

DIRECTOR, MENTAL HEALTH COUNSELING PROGRAM

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MISSION AND OBJECTIVES

Mental Health Counseling is a distinct profession with national and state standards for education, training, and clinical practice. Mental Health Counselors provide a full range of services for individuals, couples and families, and groups. The Master of Arts in Mental Health Counseling Program at Marist College provides the academic preparation necessary to become a Licensed Mental Health Counselor in New York State. The 60-credit Mental Health Counseling Program emphasizes the personal and professional growth of its students, fostering self-awareness and a deeper understanding of others. The Program curriculum is rich in coursework stressing the theory and practice of counseling, assessment, and research, and underscores the importance of a multicultural approach. Counselors-in-training gain the knowledge and skills necessary to provide quality mental health care to help their clients function effectively in all aspects of their lives.

Marist's program is approved by the New York State Education Department and graduates will have fulfilled the academic requirements for the license in Mental Health Counseling.

The objectives of the Master of Arts (MA) in Mental Health Counseling are to provide students with:

- relevant theory, skills, and practical experience which will enable them to perform competently in assessing individual differences, in counseling, and in planning and implementing effective individual, group, and system-level intervention;
- a strong research framework which provides the foundation for proactive application of counseling courses;
- a comprehensive externship experience in a clinical setting with professional supervision;
- a strong professional and ethical approach to Mental Health Counseling.

APPLICATION AND PREREQUISITE REQUIREMENTS

Applications for admission to the master's program in Mental Health Counseling are accepted for all semesters (although ideally most full-time students start in the fall) and are available through the Graduate and Adult Enrollment Office or online at www.marist.edu/sbs/graduate/mamhc/admissions.html. Applicants to the MA in Mental Health Counseling Program must submit:

- The Graduate Admissions Application.
- A \$50 application fee (non-refundable).
- Official undergraduate (and graduate) transcripts.

- a. The undergraduate transcript should document a major in psychology or a closely related field. It must also indicate a minimum overall GPA of 3.0 (based on a system where a 4.0 equals an A grade).
 - b. Non-psychology major applicants must demonstrate that they have taken undergraduate coursework in general psychology, statistics, and research methods. Coursework in undergraduate psychological testing/assessment is also preferred, and applicants may be asked to take our proficiency exam in this area. A minimum grade of 3.0 is required in these courses.
- A current resumé.
 - Three letters of reference from former faculty members or employment supervisors that attest to the applicant’s ability to be successful in graduate school and the field of mental health counseling.
 - Graduate Record Examination (GRE) Scores – Verbal, Quantitative, and Writing. Applicants who can demonstrate the successful completion of graduate coursework elsewhere may be exempted from the GRE.
 - A Personal Statement of a least 500 words, describing the applicant’s background, experiences, personal qualities, and academic and career goals related to mental health counseling.
 - To an interview with the Program Director.

DEGREE REQUIREMENTS

To qualify for the MA in Mental Health Counseling a student must:

- complete all requirements not later than five years after matriculation;
- complete a total of 60 credit hours in courses and externship;
- maintain a 3.0 cumulative GPA in graduate courses;
- achieve a grade of “P” for the externship.

TRANSFER CREDIT

Transfer credits may be accepted pending review by the Program Director. Credits must be from a regionally accredited graduate program. A minimum grade of 3.0 is required in transferred courses which must also be sufficiently comparable to Marist courses. Requests for transfer credit should be made to the Director of the Program.

EXTERNSHIP REQUIREMENT

The Mental Health Counseling Program maintains an extensive list of placements providing mental health counseling to a variety of client populations and providing supervision by a licensed professional. The graduate externship typically occurs in the last two semesters. It consists of 300 hours of experience each semester in a professional setting with a licensed supervisor. A contract is drawn between the student and the professional supervising the externship, insuring a solid educational and

training experience. A Marist faculty member is assigned to coordinate each student's externship and provide group supervision.

PROBATION AND DISMISSAL

A minimum GPA of 3.0 in graduate courses is a requirement for graduation from all graduate programs. If at any time a student's GPA falls below 3.0, the student will be sent a letter notifying him/her of academic review. Academic review will result in assignment of probationary status or dismissal.

