



# MACMHC Worksheet

## Master of Arts in Clinical Mental Health Counseling

### **Mission**

The Master of Arts in Clinical Mental Health Counseling provides professional preparation for students from diverse backgrounds to practice counseling, care, and psychotherapy in a multicultural and pluralistic society. The MACMHC program's objectives are the development of a professional identity grounded in a variety of theoretical orientations, with an emphasis on relational and depth psychological perspectives; the integration of spiritual/theological and cultural reflection in line with CTS's commitment to social justice, diversity and advocacy; and the development of core counselor competencies.

The MACMHC degree meets State of Indiana academic requirements for licensure as a Mental Health Counselor. It is aligned with CACREP standards and the professional orientation of the American Counseling Association (ACA). An approved training program of the American Association of Pastoral Counselors (AAPC), the program also prepares students for certification as pastoral counselors without requiring ordination.

### **Objectives**

*Objective 1: Development of Professional Identity Grounded in a Variety of Theoretical Orientations, with an Emphasis on Relational and Depth Psychological Perspectives*

The program enables students to develop their professional identity through self-reflective and professional experiences in the classroom, the counseling room, the space of supervision, and the community. Professional identity is guided by content and ethical standards of the counseling profession and grounded in a variety of theoretical orientations, with an emphasis on relational and depth psychological perspectives. It is informed by current research, for instance, on mother-infant interaction, neuroscience, and counseling processes. Students will develop their professional identity within the context of the larger mental health care landscape and through active engagement with the counseling profession and its organizations.

*Objective 2: Integration of Cultural and Spiritual/Theological Reflection*

Cultural and spiritual/theological reflection is part of all components of the program and expresses CTS's commitment to social justice, diversity and advocacy. Students will become aware of how their own emotional, cognitive, sociocultural, and spiritual development shapes their own professional identity. Students will have skills for respectful and appreciative interaction with clients from diverse cultural and spiritual/theological backgrounds in clinical practice. Through a variety of experiences in the classroom, in supervised clinical work, and in the community students will develop competence in the integration of cultural and spiritual/theological reflection into clinical practice, demonstrated in a capstone presentation at the conclusion of the degree.

*Objective 3: Development of Core Counselor Competencies*

Students will develop core counselor competencies of the counseling profession by applying theories and skills in clinical practice that support social justice and advocacy. The acquisition of core counselor competencies will be assessed through core studies in mental health counseling over the span of the program, regular supervision evaluations in supervised clinical experience, and a final capstone presentation.



## Requirements

Applicants to the Master of Arts in Clinical Mental Health Counseling need to have an average 2.7 GPA in their undergraduate or prior graduate studies. The program requires 69 semester hours (SH) of required and elective courses, with a cumulative grade point average of 2.7. Courses marked with an asterisk (\*) are prerequisites for practicum.

The time to complete a degree depends on the number of hours taken each semester. Typically, full-time students complete the degree over three and a half years, by enrolling in nine semester hours during each fall and spring semester in addition to at least one term of summer supervised clinical experience in the final portion of the degree. Some students complete the degree in three years. Students have six years in which to complete the Master of Arts in Clinical Mental Health Counseling degree unless an extension for special circumstances is granted by the Academic Council.

Students are required to complete a minimum of 400 hours of direct service to clients of clinical mental health counseling, of which at least 10 hours must be group therapy, and receive at least 100 hours of individual and group supervision.

Students conclude their degree by completing a Capstone Presentation as described in section D below.

While CTS makes every effort to be in compliance with the requirements of specific licensure boards (LMHC, LPC) and professional credentialing bodies (CACREP, AAPC), students must take individual responsibility for monitoring and meeting licensure and credentialing requirements that may change between admission and graduation and may vary from state to state.

\* = prerequisite for practicum

\*\* = course may count only once in degree, and is prerequisite for COUN X9MH (either A.II. or B.II)

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## A. Studies in Religion (9 hours)

### I. General Studies in Religion

Gateway to Theological Education and Formation

*ONE of the following (3 SH):*

Gateway to the Practice of Interpreting the Bible

ONE elective: from the INSP, LEAD, LIVE, LOVE or SERV practice—designated courses (3SH)

### II. Integration of Spirituality and Clinical Mental Health Counseling

*ONE of the following (3 SH): (these courses may count only once in degree: either A.II. or B.II.)*

COUN P-641: Spirituality and God Images in Counseling and Culture (3 SH)\*\*

COUN P-651: Theodicy, Trauma, and Grace (3 SH)\*\*

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## B. Therapeutic and Clinical Studies (45 hours)

*Courses marked with an asterisk (\*) are prerequisites for practicum.*

### I. Core studies in Clinical Mental Health Counseling

\*COUN P-510: Theories of Counseling, Psychotherapy, and Personality (3 SH)

\*COUN P-511: Counseling Skills and Helping Relationships (3 SH)

\*COUN P-531: Human Growth and Development (3 SH)

COUN P-632: Foundations of Mental Health Counseling (3 SH)



