

**MASTER'S DEGREE IN EDUCATIONAL  
PSYCHOLOGY with an emphasis in  
CLINICAL MENTAL HEALTH  
COUNSELING  
2013-2014**



<http://ed-psych.utah.edu/prof-counseling/>

UPDATED: October 23, 2013

## PROGRAM PHILOSOPHY

Clinical mental health counselors facilitate the growth and development of individuals, families, and groups through the helping relationship. They practice in a range of settings, including outpatient, inpatient, and community mental health agencies, individual and group private practice settings, and other contexts where counseling and mental health services are provided. Clinical Mental Health Counseling is a distinct licensure specialty from other helping professions such as psychology, social work, psychiatry, and psychiatric nursing although, like other mental health professions, a variety of issues may be addressed through professional counseling, including, but not limited to:

- Anxiety and depression
- Lifespan adjustment issues
- Family and interpersonal problems
- Substance abuse and other addictions
- Adaptation to disability and illness
- Sexual abuse and domestic violence
- Eating disorders
- Career development
- Management of job stress
- Grieving death and loss

## MISSION STATEMENT

The mission of the Clinical Mental Health Counseling emphasis is to educate and train professional counselors who will promote the optimal functioning of individuals, families, groups, and communities. Built upon a foundation of knowledge and skills in counseling those from diverse backgrounds, program graduates will be able to employ evidence-based practices to address the mental health needs of individuals, groups, and families. The course of study in the M.Ed. program in Educational Psychology will support the acquisition of knowledge and foster professional and personal growth through self-reflection, guided face-to-face and online instruction, and feedback through individual and small group supervision.

The Clinical Mental Health Counseling emphasis “*Philosophy of Training*” involves providing you with a program of study that leads to professional practice. The philosophy of the program is to provide trainees with the skills to become practicing mental health professionals in the community. This means that you will become familiar with the research process as a consumer of research findings. To this end, course offerings allow you to learn while you are also engaged in part- or full-time employment and there is not a formal research project requirement (e.g. Thesis) for completing the M.Ed. degree.

Most required courses meet once per week in the early evening and face-to-face coursework is supplemented with meaningful online offerings. Some daytime courses are required. We are dedicated to providing you with quality supervision. It is our belief that training in professional counseling must involve face-to-face instruction with licensed professionals who are skilled in the profession, and can act as role models of professional counselors. This is why we limit the number of student applicants that we accept per academic year. A smaller, more personal student cohort gives us the opportunity to attend to your individual needs, provide you with supervision, and provides you with opportunities to interact on campus (and through practical placements in the field) with instructors and professional colleagues. Students in this program value this cooperative atmosphere among their class peers within a personalized learning environment.

## PROGRAM OBJECTIVES & CURRICULUM

Your course of study is intended to develop your ability to meet the following objectives:

- Develop competencies in counseling individuals, families, and groups using appropriate techniques, materials, and resources to address personal and developmental issues.

- Understand a variety of theoretical perspectives of human interaction and how these impact counseling.
- Develop self-awareness, knowledge, and skills related to issues of diversity and multiculturalism.
- Learn and understand the ethical principles and professional values that are an essential part of mental health counseling.
- Learn how to seek appropriate consultation with colleagues, other professionals, and informed lay persons.
- Develop the skills to establish effective relationships with individuals and agencies that also provide services to assist clients.
- Understand basic principles of social and cultural factors on the functioning of individuals, families, and communities.
- Learn the role, function and professional identity of a mental health counselor.
- Understand professional issues unique to mental health counseling.
- Learn to value continuing professional education and life-long learning in maintaining your professional counseling skills.

## **ORGANIZATIONAL STRUCTURE**

The Master's Educational Psychology with emphasis in Clinical Mental Health Counseling is offered within the Counseling and Counseling Psychology (CCP) Program in the Department of Educational Psychology. Our department is housed within the College of Education at the University of Utah. The program faculty are expert instructors and leading researchers in their fields of study. They teach required courses as well as serve in all program functions including administering the master's comprehensive examination. They adhere to the highest standards of professional practice and are licensed professionals in their respective fields.

## **PROGRAM OF STUDY**

The Clinical Mental Health Counseling emphasis requires a minimum of sixty (60) semester hours. Consequently, this program is designed to meet the educational requirements for licensure as a Clinical Mental Health Counselor (CMHC) in the State of Utah and is congruent with national standards for master's level licensure in most other States and jurisdictions across the country.

The Clinical Mental Health Counseling emphasis follows, in general, the standards of accreditation by the Council of Accreditation of Counseling and

Related Educational Programs (CACREP) and meets the educational requirements for licensure qualification as described by the Utah Division of Occupational Licensure (DOPL).

