

Mental Health Counseling Program Objectives

1. establish a professional identity as a mental health counselor who demonstrates concern for the welfare of others;
2. acquire knowledge of and continually demonstrate ethical and legal behaviors consistent with the counseling profession;
3. demonstrate knowledge of clinical, developmental, and systemic theories of human behavior, human development, and human relating;
4. acquire knowledge of neuroscientific and biological foundations of human development including its influence on mental health, wellness, and substance use;
5. develop an orientation toward equity and social justice in research and practice with an understanding and respect for the influence of areas including, but not limited to, culture/ethnicity, gender, race, religion, sexual orientation, persons with disabilities, and socioeconomic class, and have experience in working with a broad array of clientele representing such diversity;
6. demonstrate effective skills in individual and group counseling for clients across the lifespan including specialized knowledge in counseling theory, current research-based prevention, intervention, and consultation protocols;
7. demonstrate knowledge of career counseling, career development, and the role of work across the lifespan;
8. Develop knowledge of the role and practice of supervision including demonstration of reflective practices and incorporation of supervisory feedback into applied work;
9. develop a foundation in the current counseling outcome and process research such that they can read, evaluate, critique, and contribute to the research literature and integrate research into the practice of evidence based professional counseling;
10. acquire specialized knowledge in psychopathology, diagnostic classifications, and psychopharmacology;
11. Incorporate knowledge of assessment and measurement including selection, administration, interpretation, and application in clinical settings, with appropriate caution to prevent misuse;
12. provide competent professional service and leadership within the mental health field.

The Mental Health Counseling Program is a terminal master's program. If your career goal is to pursue a doctorate in counseling, consult with your advisor and other faculty members about research possibilities.