

# **MASTER'S IN PROFESSIONAL COUNSELING**

## **2007-2008**



### **THE COUNSELING PROFESSION**

Professional mental health counselors facilitate the growth and development of individuals, families, and groups. The helping relationship is the cornerstone of counseling and psychotherapy. Professional counselors practice in a range of settings, including outpatient, inpatient, and community mental health agencies, individual and group private practice, and similar settings where counseling and mental health services are provided. Counseling is distinct from other mental health professions such as psychology, social work, psychiatry, and psychiatric nursing. Those seeking to become professional counselors should be well informed and adept at blending self-awareness with knowledge to ensure meaningful interactions with their clients and colleagues. A variety of issues may be addressed in psychotherapy, including, but not limited to:

- ▶ anxiety, depression, and other mental and emotional challenges
- ▶ family and interpersonal problems
- ▶ substance abuse and other addictions
- ▶ adaptation to disability and illness
- ▶ sexual abuse and domestic violence
- ▶ eating disorders
- ▶ career development and management of job stress
- ▶ grieving death and loss

### **MISSION STATEMENT**

The fundamental mission of the Master's in Professional Counseling specialty is to educate and train those counselors who will promote the optimal functioning of individuals, families, groups, and communities. Built upon a sound foundation of knowledge, skills, and dispositions inherent to counseling those from diverse backgrounds, program graduates will be able to translate research-validated practices into effective strategies for individuals, groups, and families. The course of study will support the acquisition of knowledge within an atmosphere that fosters professional and personal growth through self-reflection and constructive feedback.

### **PROGRAM PHILOSOPHY**

In the Professional Counseling specialty, the faculty is committed to offering a manageable program of study, with course offerings that accommodate those balancing work and family. Consequently, most required courses meet once per week in the early evening. Moreover, we are dedicated to providing close, individualized attention to our students, selecting only 8-12 students per year. Because we limit our numbers, students regularly provide feedback that they never feel anonymous, are well-known among the faculty, receive close supervision, and appreciate the small class sizes. Students also comment on both the non-competitive, collegial atmosphere among their class peers and the close connections they are able to develop because of the limited cohort size.

### **PROGRAM OBJECTIVES**

The course of study outlined in the Master's in Professional Counseling specialty is intended to develop students' abilities to meet the following objectives:

- ▶ Counsel individuals, families, and groups using appropriate techniques, materials, and resources to assist clients in resolving socioemotional, personal, or vocational concerns and/or coping with problems of living.
- ▶ Articulate an informed comprehension of a variety of theoretical perspectives on human behavior as well as articulating their personal rationale for and approach to counseling.
- ▶ Develop self-awareness, knowledge, and skills related to issues of diversity and multiculturalism to serve more effectively a broad spectrum of individuals, families, and communities.
- ▶ Comprehend and adhere to the ethical principles and professional values of the counseling profession.
- ▶ Develop, implement, and critically evaluate the efficacy of counseling services, programs, and related activities in the settings in which they plan to work.
- ▶ Seek appropriate consultation with colleagues, other professionals, and lay persons as well as establish effective relationships with individuals and agencies that also provide services to assist clients.
- ▶ Understand basic principles of human growth and development and recognize the influence of social and cultural factors on the behavior and development of individuals, families, and communities.
- ▶ Appreciate the role, function and professional identity of counselors, understand professional issues unique to mental health counseling, and promote the growth and development of the field of professional counseling.

## **ORGANIZATIONAL STRUCTURE**

The Master's in Professional Counseling Specialty 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. Program faculty teach required courses as well as serve on student supervisory committees for master's theses or comprehensive exams.

## **PROGRAM OF STUDY**

The Master's in Professional Counseling Specialty leads to a Master's degree (M.Ed.) in Educational Psychology and requires a minimum of sixty (60) semester hours. Consequently, this program is currently designed to meet the educational requirements for licensure as a Professional Counselor (LPC) in the state of Utah and is congruent with national standards for master's level licensure in most other jurisdictions across the country. Applicants considering a masters degree in professional counseling without preparation for licensure must obtain faculty advising and approval.