Given the applied nature of this discipline, the program and courses at the University of Utah incorporate an experiential component involving role plays, self-disclosure or self-reflective journals, and field assignments, as well as a 1000 clock hour supervised counseling experience (split between practicum and internship).

## **COMPREHENSIVE EXAM**

Successful completion of the program also requires that students pass a comprehensive exam, typically conducted at the culmination of the student's program of study. This is a multiple choice examination that mirrors the National Counselor Examination (NCE). The specific exam is the Counselor Preparation Comprehensive Examination (CPCE), a 160 item exam used by over 220 colleges and universities that train professional counselors. Information about this exam can be found at: <http://www.cce-global.org/cpce>

All Admitted applicants in the Clinical Mental Health Counseling track will register and take the CPCE examination that is required for M.Ed. degree completion. Pass rates are established by national normative data and by the CCP faculty. Three faculty members from the CCP program are selected to serve as the student's Comprehensive Examination Supervisory Committee. These three committee members also serve as the student's supervisory committee and oversee the year-end evaluation of the student's program of study.

## **INTERNSHIP REQUIREMENTS AND PREREQUISITES**

The internship in professional counseling is intended as a capstone experience for the final year of the M.Ed. degree program of study. Numerous internship placements are available throughout the metro area, and your internship coordinator will assist you in identifying a suitable match to your interests. Arrangements for the professional counseling internship are made through the internship coordinator in the semester (Spring) prior to the beginning of the internship year. Prerequisites for enrolling in the Internship in Professional Counseling (EDPS 6910) include successful completion of: EDPS 6010, (Introduction to Statistics); EDPS 6200 (Counseling Theories and

Procedures); EDPS 6210 (Counseling Skills); EDPS 6300 (Introduction to Measurement); EDPS 6350; (Group Counseling Procedures); EDPS 6360, (Multicultural Counseling); EDPS 6710, (Skills Training Practicum); EDPS 7180, (Personality Assessment); EDPS 6960 (Master's Ethics); EDPS 6820 (Professional Issues in Counseling); and EDPS 7600 (Diagnostic Adult Psychopathology). The internship experience occurs over two semesters, with approximately 30 hours per week of supervised experience beginning Fall semester, which translates into 900 hours of supervised work (the remaining 100 hours having been completed in practicum).

## LICENSURE INFORMATION

The Clinical Mental Health Counseling emphasis meets the educational requirements for licensure as a Clinical Mental Health Counselor in the State of Utah. Licensure is regulated by the Professional Counselor Licensing Board under the rules and regulations of the Division of Occupational and Professional Licensing (DOPL) in the State of Utah.

Information pertaining to licensure and application materials can be obtained from:

*Department of Commerce  
Division of Occupational and Professional Licensing  
Heber M. Wells Building/160 East 300 South  
Salt Lake City, Utah 84145-0805  
(801) 530-6628  
OR access the DOPL web page at:*

[http://www.dopl.utah.gov/licensing/professional\\_counseling.html](http://www.dopl.utah.gov/licensing/professional_counseling.html)

## ACADEMIC STANDARDS, STUDENT EVALUATION, AND APPEALS

Academic Standards: Students obtaining a Master's degree in the Clinical Mental Health Counseling emphasis area must maintain a 3.0 cumulative grade point average, sustain a minimum 3.0 grade point average each semester, and earn a B- or higher in all required courses. Course grades lower than a B- must be repeated within 12 months to earn a higher grade (B- or above), and all incomplete grades must be resolved with a B- or higher within 12 months. A cumulative GPA that is below 3.0 for more than one semester is grounds for program dismissal.

Annual Evaluation: At the end of each academic year, faculty in the CCP program meet to review and evaluate student progress. Students will be

evaluated in the following areas: academic performance; meeting program timeline deadlines; clinical skill development; ethical/professional behavior; personal/interpersonal behavior; and multicultural competence. A copy of this annual evaluation will be provided to the student and a copy will remain in the student's departmental file. In the event that concerns are raised in the evaluation meeting regarding a student's progress in any area, the Training Director will consult with the student to consider what steps may be needed to remedy the concern.

Appeal Process: In some cases, students may disagree with the outcome of student evaluations, student grades, or supervisory or practicum evaluations. In these cases, the following procedures have been identified to guide students in the process of appealing such decisions.

- In the case of students who are experiencing difficulty in the program or who have received an unsatisfactory evaluation, the student will meet with the Training Director to follow up and establish plans for remediation.
- If the student continues to disagree with an evaluation, the student may pursue the disagreement using more formal means. Detailed information about the process of this appeal is contained in the University of Utah Student Code

(<http://www.admin.utah.edu/ppmanual/8/8-10.html>).