A student is allowed 12 credit hours of graduate work to raise his or her GPA to or above 3.0 after being placed on probation. If, after attempting 12 credit hours, the GPA has not been raised to 3.0, the student will be dismissed from the program.

Probation/dismissal can also occur for non-academic reasons. The MA in Mental Health Counseling educates and trains practitioners, and in this regard has responsibility to safeguard the welfare of the public. Many graduates of this program will take positions as counselors in the community, necessitating the highest level of ethical functioning, professional behavior, and personal adjustment. In order to help ensure the community well being, the department reserves the right to place on probation or dismiss from the program any student it judges to be ethically or psychologically unfit to function as a Mental Health Counselor. Such judgments can be made at any time during the program, but students will be advised as soon as faculty are aware of potential problems.

SCHEDULE

Full-time students starting during a fall semester may complete the program in two years. Full-time students take four courses (12 credits total) during the fall and spring semesters, and two courses (6 credits total) during the two summer semesters.

ADVISEMENT

Each student is advised by the Program Director. Students must meet with the Director prior to registration.

GRADUATE STUDENT AND PROFESSIONAL ASSOCIATIONS

Students may choose to participate in the Graduate Student Association (GSA). Academic and social functions are arranged throughout the academic year for graduate students. The GSA may sponsor talks, symposia, and workshops of interest to students, faculty, and the community. GSA officers have been successful in obtaining a diverse array of speakers to address students. Students are also encouraged to participate in regional, state, or national professional organizations, such as the New York Mental Health Counselors Association and the American Mental Health Counselors Association.

GRADUATE ASSISTANTSHIPS

Graduate Assistantships are awarded on a competitive basis to full-time students. Assistants work with faculty in the School of Social & Behavioral Sciences and

perform duties such as library and empirical research, tutoring students, assisting in organizing student activities, and related work. Most recently students have presented at the annual meeting of the American Psychological Association and the Association for Psychological Science meetings. Funds are available to support student research and presentations. For further details, contact the Director of the Graduate Psychology Program.

THE MASTER OF ARTS, MENTAL HEALTH COUNSELING

**Curriculum Sequence (Full Time – 60 Credits;
the sequence is subject to change)**

Fall I

- PSYG 605 Research I
- PSYG 613 Assessment I
- PSYG 701 Counseling I
- PSYG 607 Psychopathology

Spring I

- PSYG 606 Research II
- PSYG 614 Assessment II
- PSYG 702 Counseling II
- PSYG 620 Lifespan Development

Summer I

- PSYG 511 Personality
Elective

Fall II

- PSYG 550 Multicultural Perspectives in Counseling
- PSYG 711 Counseling III
- PSYG 708 Externship I
Elective

Spring II

- PSYG 520 Community Psychology
- PSYG 712 Counseling IV
- PSYG 650 Professional Orientation + Ethics
- PSYG 709 Externship II

Summer II

- PSYG 531 Career Development/Counseling
Elective

Graduate Courses in the Mental Health Counseling Program

Course Descriptions for Required Courses

PSYG 511 Personality

3 Credits

This course provides an examination of human personality from three broad perspectives: psychoanalytic, learning-theory, and humanistic-existential. Primary and secondary sources are used. Implications for psychotherapy are explored.

PSYG 520 Community Psychology

3 Credits

This course focuses on the quality of the person/environment fit and how this ecological perspective influences an individual's mental health. This course explores the effectiveness of group and systems-level interventions in the prevention of mental illness. Issues such as crisis management and problem-solving skills training, support and self-help groups, political aspects of change, and the ethics of community research are discussed.

PSYG 531 Career Development/Counseling

3 Credits

This is a broad-based survey course of career development across the lifespan. The course emphasizes the theoretical perspectives, assessment, counseling process, and program development.

PSYG 550 Multicultural Perspectives in Counseling

3 Credits

This course is designed to help counselors-in-training begin to develop the self-awareness, knowledge, and skills necessary to provide effective and appropriate services to clients who come from diverse cultural backgrounds. In addition to sensitizing students to the experiences, world views, and

within-group differences of several racial/ethnic minority populations, the course provides an overview of the sociopolitical nature of counseling approaches and the way counseling has historically failed the culturally different.

