

Counselor Education

2011-2012

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 specialities 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).

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.

PROGRAM OPTIONS

Certificate Program (rolling admission)

- Mental Health Rehabilitation Technician MHRT/Community Certificate

Master of Science in Counseling with concentrations in:

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

Admission application deadline: November 15

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

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

"The instructors all have excellent credentials and are really committed to their work."

Geeta Balakrishnan, 2002 graduate, rehabilitation counseling



Getting Started

The Counselor Education program allows prospective students to pursue up to six credits of its foundation courses before applying which 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.

Counselor Education

400 Bailey Hall, USM Gorham

(207) 780-5316

bertalan@usm.maine.edu

usm.maine.edu/counselor-education

Graduate Admissions

39 Exeter St., USM Portland

(207) 780-4386

gradstudies@usm.maine.edu

usm.maine.edu/graduateadmissions



MHRT/COMMUNITY CERTIFICATE

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

- HCE 510 Introduction to Rehabilitation Counseling Services
- HCE 611 Medical and Psychological Aspects of Disability
- HCE 612 Multicultural Counseling: Family and Disability Issues
- HCE 514 Principles of Psychosocial Rehabilitation
- HCE 615 Vocational Counseling and Placement in Rehabilitation

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 course-work, students intern under the supervision of a licensed mental health worker. Suggested courses to begin with are HCE 500, HCE 604, 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 Practicum
- 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 (21 credits)

- HCE 640 Professional Issues for Mental Health Counselors
- HCE 642 Perspectives in Chemical Dependency
- HCE 644 Crisis Intervention
- HCE 645 Diagnosis and Treatment Planning
- HCE 686 Internship in Counselor Education
(9 credits – 900 hours)

Electives (6 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 area of expertise:

- HCE 642 Perspectives in 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 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.

This 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, such as state vocational rehabilitation facilities, independent living centers, rehabilitation hospitals, employment assistance programs, private industry, the veteran's administration, and private-for-profit rehabilitation companies. The rehabilitation counseling specialty holds accreditation from the Council on Rehabilitation Education (CORE).

Certain courses provide preparation toward the national exam for Certified Psychiatric Rehabilitation Practitioner (CPRP) and specifically focus on recovery-oriented as well as evidence-based psychiatric rehabilitation practices.

M.S. IN COUNSELING, SCHOOL COUNSELING

The rehabilitation counseling specialty focuses on the medical, psychological, vocational, and societal issues that surround people with disabilities and the practice of rehabilitation. Students are also offered practicum and internship experiences in community agencies that promote equity and empowerment of people with disabilities. Upon completion of their degree, students are eligible to take a national exam that qualifies them as certified rehabilitation counselors (CRC). Graduates of this specialty become employed in public, private, and nonprofit rehabilitation agencies in Maine and across the country. The graduate program's primary goal is to help students acquire the basic foundation, knowledge, skills, and experiences to enter the profession and practice effectively and ethically as rehabilitation counselors.

Students are eligible to receive the MHRT/community certificate from the state of Maine upon completion of the certificate coursework.

Suggested courses to begin with are HCE 605, HCE 510, 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.

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 Practicum
- HRD 668 Human Development
- HCE 690 Individual Counseling Practicum Seminar
- HCE 691 Individual Counseling Practicum Laboratory

Required Specialty Courses (24 credits)

- HCE 510 Introduction to Rehabilitation Counseling and Services
- HCE 514 Principles of Psychosocial Rehabilitation
- HCE 611 Medical and Psychological Aspects of Disability and Rehabilitation
- HCE 612 Multicultural Counseling: Family and Disabilities Issues
- 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.

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, 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 Practicum
- 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 (21 credits)

- HCE 607 School Guidance Programs and Services
- HCE 609 The Practice of School Counseling
- HCE 622 Counseling Children and Adolescents
- HCE 642 Perspectives in Chemical Dependency
- HCE 644 Crisis Intervention
- HCE 686 Internship in Counselor Education
(6 credits – 600 hours at a range of grade levels)

Electives (3 credits)

Note: To receive certification as a school counselor in the state of Maine, students must take an exceptionalities course. This may be an undergraduate or graduate course. If you choose to take a graduate course, we recommend HCE 606 Counseling Services for Students with Exceptional Needs.

POST-MASTER'S CERTIFICATE OF ADVANCED STUDY IN COUNSELING

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
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).

Information Sessions

Graduate Open House for Prospective Students

Thursday, October 11

4:30 - 7:00 p.m.

Wishcamper Center, USM Portland

Friday, December 9

12:00pm

300 Payson-Smith Hall, USM Portland

Dr. Bette Katsekas

Please register with Kerry Bertalan, bertalan@usm.maine.edu, or call (207)780-5316.

For additional session visit:
usm.maine.edu/counselor-education/information-sessions-prospective-students

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