

# CLINICAL COUNSELING (M.A.)

## Clinical Counseling M.A.

The department offers a 60-credit master's-level degree in Clinical Counseling with two specializations, Clinical Rehabilitation Counseling (CRBC) or Holistic Clinical Mental Health Counseling (HCMHC), which both meet the academic requirements to apply for Mental Health Counseling licensure in most states. Students interested in obtaining licensure in Mental Health Counseling should inquire about program options. CRBC students are also eligible to apply for a Certification in Rehabilitation Counseling.

## Clinical Rehabilitation Counseling Specialization

Consistent with the mission of Salve Regina University, the M.A. in Clinical Counseling Program is committed to offering a professional program that encourages students to seek wisdom through study and service and to promote universal justice. Our program embodies the five Critical Concerns of the University, which include training counselors to work against racism, promote non-violence, support immigration, seek justice for those who identify as women, and consider how the protection of our earth impacts mental health. The program works to be justice-centered and anti-racist, and we see the value of all human beings through our community-based clinical work and client advocacy.

The mission of the Rehabilitation Counseling Programs is to prepare master's degree students to perform a vital role as counselors with specialized knowledge and skills for rehabilitation counseling and mental health service delivery to clients with mental health issues and co-occurring disabilities.

To prepare clinically skilled, knowledgeable, and committed rehabilitation counseling professionals, rehabilitation counselors draw on knowledge from several fields, including counseling, psychology, neuropsychology, medicine, psychiatry, sociology, social work, education, and law. The program emphasizes the successful functioning of the whole person, not just dealing with a diagnosis or disability. Students develop the ability to serve persons with a wide array of disability-related and/or mental health problems impacting the individual, the family, and society. They receive their training and work in various clinical settings to develop their clinical and cultural competencies and better understand the influences of multicultural factors.

Salve has been teaching Rehabilitation Counseling students since 2004. Students who graduate specializing in Rehabilitation Counseling are eligible to sit for the Certified Rehabilitation Counseling exam. It is the only disability specialist certification globally, with 15,000 certified counselors worldwide. It is a highly desired certification by employers all over the country. The Commission on Rehabilitation Counseling (CRCC) sets the standards of practice for quality rehabilitation counseling services through its internationally recognized certification program. Our students who take the exam consistently exceed the national passing rates by over 25 percent.

A Certified Rehabilitation Counselor (CRC) designation indicates a higher level of specialized education and training in counseling individuals with co-occurring disabilities and mental health/substance use issues. As a CRC, counselors are required to participate in continuing education of 100 hours every five years to maintain certification and keep current in the field. Graduates of this program who have met these academic standards and have passed the certification exam become CRCs.

## Holistic Clinical Mental Health Counseling Specialization

Consistent with the mission of Salve Regina University, the M.A. in Clinical Counseling Program is committed to offering a professional program that encourages students to seek wisdom through study and service and to promote universal justice. Our program embodies the five Critical Concerns of the university, which include training counselors to work against racism, promote non-violence, support immigration, seek justice for those who identify as women, and consider how the protection of our earth impacts mental health. The program works to be justice-centered and anti-racist and sees the value of all human beings through our community-based clinical work and client advocacy.

The Salve Regina University Holistic Counseling program was established in 1987 and was one of the first programs of its kind. There has been substantial growth throughout the year. Currently, the M.A. in Clinical Counseling specializing in Holistic Clinical Mental Health Counseling works with students from a holistic, justice-centered, and developmental perspective and prepares students to sit for the licensure exam for Licensed Mental Health Counselors.

The mission of the Holistic Clinical Mental Health Counseling Specialization is to prepare quality counselors for various settings in Rhode Island and throughout the United States.

- Provide Clinical Mental Health Counselors-in-training with an education that stems from a holistic perspective, steeped in the eight core areas of the Council for the Association of Counseling and Related Education Programs and in the American Counseling Association Code of Ethics.
- Instill a strong sense of professional counseling identity in students. Help students gain an appreciation of the rich knowledge base in counselor education.
- Develop student expertise in the skills of counseling.
- Develop personal and professional dispositions that demonstrate appropriate reflective analysis and effective behavior.
- Provide students with the knowledge base needed to sit for the LMHC licensing exam.
- Present a holistic paradigm with which to understand our world, our clients, our work, and ourselves.
- Help students understand and respond to diverse cultures and views in a socially just and equitable manner.
- Follow the Salve Regina Mission to work toward a just and harmonious world.

By completing the 60-credit M.A. in Clinical Counseling program specializing in Holistic Clinical Mental Health Counseling, graduates can become eligible for licensure as mental health counselors in the State of Rhode Island and other states. Students must look at individual state licensure laws for the most current qualifications.