To accommodate daytime work schedules, the department typically makes an effort to offer courses in the early evening; because of limited time slots, rare exceptions may occur. Core courses are not offered every semester. Consequently, students should consult their faculty advisors to plan their program of study to minimize complications that could delay graduation. Students with a strong undergraduate or graduate background in the foundation courses should consult with their faculty advisor to determine if they should take advanced courses in the areas of their strengths to substitute for the beginning course that is required. Given the applied nature of this discipline, the program and courses will often incorporate an experiential component involving role plays, self-disclosure or self-reflective journals, and field assignments.

## **INTERNSHIP REQUIREMENTS AND PREREQUISITES**

The internship in professional counseling is intended as a capstone experience for the final year of your program of study. An extensive array of internship placements is available throughout the Wasatch Front region, and your internship coordinator will assist you in identifying a suitable match to your interests. Arrangements for your internship experience need to be approved by the internship coordinator a full semester (Spring) prior to the internship. Prerequisites for enrolling in the Internship in Professional Counseling (EDPS 6910) include successful completion of: EDPS 6010, Introduction to Statistics and Research Design; EDPS 6200, Counseling Theories and Procedures; EDPS 6210, Counseling Skills; EDPS 6300, Introduction to Measurement; EDPS 6350, Group Counseling Procedures and Interventions; EDPS 6360, Multicultural Counseling; EDPS 6710, Practicum in Counseling; EDPS 7180, Personality Assessment; EDPS 7220 Ethics and Standards in Psychology; 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 1000 hours of supervised work.

## **LICENSURE INFORMATION**

In consultation with your advisor and with careful selection of courses, graduates of the Professional Counseling track can meet the educational requirements for licensure as a Professional Counselor (LPC) 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\\_counselor.html](http://www.dopl.utah.gov/licensing/professional_counselor.html)

## **THESIS / NON-THESIS OPTIONS**

Admitted applicants in the Professional Counseling track will obtain an M.Ed. (non-thesis option). Those students pursuing the non-thesis option must successfully pass a comprehensive exam, typically conducted at the culmination of their program of study in their final year. Three faculty members serve as the student's supervisory committee from the Comprehensive Examination Committee in the CCP program.

Students who are considering further graduate work after the master's degree may consider a thesis option (M.S.). Supervisory committees for a masters thesis consists of three faculty, with a majority being from within the department, at least one member from within the CCP program, and with one faculty member assigned to the committee by the department's Director of Graduate Studies. Professional counseling students considering a masters thesis must enroll in a faculty member's research team (EDPS 6960) for one credit for the first four semesters. Upon identifying a potential thesis chair, a request to proceed with a thesis must be submitted to the entire CCP faculty for committee approval (no later than the end of the Fall term of their second year of their program of study). Two weeks prior to proposing the thesis project, four copies of the student's thesis should be filed with the Departmental Academic Program Specialist; two weeks prior to defense of the final thesis project, three copies should be filed with the Departmental Academic Program Specialist.

### **ACADEMIC STANDARDS, STUDENT EVALUATION, AND APPEALS**

**Academic Standards:** Students obtaining a Master's in Professional Counseling 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. Grades lower than a B- must be repeated within 12 months to earn a higher grade, and all incomplete grades must be resolved with a B- or higher within 12 months.

**Annual Evaluation:** At the end of each academic year, faculty in the CCP program meet to review and evaluate student progress in the program. Students will be evaluated in the following areas: academic performance; 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 faculty advisor and/or 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 her/his advisor/Training Director to follow up and establish plans for remediation.
- ▶ If the student disagrees with the evaluation of the faculty, s/he can, in consultation with her/his advisor and/or the Training Director, discuss the disagreement in order to provide clarification or request a review of the faculty's decision. Because of the timing of evaluations at the end of the semester, the faculty may not be able to meet until the beginning of the following semester; at that time, the faculty will meet promptly to consider the student's concerns.
- ▶ If the student continues to disagree with the evaluation, the student may pursue the disagreement using more formal means. The student may appeal to the Chair of the Department or the Dean of the College (or her/his designee). The student can appeal the academic action in writing within 40 business days of an unsatisfactory decision by the CCP Program faculty. The Chair or Dean then has 15 business days to respond in writing.
- ▶ If the Chair or Dean fails to respond, or if the student disagrees with the decision, or if the Program disagrees with the decision, a formal appeal may be submitted to the Academic Appeals Committee of the College of Education within 15 days of the Chair or Dean's response. Detailed information about the Academic Appeals Committee, along with specific steps to follow in an 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 your advisor/chair and/or Training Director throughout the Program. If unforeseen circumstances prevent your timely and successful progression through the Program, please consult as early as possible with your advisor and/or the Training Director to explore possible solutions.

