HCE 644 Crisis Intervention
- HCE 645 Diagnosis and Treatment Planning
- HCE 686 Internship in Counselor Education  
(9 credits – 900 hours)

## Electives (9 credits)

### **Substance Abuse Expertise**

For those persons interested in working in the area of substance abuse, the counselor education program offers coursework which enables students to obtain a Certificate in Substance Abuse Counseling within their master's degree. Students who complete this certificate as part of their master's degree meet all academic requirements necessary to become a licensed alcohol and drug counselor (LADC) in Maine.

The following courses are required for the certificate:

- HCE 642 Perspectives on Chemical Dependency
- HCE 643 Psychopharmacology and Substance-Related Disorders
- HCE 644 Crisis Intervention
- HCE 650 Basic Concepts in Couple and Family Therapy
- HCE 686 Internship in Counselor Education (6 credits, 600 hours in an in-patient/out-patient substance abuse treatment facility)

### **M.S.IN COUNSELING, REHABILITATION COUNSELING (CRC, MHRT/COMMUNITY)**

People with disabilities in America face significant challenges in their pursuit of active, independent lives. Rehabilitation counselors are critically important resources to them as they negotiate the barriers and prejudice they confront in their communities. Through the development of trusting working relationships, rehabilitation counselors work closely with people as they pursue important life decisions and goals, understand the unique challenges individuals face, and develop strategies and build support systems to overcome these challenges.

The program is designed to provide students with the basic competencies to provide rehabilitation counseling to a broad range of individuals with disabilities in a variety of settings. Students complete practicum and internship experiences in community agencies that promote equity and empowerment of people with disabilities.

The five-course program in MHRT/Community certificate leads to the MHRT/Community certification and can also lead to the new state 'Employment Specialist Certificate'.

During the final phase of coursework, students intern under the supervision of a certified rehabilitation counselor. *Suggested courses to begin with are HCE 605, HCE 610, HCE 620 and HRD 668.*

### **Certification/Licensure**

Upon completion of the degree, graduates are eligible to take a national exam that qualifies them as Certified Rehabilitation Counselors (CRC). Students are also eligible for state certification as Mental Health Rehabilitation Technicians (MHRT/Community). And, graduates are eligible to sit for the National Counselor Examination (NCE) and prepare to be licensed as a professional counselor (LPC) in Maine.

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## Course Requirements (54 credits)

### Core Courses (27 credits)

EDU 600	Research Methods and Techniques
HCE 605	Psychological Measurement and Evaluation
HCE 620	Fundamentals of Counseling Theories
HCE 621	Fundamentals of Counseling Skills
HCE 626	Group Process and Procedure
HCE 627	Group Counseling
HRD 668	Human Development
HCE 690	Individual Counseling Practicum Seminar
HCE 691	Individual Counseling Practicum Laboratory

### Required Specialty Courses (24 credits)

HCE 610	Introduction to Rehabilitation Counseling and Services
HCE 611	Medical and Psychological Aspects of Disability and Rehabilitation
HCE 612	Multicultural Counseling: Family and Disabilities Issues
HCE 614	Principles of Psychosocial Rehabilitation
HCE 615	Vocational Counseling and Placement in Rehabilitation
HCE 619	Myth, Madness, and Mental Illness
HCE 686	Internship in Counselor Education (6 credits – 600 hours)

### Electives (3 credits)

*Note: With additional coursework, rehabilitation counseling students may be eligible to become Licensed Clinical Professional Counselors (LCPC) in Maine.*

## POST-MASTER'S CERTIFICATE OF ADVANCED STUDY IN COUNSELING

The Post Master's Certificate of Advanced Study (C.A.S.) in Counseling is designed to offer a broad range of professional development opportunities for practicing counselors. The overall goal is to enhance and enrich the counselor's educational foundation and to give focus to advanced knowledge and skills that will shape future professional practice. Students work cooperatively with faculty to self-design a course of study that is substantive, developmental, and focused. In addition, four focus areas are offered: Clinical Supervision, Holistic, Play Therapy, and Self-designed. Students may also take advantage of special certification options in substance abuse counseling, rehabilitation counseling, and school counseling.

## Course Requirements (30 credits)

### Focus (30 credits)

Student can pursue one or more of the concentrations detailed below, or design a professionally relevant concentration of their own with the assistance of a faculty advisor.

### Portfolio

Students develop a professional portfolio describing progress toward professional goals while in the C.A.S. program. Portfolios are used in final seminars as the basis of discussion, summary, and sharing among completing students.

## Focus Areas

### Clinical Supervision

HCE 681	Clinical Supervision
HCE 687	Internship in Clinical Supervision
HCE 694	Practicum in Clinical Supervision

Electives : 21 credits selected in consultation with the advisor.

### Holistic Counseling

HCE 507	Spirituality & Religion in Counseling
HCE 619	Myth, Madness & Mental Illness
HCE 641	Mind-Body Techniques
HRD 558	Aging & Life Review
HRD 693	Life Stories: Personal Mythmaking, and Spiritual Development

Electives: 15 credits selected in consultation with the advisor.

### Play Therapy

HCE 623	Theories & Applications of Play Therapy Summer Institute
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Electives: 27 credits selected in consultation with an advisor. At least two courses (6 credits) must be selected from the following list to qualify for national certification:

HCE 622	Counseling Children & Adolescents
HCE 624	Child-Centered Play Therapy
HCE 687	Internship in Clinical Supervision (play therapy placement)
HCE 694	Practicum in Individual Supervision (play therapy placement)
HCE 695	Practicum in Play Therapy
HCE 625	Adlerian Play Therapy

### Self-Designed

With the assistance of the faculty advisor, students may design a program of study that fulfills their individual learning goals. This option may also be used to obtain state certification in psychosocial rehabilitation or school counseling, or state licensure as a substance abuse counselor or licensed clinical professional counselor (LCPC).

## For More Information Contact:

### Program Office

400 Bailey Hall, Gorham campus  
(207) 780-5316  
bertalan@usm.maine.edu

### Office of Graduate Admissions

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