The faculty is committed to student progress and success in the Program. You are strongly urged to maintain contact with the Training Director throughout the Program. If unforeseen circumstances prevent your timely progression through the program, please consult as early as possible with the PC Training Director to explore possible solutions.

## PROVISION OF COUNSELING SERVICES DURING THE PROGRAM

Students involved in the skills training practicum (EDPS 6710) or internship experiences must provide evidence of professional liability insurance (even through EDPS 6710 employs only volunteer clients liability insurance provides added protection to you for unforeseen circumstances). This insurance can be purchased at: <http://www.acait.com/>

Students *must* be registered for an internship (EDPS 6910) in order to receive credit towards their

program of study for engaging in the provision of supervised mental health counseling.

Students are not permitted to provide mental health services while matriculating in this program unless they are registered for either Practicum (or 6710) or Internship (6910). The only exception to this rule is if a student is practicing under another license which authorizes the delivery of services being offered by the student (e.g., LCSW).

### **ADDITIONAL PROGRAM AND DEPARTMENT POLICIES**

You must be registered for a minimum of three credits during each Fall and Spring semester to maintain your status as a matriculated graduate student at the University of Utah (note: students may but are not required to enroll in summer). Students must also be enrolled for 3 semester hours of graduate credit in the semester that they take the Master's comprehensive examination (or CPCE). Students must complete all requirements for the degree within a four year time limit. Failure to meet the four-year time limit deadline is grounds for dismissal from the program.

All students must file supervisory committee forms with the Departmental Academic Program Specialist, which are due by the student's second year in the graduate program. Students should also be aware that their admission to candidacy form (also known as the program of study form) must be completed in the semester the student intends to graduate. To complete these forms, please consult with the program specialist JoLynn Yates 801-581-7148

#### **FORMS DUE:**

Fall Year 2: Program of Study Form

Fall Year 2: Supervisory Committee Form

November 1 of year before graduation: Apply for Graduation

See Department program assistant for forms.

### **ADMISSIONS REQUIREMENTS AND PROCEDURES**

The Counseling and Counseling Psychology (CCP) faculty evaluate admissions quality and diversity of experience and background, past academic achievement, personal statement, letters of recommendation, and Graduate Record

Examination (GRE) scores. Applicants must meet the admissions requirements of the University of Utah Graduate School and demonstrate interest and commitment to Professional Counseling. Applications for admission are reviewed once per year. All materials must be received by December 15. Complete the online Graduate School application through the Apply Yourself System (<http://app.applyyourself.com/?id=utahgrad>) before the department's December 15th admission application deadline.

The Graduate School allows six (6) semester hours of transfer work from other institutions OR Nine (9) semester hours of graduate credit earned in a non-matriculated status at the University of Utah. These may be applied towards degree requirements at the discretion of the faculty. All transfer credit or credit earned in a non-matriculated status at the University of Utah must be approved by the CCP faculty and by the Graduate School of the University of Utah.

### **DIFFERENTIAL TUITION**

Differential tuition is an additional fee paid by all students in the EDPS department's professional training programs. Currently differential tuition is approximately \$54.00 per credit hour.

Differential tuition fees are returned in their entirety to the program and support students matriculating in that program through a variety of means including travel funding, professional membership fees, etc. Further, these funds are used to support student socials, orientation sessions, student awards, and an annual supervisor and student recognition event.

Students should contact their student representative for more information on how to take advantage of differential tuition funds.

For more details regarding university tuition, fees, and differential tuition see

<http://fbs.admin.utah.edu/download/income/Graduate/EPFeeRes.pdf>

### **ADDITIONAL RESOURCES / LINKS**

Students and potential applicants may want to review additional information relevant to the counseling profession and the Professional Counseling program at the following links:

Utah Mental Health Counselors Association  
[www.umhca.org](http://www.umhca.org)

American Counseling Association (ACA)  
[www.counseling.org](http://www.counseling.org)

ACA Code of Ethics  
<http://www.counseling.org/knowledge-center/ethics>

Counsel for Accreditation of Counseling  
and Related Professions (CACREP)  
[www.cacrep.org](http://www.cacrep.org)

National Board for Certified Counselors  
[www.nbcc.org](http://www.nbcc.org)

Counselor Preparation Comprehensive  
Examination (CPCE)  
<http://www.cce-global.org/Org/CPCE>

University of Utah Student Code  
(<http://www.admin.utah.edu/ppmanual/8/8-10.html>)