### **PROVISION OF COUNSELING SERVICES DURING THE PROGRAM**

Students involved in practica or internship experiences must obtain and provide evidence of professional liability insurance. Students *must* be registered for an internship in order to provide counseling services off campus during their program of study (e.g., prior to graduation). Other activities may fall under the requirements for the social service worker license ([http://www.dopl.utah.gov/licensing/social\\_work.html](http://www.dopl.utah.gov/licensing/social_work.html)). Such a situation may occur if the student was working for a social service agency prior to admission into the Masters in Professional Counseling program.

## MISCELLANEOUS POLICIES / FORMS

You *must* be registered for a minimum of three credits per semester to maintain active status in the Graduate School (with the exception of summer terms, in which you need only register if you are defending a thesis or completing comprehensive exams). Students completing either the thesis or the non-thesis option should be advised that they must complete all requirements for the degree within a four year time limit.

All students must file supervisory committee forms for either the thesis or non-thesis option 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 the semester prior to when the student intends to graduate but no sooner than one year. Both of these Graduate School required forms are available online at [www.utah.edu/graduate\\_school/forms.html](http://www.utah.edu/graduate_school/forms.html).

**TIMELINE:**      Fall or Spring of Year 2:              Supervisory Committee Forms  
                         Fall of Year 3:                              Admission to Candidacy (Program of Study) Form

## ADDITIONAL RESOURCES / LINKS FOR PROFESSIONAL COUNSELORS

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

Utah Mental Health Counselors Association	<a href="http://www.umhca.org">www.umhca.org</a>
American Counseling Association (ACA)	<a href="http://www.counseling.org">www.counseling.org</a>
ACA Code of Ethics	<a href="http://www.counseling.org/Resources/CodeOfEthics/TP/Home/CT2.aspx">www.counseling.org/Resources/CodeOfEthics/TP/Home/CT2.aspx</a>
ACA Insurance Trust	<a href="http://www.acait.org">www.acait.org</a>
Counsel for Accreditation of Counseling and Related Professions (CACREP)	<a href="http://www.cacrep.org">www.cacrep.org</a>
National Board for Certified Counselors	<a href="http://www.nbcc.org">www.nbcc.org</a>

### **CCP Program Faculty**

Robert D. Hill, PhD (LPC Director)

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For more information,  
check our department  
website:

*http://pc.ed.utah.edu/*

# PROFESSIONAL COUNSELING SPECIALTY CURRICULUM

## **I. CORE REQUIREMENTS**

(18 Hours)

### Statistics and Research Design (3 Hours Required)

EDPS 6010 (3) Introduction to Statistics and Research Design

Advanced courses that can substitute for EDPS 6010 (recommended for those electing the thesis option):

EDPS 7010 (3) Quantitative Methods I: Foundations of Inferential Statistics

EDPS 7020 (5) Quantitative Methods II: ANOVA and Multiple Regression

### Assessment and Measurement (6 Hours Required)

EDPS 6300 (3) Introduction to Measurement

EDPS 7180 (3) Personality Assessment

Advanced course that can substitute for EDPS 6300

EDPS 7300 (3) Psychometric Theory

### Developmental Theory (6 Hours Required)

EDPS 6330 (3) Career Development and Assessment

(Choose one of the following two)

EDPS 6050 (3) Life Span Development: Childhood and Adolescence

**OR**

EDPS 6051 (3) Life Span Development: Early to Late Adulthood

### Human Diversity (3 Hours Required)

EDPS 6360 (3) Multicultural Counseling

Program faculty recommend additional course work in diversity, and the following courses are offered as possible selections for further study.