PSYG 605 Research I

3 Credits

Basic social-science research designs and statistical analyses used in studying treatment efficacy of intervention, including evaluation of organizational and counselor effectiveness. Introduction to concepts of evidence-based practice and program evaluation, review and critical analysis of professional literature, and research ethics. May include projects such as design of survey instruments or analysis of research literature on a specific therapy method.

PSYG 606 Research II

3 Credits

Continues topics begun in Research I. Intermediate-level research designs and statistical analyses used in studying treatment efficacy for interventions. In-depth investigation of methods and concepts used in program evaluation. May include projects such as review of research literature or writing a proposal for a program evaluation study.

Prerequisite: PSYG 605

PSYG 607 Psychopathology

3 Credits

The course considers abnormal behavior from a historic perspective, according to contemporary psychological models and the classification system of the American Psychiatric Association. This course stresses the etiology and diagnosis of abnormal behavior patterns. Implications for psychotherapy and biological forms of therapy are also explored.

PSYG 613**Assessment I: Intelligence/
Cognitive Assessment***3 Credits*

This course focuses on the foundation of psychological assessment by integrating theory, treatment, and assessment via a “holistic” model of human functioning. A review of the basic principles of test construction, analysis, and interpretation provides for the use of formal psychometric measures, as well as clinical judgment. Particular emphasis is placed on cognitive functioning through the use of the Wechsler, Binet, and McCarthy Scales. Aptitude, achievement, and interest inventories are included, in addition to self-rating scales of cognitive style. Practical experience and report writing are emphasized, as is lifespan assessment.

PSYG 614**Assessment II:
Personality Assessment***3 Credits*

This course serves as the logical extension of the “holistic” approach developed in Assessment I. Psychometric and clinical assessment across behavioral, affective, sensory, imaginal, and interpersonal modalities is detailed throughout the entire lifespan. Practical experience with traditional projective tests (Rorschach, TAT, CAT, Drawings, etc.) and personality inventories and rating scales are included, in addition to the use of functional analysis, self-observation, and imaginal techniques. Comprehensive report writing is required.

PSYG 620**Lifespan Development***3 Credits*

This course will compare and contrast major methods of conducting developmental research including naturalistic, case-study, cross-sectional, longitudinal, survey, and correlational methods. It will evaluate the cultural differences in human development as well as compare and contrast the major theories of human development. It will analyze changes within behavioral, physical, cognitive, emotional, moral, personality, and social-developmental areas throughout life.

PSYG 701**Counseling I: Counseling Theory
and Practice***3 Credits*

This course will review various counseling theories and approaches that have historically and currently impacted the fields of counseling and psychotherapy. It will include techniques and strategies associated with the major counseling fields and provide an understanding of clinical phenomena relevant to counseling. Included is an awareness of the professional, ethical, and legal considerations related to the counseling profession.

PSYG 702**Counseling II: Microskills Counseling***3 Credits*

Knowledge of basic relationship-building and counseling skills associated with both the Human Relations counseling model (Rogers, Egan, Ivey, etc.) and the Cognitive-Behavioral counseling theorists (Lazarus, Beck, Ellis, etc.) will be reviewed. In addition, an understanding of the various stages of the counseling process from initial contact to termination for the above-mentioned and other theorists will be covered. An awareness of the professional, ethical, and legal considerations related to the application of these skills and interventions will be covered.

PSYG 708 and 709**Externship I & II***3 Credits Each*

The externship is a two-semester, culminating, applied experience. The student selects the work setting and is under professional supervision by a licensed professional for a total of 600 hours of experience. The student may extern after the majority of course work is completed and with permission from the program director.

PSYG 710**Professional Orientation and Ethics***3 Credits*

Students will review the ethical theories of major philosophers and utilize the tools of generative dialogue to gain a greater

understanding of the theorists. The historical origins of counseling psychology will be reviewed. The course will cover the tasks required to become an effective and licensed mental health counselor. A review of the professional organizations in the counseling field, their ethical standards, and their purpose will be covered.

PSYG 711

Counseling III: Group Counseling

3 Credits

This course provides an awareness of the history of the development of group therapy with an understanding of the therapeutic factors operative in groups. It provides historical perspectives, various theoretical perspectives, and specific group-therapy techniques and strategies. An awareness of the professional, ethical, and legal considerations particular to group counseling will be covered.