- COUN P-635: Ethical and Professional Issues in Clinical Practice (3 SH)
- \*COUN P-637: Psychopathology and Assessment (3 SH)
- COUN P-639: Testing and Appraisal (3 SH)
- COUN P-656: Social and Cultural Dimensions of Mental Health Counseling
- COUN P-657: Contextual Dimensions of Mental Health Counseling (3 SH)
- COUN P-675: Career Development and Counseling (3 SH)
- COUN P-760: Group Counseling and Psychotherapy (3 SH)
- COUN P-770: Research Methods (3 SH)

## II. Specialized Studies in Clinical Mental Health Counseling

- COUN P-630: Psychoanalytic Theory & Technique (3 SH)

*TWO electives from the following four focus areas:*

1. **Social justice**, choose COUN P-619, COUN P-633, COUN P-638, COUN P-641, COUN P-650, or COUN P-651;
2. **Psychodynamic**, choose COUN P-633, COUN P-640, COUN P-641, COUN P-644, or COUN P-739;
3. **Spiritual integrated counseling**, choose COUN P-633, COUN P-634, COUN P-638, COUN P-641, COUN P-644, COUN P-651, COUN P-739, or COUN P-800, 801;
4. **Couples, marriage and family**, choose COUN P-520, COUN P-522, COUN P-525, COUN P-619, COUN P-623, COUN P-711, COUN P-774, or COUN P-775

- COUN P-520: Introduction to Marriage & Family Therapy (3 SH)
- COUN P-522: Introduction to Marriage & Family Therapy Practice (3 SH)
- COUN P-525: Aging and the Family (3 SH)
- COUN P-619: Sexuality, Gender and Culture (3 SH)
- COUN P-623: Couples Systems Therapy (3 SH)
- COUN P-633: Healing Through Play & Ritual (3 SH)
- COUN P-634: Theological Perspectives on Pastoral & Spiritual Care (3 SH)
- COUN P-638: Religion, Medicine and Pastoral Care (3 SH)
- COUN P-640: Transference and Countertransference (3 SH)
- COUN P-641: Spirituality and God Images in Counseling and Culture (3 SH) if not used for A.II.
- COUN P-644: Dreams and Discernment (3 SH)
- COUN P-650: Treating Addictive Behaviors (3 SH)
- COUN P-651: Theodicy, Trauma, and Grace (3SH) *if not used for A.II.*
- COUN P-711: Children and Adolescents in Families (3 SH)
- COUN P-739: Freud, Jung and Religion (3 SH)
- COUN P-774: Psychodynamic Family Therapy (3 SH)
- COUN P-775: Short-term Family Therapy (3SH)
- COUN P-800, 801: Clinical Pastoral Education I (6 SH) *(Students electing COUN P-800, 801 must complete it before beginning COUN P-820 Practicum.)*

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## C. Supervised Clinical Practice (15 hours)

- COUN P-820MH: CMHC Practicum (3 SH)
- COUN P-821MH: CMHC Internship 1 (3 SH)
- COUN P-822MH: CMHC Internship 2 (3 SH)
- COUN P-823MH: CMHC Internship 3 (3 SH)
- COUN P-824MH: CMHC Advanced Internship (3 SH)



**Supervised Clinical Experience Requirement:** complete 400 hours of direct service to clients of clinical mental health counseling, which includes a minimum of at least 10 hours group work, and receive at least 100 hours of individual and group supervision, with at least 50 hours of that supervision based on video tape, audio tape or direct observation.

Note: The 400 hours of direct client-contact hours fulfill the 1,000 hours of supervised clinical experience requirement of Indiana State licensure for the LMHCA and LMHC and fall into three portions: the first 40 direct service hours to clients fulfill the 100 hour “practicum” on the licensure application and correspond to COUN P-820; the next 240 direct service to clients fulfill the 600 hour “internship” on the licensure application and correspond to COUN P-821, COUN P-822, COUN P-823, the last 120 direct service hours to clients fulfill the 300 hour “advanced internship” on the licensure application and correspond to COUN P-824.

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## D. Integration and Competency Assessment (0 SH)

- COUN X9MH “Self, Countertransference, and Spirit” culminating in a Capstone Presentation and a 12-15 page integration paper in preparation of the Capstone Presentation

**Requirements for Capstone** – Capstone is normally taken concurrent with COUN P-824 Advanced Internship. Students must have completed 280 hours of client contact hours prior to taking the Capstone. Course authorization is required.

**Total Credit Hours:** 69 hours

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## Personal Counseling

All students are expected to receive psychotherapy during their program. Weekly personal therapy is a prerequisite for practicum admission. Personal therapy with a gifted clinician assists student therapists in working through problem areas in their own lives that may adversely affect clients and their own participation in an emotionally challenging training program; it provides a unique training experience that helps students understand the process of exploring the depth and interrelationship of intrapsychic and systemic features of human life.

Christian Theological Seminary’s Counseling Center provides quality care for clients, students, faculty and staff in a state-of-the-art facility located on the seminary campus. The facility includes:

- Twenty private counseling rooms
  - Child and Play Therapy area
  - Personal meditation area
  - Viewing rooms for supervision
  - Space for professional and academic conferences
  - Full ADA compliance
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