EDPS 6370 (3) Psychology of Women

EDPS 6550 (3) Social Psychology of Human Diversity

## **II. COUNSELING THEORY AND PRACTICE**

(25 Hours)

EDPS 6200 (3) Counseling Theories & Procedures

EDPS 6210 (3) Counseling Skills

EDPS 6250 (3) Family Counseling for School Based Problems

EDPS 6350 (3) Group Counseling Procedures and Interventions

EDPS 6340 (3) Substance Abuse Counseling

EDPS 6710 (4) Practicum in Counseling

EDPS 6910 (6) Internship in Counseling

## **III. SPECIALIZATION REQUIREMENTS**

(9 Hours)

EDPS 6820 (3) Professional Issues in Mental Health Counseling

EDPS 7220 (3) Ethics and Standards in Psychology

(Choose one of the following two)

EDPS 7600 (3) Diagnostic Adult Psychopathology

**OR**

EDPS 6450 (3) Child & Adolescent Psychopathology

## **DEGREE OPTIONS**

### Option A: M.Ed. Degree

Students electing this option must complete the: **(1)** Core Requirements (18 Hours); **(2)** Counseling Theory and Practice Requirements (25 Hours); **(3)** Specialization Requirements (9 Hours); **(4)** Electives (8 hours) for a total of **60 hours** of graduate work; and **(5)** successfully complete the Master's Comprehensive Exam.

### Option B: M.S. Degree

Students electing this option must complete the: **(1)** Core Requirements (18 Hours); **(2)** Counseling Theory and Practice (25 Hours); **(3)** Specialization Requirements (9 Hours); **(4)** EDPS 6970 Master's Thesis requirement (6 Hours); and EDPS 6260 (Research Seminar, 4 hours) for a total of **62 hours** of graduate work.

## **PROFESSIONAL COUNSELING RECOMMENDED COURSE SEQUENCE**

### **Entering Cohort Fall 2007**

<b>Fall 2007</b>		<b>Spring 2008</b>	
EDPS 6200 Theory <sup>F</sup>	3	EDPS 6330 Career <sup>S</sup>	3
EDPS 6210 Skills <sup>F</sup>	3	EDPS 6300 Measurement <sup>S</sup>	3
EDPS 6010 Stats <sup>F/S</sup>	3	EDPS 7600 DSM <sup>S</sup>	3
EDPS 6820 Professional Issues <sup>F</sup>	3	EDPS 6051 Development <sup>F/S</sup>	3
<i>Total Credits</i>	12	<i>Total Credits</i>	12

<b>Fall 2008</b>		<b>Spring 2009</b>	
EDPS 6350 Group Counseling <sup>F</sup>	3	EDPS 7180 Assessment <sup>S</sup>	3
EDPS 7220 Ethics <sup>F</sup>	3	EDPS 6360 Multicultural Counseling <sup>S</sup>	3
EDPS 6710 Practicum <sup>F&amp;S</sup>	2	EDPS 6710 Practicum <sup>F&amp;S</sup>	2
EDPS 6340 Substance Abuse Counseling <sup>F</sup>	3	EDPS 6250 Family <sup>S</sup>	3
Elective	2		
<i>Total Credits</i>	13	<i>Total Credits</i>	11

<b>Fall 2009</b>		<b>Spring 2010</b>	
EDPS 6910 Internship <sup>F&amp;S</sup>	3	EDPS 6910 Internship <sup>F&amp;S</sup>	3
Elective	3	Elective	3
<i>Total Credits</i>	6	<i>Total Credits</i>	6

*F = Fall, S = Spring*

**Important prerequisite sequences:** 6010 is a prerequisite for 6300; 6200 & 6210 are required for 6710; 6200 and 6210 are preferred prerequisites for 6360 and 6350; 6300 is required for 7180; and 6010, 6200, 6210, 6300, 6350, 6360, 6710, 7180, 7220, and 7600 are required for 6910.

**Note:** Above schedule is based on full-time enrollment. Part-time enrollment and summer course offerings will result in variations.