Prerequisites: PSYG 701 and 702

PSYG 712

Counseling IV: Families and Couples Counseling

3 Credits

This course covers an awareness of the historical roots and contributors to the development of family and couples counseling. Included is a review of family and couples dynamics from a systems theory perspective. In addition, an understanding of the theoretical underpinnings of the major schools of family and couples counseling (Structural, Communications, Transgenerational, Strategic, Social Learning, Solution Focused, etc.) will be reviewed. An awareness of the professional, ethical, and legal considerations particular to family and couples counseling will be covered.

Prerequisites: PSYG 701 and 702

Course Descriptions for Electives

PSYG 507

Rehabilitation of the Neurologically Impaired Individual

3 Credits

This course includes lecture, discussion, and readings which broadly address state-of-the-art rehabilitation medicine, rehabilitation

psychology, and neuropsychology. Emphasis is placed on the rehabilitation needs of a neurologically impaired population having principal diagnoses of stroke, head injury, and spinal cord injury. Theories of psychological adjustment to neurological and physical disability are examined and integrated within a framework for assessment and treatment delivered on a rehabilitation unit as well as through outpatient services. Exploration of assessment and treatment techniques focuses on the patient's cognitive, emotional, behavioral, environmental, and vocational status following onset of disability.

Prerequisite: 6 graduate credits

PSYG 508

Psychopharmacology

3 Credits

This course introduces students to the biochemical basis of behavior as a foundation for understanding the effects and side effects of major classes of psychotic drugs. This course analyzes the use of these drugs with special populations and from a historical perspective.

PSYG 530

Managed Care

3 Credits

This course recognizes the altered ways of providing services in psychology and medicine. Discussion includes clinicians' and agencies' frequent need to obtain pre-approval for therapeutic services rendered and to provide services using a short-term therapy model. Essentials for working in managed-care environments are addressed in this course. Using a seminar model, students investigate cutting-edge developments in the managed-care systems and learn how to use these in enriching their own professional development.

PSYG 540

Cognitive and Psychiatric Rehabilitation of Schizophrenia

3 Credits

This course focuses on schizophrenia and is taught by psychologists who provide clinical services to, and conduct research with, this population. Students are provided with a

comprehensive introduction to schizophrenia that examines phenomenology, diagnosis, etiology, and biology of the disorder. Special emphasis is placed on developing and understanding the neuropsychology of schizophrenia. Psychiatric rehabilitation, a specific psychosocial intervention approach that has been found to be very helpful for this population, is discussed in detail.

PSYG 545
Psychology of Communication

3 Credits

This course covers the principles of effective interpersonal communication in dyads, small groups, and community settings. In addition to readings and discussion of theory and techniques of communicating, students practice skills of self-disclosure, active listening, confrontation, and empathic communication. Since communication also involves self-awareness, students may also participate in value clarification workshops, role-play simulations, and other small-group experiences. Opportunities for students to investigate related topics such as nonverbal communication, transactional analysis, communicating through the mass media, and constructive patterns of communications in work groups, families, couples, and other social systems are provided.

PSYG 548
Multimodal Therapy: Assessment and Treatment

3 Credits

This course covers holistic assessment and treatment of human problems as exemplified by the multimodal therapy of Arnold Lazarus. Particular attention is given to the application of the multimodal model to the development of self-management in students as part of an effective education program.

PSYG 703
Externship

6 Credits

The externship is a semester-long, culminating experience for five-year program students. The student is required to build on the undergraduate internship experience by working two days per week in his/her final semester of graduate study under professional supervision.

PSYG 705
Thesis

6 Credits

The thesis involves the empirical study of a topic significant to counseling or community psychology. The final draft of the thesis must be submitted by the middle of April for May graduation. See academic calendar for precise date.

PSYG 720
Chemical Dependency Counseling

3 Credits

This course will review the various therapeutic modalities including both individual and group approaches with this population. A historical and current review of the various treatment modalities will be covered including peer groups (AA, etc.) and behavioral strategies. The effects of substance abuse and addiction on individuals and their families will also be covered.

PSYG 725
Biopsychology

3 Credits

This course reviews the biological influences on behavior. It covers neurological mechanisms and provides a review of the effects of medication on behavior.