Holistic Mental Health Counselors draw on knowledge from several fields, including counseling, neuroscience, holistic foundations, multicultural studies, and psychology. The specialization works to integrate self-awareness around issues of intersectionality, privilege, and oppression for students in all counseling courses, to help students to understand their impact on clients and the larger system. Students receive training and work in various clinical settings, incrementally increasing their ability to serve individuals and groups. Students are trained to better understand clients and their various systems with respect for multicultural factors,

including ethnicity, race, religion, gender, disability, and sexual and affectional orientation.

## Requirements for the 60-credit Master of Arts in Clinical Counseling – Specialization in Clinical Rehabilitation Counseling

(19 courses/60 credits)

This specialization is designed for students who are interested in pursuing a 60-credit master's degree that can lead to certification as a Rehabilitation Counselor and licensure as a mental health counselor with a specialization in Clinical Rehabilitation Counseling. Graduates of this Program may be qualified to provide mental health services in federal programs serving Veterans and have portability to clinical mental health professional licensure in other states. Currently, graduates of this Program meet licensure requirements for many states throughout the country.

Code	Title	Credits
COU-500	Professional Orientation and Ethics	3
COU-501	Human Growth and Development	3
COU-502	Cultural Equity in Counseling	3
COU-503	Theories of Counseling	3
COU-505	Trauma Informed Counseling	3
COU-506	Research Methods	3
COU-513	Working with Intimate Relationships in Counseling	3
COU-515	Diagnosis and Treatment Planning	3
COU-518	Assessment and Appraisal	3
COU-526	Group Process	3
COU-527	Career Counseling	3
COU-535	Substance Use in Counseling	3
COU-541	Capstone: Integrating Meaning Through Action and Advocacy	3
RHB-504	Motivational Interviewing	3
RHB-536	CBT and DBT Skills	3
RHB-540	Medical and Psychosocial Aspects of Chronic Illness and Disability	3
RHB-550	Foundations of Rehabilitation Counseling	3
<b>Total Credits</b>		<b>51</b>

### Clinical Requirements (3 courses/ 9 credits)

Students in the Clinical Rehabilitation Counseling specialization will complete three courses of clinical fieldwork. Upon completion of the three clinical courses, students will receive 700 hours of clinical training in rehabilitation and mental health settings. In addition, they will receive 45 hours of clinical supervision in the community and 120 hours of clinical supervision in the classroom. Ethical practices, multicultural competencies, principles and models of bio-psychosocial case conceptualization, and rehabilitation/mental health treatment planning are emphasized through a holistic/whole-person approach to rehabilitation and mental health counseling.

Code	Title	Credits
RHB-522	Practicum and Seminar	3
RHB-570	Internship I and Seminar	3

RHB-571	Internship II & Seminar	3
<b>Total Credits</b>		<b>9</b>

### Certified Rehabilitation Counselor

Students who graduate specializing in Rehabilitation Counseling are eligible to sit for the Certified Rehabilitation Counseling exam. It is the only disability specialist certification worldwide. It is highly desirable to employers for quality rehabilitation counseling services. A Certified Rehabilitation Counselor (CRC) designation indicates a higher level of specialized education and training in counseling individuals with co-occurring disabilities and mental health/substance use issues.

### State Licensure Requirements

Based on the State of RI Licensure requirements as of February 2023, RI has a two-tiered licensure system. After completing the 60-credit hours for the master's degree in Clinical Counseling with a specialization in Clinical Rehabilitation Counseling, students can apply to take the exam to become a Clinical Mental Health Counselor-Associate. At the second tier of licensure, students complete 2,000 hours of supervised clinical internship by an on-site clinical supervisor who meets the supervisory standards of the Board of Licensure for the state where they intend to practice. No university clinical supervision is required past the 60-credit degree.

It is recommended that students research the specific requirements for a licensed mental health counselor in the state where they intend to practice. Licensure laws and regulations vary across states and can change yearly; therefore, specific requirements may also differ. Consequently, the University is not responsible for knowing the requirements of states other than Rhode Island. It is the student's responsibility to know the requirements for licensure in the state in which they intend to practice.

### Rehabilitation Program Requirements

Students in the 60-credit MA in Clinical Counseling with a specialization in Clinical Rehabilitation Counseling are required to engage in all learning activities in ways that are consistent with the current ethical and professional standards of rehabilitation and mental health counselors as published by the CRCC, the American Counseling Association (ACA), and the Program's required disposition standards. Inconsistencies with these standards, as determined by the program director or program faculty, can serve as a basis for dismissal from the Program.

