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 is approved by the New York State Education Department as 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 Mission of the Marist College MA in Mental Health Counseling Program is to prepare counselors-in-training for a professional career in the practice of mental health counseling. The Program provides students with the knowledge, skills, and training necessary to meet the NY State Education Department’s education requirements to be eligible to become a Licensed Mental Health Counselor.

At the successful completion of the program, students will demonstrate competency in the following areas:

1. Competence in the knowledge and application of counseling theory, skills, and evidenced-based treatment interventions with multiculturally diverse clients—individuals, groups, families, or couples.

2. Evaluation and assessment skills to understand and conceptualize clients’ issues and psychopathology within their developmental, social, and cultural context.

3. Personal and professional growth in sound interpersonal skills and self-awareness (intrapersonal) skills within their interactions with clients, colleagues, supervisors, and trainees.

4. A practitioner-scientist approach through the application of research methods and critical thinking skills relevant to the practice of mental health counseling, such as in needs assessment and program evaluation.

5. Ethical and professional conduct within the standards of the profession, in their relationships with clients, colleagues, supervisors, supervisees, and faculty.
6. Engagement in career advancement and professional identity development through activities such as membership and participation in professional organizations, for example, the American Counseling Association, the New York Mental Health Counselor Association, etc.

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 Office of Graduate and Adult Enrollment or online at [www.marist.edu/sbs/graduate/mamhc/admissions.html](http://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.
  - 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).
  - 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 résumé.
- 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 at 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.

NOTE: All applicants admitted to the program are expected to utilize the American Psychological Association (APA) writing style in their written assignments. Applicants are strongly advised to acquire a copy of the latest edition of the Publication Manual of the APA.
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” (Pass) 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 of credit should accompany the application and will be determined by the director of the program. Copies of the original college/university catalog description for each course must also be submitted.

EXTERNSHIP REQUIREMENT
The Mental Health Counseling Program maintains a list of placements providing mental health counseling to a variety of client populations and providing supervision by a licensed professional. The graduate externship placement and experience must meet NY State Licensure Requirements as well as Marist’s Program requirements. The externship typically occurs in the fall and spring semesters of the second year of the program. Students complete a minimum total of 600 experience hours engaged in the practice of mental health counseling under supervision. An agreement between the student, the placement’s supervisor, and the Marist Program Director is signed, thus ensuring 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 a 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 faculty and supervisors will regularly review students’ performance related to professional ethics, behavior, and personal stability. Recommendations are made to the Program Director, who has the responsibility to place on probation or dismiss a student. While this may happen at any time during the program, faculty are responsible for alerting students about potentially problematic behavior as soon as it is observed.
SCHEDULE
Full-time students starting during a summer or 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, the American Mental Health Counselors Association, and the American Counseling 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.

Applications for a graduate assistantship should accompany the application for the MA in MHC Program. See [http://www.marist.edu/sbs/graduate/mamhc/admissions.html](http://www.marist.edu/sbs/graduate/mamhc/admissions.html) and click on the link “Social and Behavioral Science Assistantship Application (PDF)” for the application form. For further details, contact the Director of the Graduate Psychology Programs.
# The Master of Arts, Mental Health Counseling

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

## Fall I
- PSYG 650 Professional Orientation & Ethics
- PSYG 613 Assessment I: Intelligence & Cognitive Assessment
- PSYG 701 Counseling I: Foundations of Counseling Theory
- PSYG 605 Research I

## Spring I
- PSYG 607 Psychopathology
- PSYG 614 Assessment II: Personality & Clinical Assessment
- PSYG 702 Counseling II: Counseling Skills & Process
- PSYG 606 Research II

## Summer I
- PSYG 511 Personality
- Elective

## Fall II
- PSYG 550 Multicultural Perspectives in Counseling
- PSYG 711 Counseling III: Group Counseling
- PSYG 708 Externship I
- Elective

## Spring II
- PSYG 520 Community Psychology
- PSYG 620 Lifespan Development
- PSYG 712 Counseling IV: Family & Couples Counseling
- 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 historical 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: Counseling Skills and Process
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: Family 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 lectures, discussions, 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 618**
**Crisis & Trauma Intervention**
*3 Credits*
This course provides counselors-in-training with an understanding of the effects of trauma and disasters on individuals of various ages and multicultural contexts. Students learn the theoretical and practical skills needed to respond to a variety of crisis and trauma situations, such as Post Traumatic Stress Disorder (PTSD), risk of suicide or homicide, sexual assault, loss and bereavement, violent incidences, and natural disasters. This course addresses counselors’ roles and responsibilities as members of an interdisciplinary emergency management response team. Students are also taught skills in self-care to prevent counselor burnout and vicarious trauma.

**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.