## CCP PROGRAM STAFF & DEPARTMENT OFFICERS

### CCP Program Faculty (Professional Counseling, PC)

AJ Metz, Ph.D., Assistant Professor  
Interim Director, CMHC Program

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Paul Gore, PhD, Associate Professor  
Jason Burrow-Sanchez, Associate Professor  
AJ Metz, Ph.D., Assistant Professor  
Susan M. Morrow, PhD, Professor  
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Program Administration (801-581-7148; JoLynn Yates)

[jo.yates@utah.edu](mailto:jo.yates@utah.edu)

### Educational Psychology

Elaine Clark, Department Chair  
Michael Gardner, Associate Chair

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[gardner@utah.edu](mailto:gardner@utah.edu)

# **PROFESSIONAL COUNSELING CURRICULUM**

The Clinical Mental Health program meets the current educational and program experience requirements of R156-60c-302a and R156-60c-302b of the Utah Clinical Mental Health Counselor Act Rules and thus prepares students for licensure in the state of Utah. Students who intend to seek licensure in another state are strongly encouraged to consult the licensure laws in that state and complete necessary requirements while they are matriculating at the University of Utah.

Graduates of this program are required to complete an additional 4000 hours of clinical mental health counselor training as specified in the Utah 58-60-405 Mental Health Professional Practice Act and such practice must under the supervision of a licensed mental health professional and pass a national licensure exam before being granted a license.

## **University of Utah**

## **DOPL**

	Credit Hours	Credit Hours		
EDPS 6820	Professional Issues in Mental Health Counseling	2	2	Professional Orientation and Ethical Practice
EDPS 6822	Master's LPC Ethics and Standards	2		
EDPS 6360	Multicultural Counseling	3	2	Cultural Diversity
EDPS 6350	Group Counseling	3	2	Group Work
EDPS 6330	Career Development and Assessment	3	2	Career Development
EDPS 6200	Counseling Theories	3	6	Helping Relationships (Skills, theory)
EDPS 6210	Counseling Skills	3		
EDPS 6340	Substance Abuse Counseling	3	2	Substance use
EDPS 6300	Introduction to Measurement	3	2	Psychometric Test and measurement theory
EDPS 7600	DSM: Adult Psychopathology	3	4	Mental Status/DSM/Psychopathology
EDPS 7180	Personality Assessment			
EDPS 6010	Introduction to Statistics and Research Design	3	2	Research and Evaluation in Mental Health Counseling
EDPS 6710	Practicum in Counseling	6	4	Practicum and Internship
EDPS 6910	Internship in Counseling	8		

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A comparison of educational requirements for licensure and  
University of Utah degree requirements.

# CLINICAL MENTAL HEALTH COUNSELING CURRICULUM SEQUENCE

## Year 1: Fall 2013

3 EDPS 6200 Counseling Theories (W)  
3 EDPS 6210 Counseling Skills (R)  
2 EDPS 6820 Prof Issues (M)  
2 EDPS 6822 Master's Ethics (M)  
3 EDPS 6010 Statistics (T)

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13 (hours)

## Year 1: Spring 2014

3 EDPS 6300 Measurement (R)  
3 EDPS 7600 DSM (R daytime)  
3 EDPS 6330 Career (T)  
3 EDPS 7051 Lifespan Development (W)

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12 (hours)

## Year 2: Fall 2014

3 EDPS 6350 Group Counseling (W)  
3 EDPS 6340 Substance Abuse (M)  
3 EDPS 6710 Practicum (daytime)  
3 EDPS 6068 Meditation & Stress\*

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12 (hours)

## Year 2: Spring 2015

3 EDPS 7180 Personality Assess (R)  
3 EDPS 6360 Multicultural Counseling (T)  
3 EDPS 6710 Practicum (daytime)

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9 (hours)

## Year 2: Summer 2015

3 EDPS 7235 Sexual Counseling (May-daytime for 1 week)  
2 EDPS 6910 Internship\* (TBD)

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3 (5) (hours)

## Year 3: Fall 2015

3 (4\*) EDPS 6910 Internship (daytime)  
3 EDPS 6250 Family Counseling (daytime)

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6 (7) (hours)

## Year 3: Spring 2016

3 (4)\* EDPS 6910 Internship (daytime)  
(take CPCE exam)

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3 (4) (hours)

## TOTAL 60 HOURS

\*Note: Sexual counseling can be taken any summer term following your first year of study. Summer internship is not required but is available to students who prefer to either start or end their internship during the summer term. Students not taking summer internship should register for 4 hours in each of the fall and spring terms. Students engage in the delivery of mental health services must be registered for either practicum or internship at all times for liability purposes. Meditation and Stress is recommended though other positive psychology courses or practice-related courses at the graduate level may be substituted with program training director approval.