## Requirements for the 60-credit Master of Arts in Clinical Counseling – Specialization in Holistic Clinical Mental Health Counseling

(19 courses/60 credits)

This specialization is designed for students who are interested in pursuing a 60-credit master's degree that can lead to licensure as a mental health counselor with a specialization in Holistic Clinical Mental Health Counseling upon completion of all academic and licensure requirements. Currently, graduates of this Program meet licensure requirements for many states throughout the country.

Code	Title	Credits
COU-500	Professional Orientation and Ethics	3
COU-501	Human Growth and Development	3
COU-502	Cultural Equity in Counseling	3

COU-503	Theories of Counseling	3
HLC-504	Holistic Foundations	3
COU-505	Trauma Informed Counseling	3
COU-506	Research Methods	3
HLC-505	Interpersonal Helping Skills	3
HLC-507	The Body Mind Connection	3
COU-513	Working with Intimate Relationships in Counseling	3
COU-515	Diagnosis and Treatment Planning	3
COU-518	Assessment and Appraisal	3
COU-526	Group Process	3
COU-527	Career Counseling	3
COU-535	Substance Use in Counseling	3
COU-541	Capstone: Integrating Meaning Through Action and Advocacy	3

**Total Credits** 48

### Electives (1 course/3 credits)

Students should speak with their advisor about elective options. Based on advisor approval, students can take electives in other areas within the CLEA department. Approved electives include the following:

Code	Title	Credits
HLC-542	Spirituality and Religion in Counseling	3
HLC-550	Advanced Helping Skills	3
HLC-575	Healing and Transformation	2
HLC-578	Body and Personal Myth: A Jungian Perspective	3
HLC-579	Grief Counseling	2
HLC-581	Special Topics	1-3
HLC-587	Gender and Human Sexuality in Counseling	3
HLC-588	Working With Young People	3

### Clinical Requirements (3 courses/ 9 credits)

Students in the Holistic Clinical Mental Health Counseling specialization will complete three courses of clinical fieldwork. Upon completion of the three clinical courses, students will receive 700 hours of clinical training in mental health settings. In addition, they will receive 45 hours of clinical supervision in the community and 135 hours of clinical supervision in the classroom. Ethical practices, multicultural competencies, principles and models of bio-psychosocial case conceptualization, and mental health treatment planning are emphasized through a systemic approach to viewing holistic mental health counseling.

Code	Title	Credits
HLC-551	Practicum in Counseling	3
HLC-590	Internship and Seminar I	3
HLC-591	Internship and Seminar II	3

**Total Credits** 9

### State Licensing Requirements

Based on the State of RI Licensure requirements as of February 2023, RI has a two-tiered licensure system. After completing the 60-credit hours for the master's degree in Clinical Counseling with a specialization in Holistic Clinical Mental Health Counseling, students can apply to take the exam to become a Clinical Mental Health Counselor-Associate. At the second tier of licensure, students complete 2,000 hours of supervised clinical internship by an on-site clinical supervisor who meets the supervisory standards of the Board of Licensure for the state where they

intend to practice. No university clinical supervision is required past the 60-credit degree.

It is recommended that students research the specific requirements for a licensed mental health counselor in the state where they intend to practice. Licensing laws and regulations vary across states and can change yearly; therefore, specific requirements may also differ. Consequently, the University is not responsible for knowing the requirements of states other than Rhode Island. It is the student's responsibility to know the requirements for licensing in the state in which they intend to practice.

### Holistic Clinical Mental Health Counseling Specialization Requirements

Students in the 60-credit MA in Clinical Counseling with a specialization in Holistic Clinical Mental Health Counseling are required to engage in all learning activities in ways that are consistent with the current ethical and professional standards of mental health counselors as published by the American Counseling Association (ACA) and the Program's required disposition standards. Inconsistencies with these standards, as determined by the program director or program faculty, can serve as a basis for dismissal from the Program.

### Degree Plan for Clinical Counseling – Clinical Rehabilitation Counseling Specialization (M.A.)

Course	Title	Credits
<b>First Year</b>		
<b>Fall</b>		
COU-503	Theories of Counseling	3
COU-505	Trauma Informed Counseling	3
COU-506	Research Methods	3
<b>Credits</b>		<b>9</b>
<b>Spring</b>		
COU-500	Professional Orientation and Ethics	3
COU-501	Human Growth and Development	3
COU-502	Cultural Equity in Counseling	3
<b>Credits</b>		<b>9</b>
<b>Summer</b>		
COU-513	Working with Intimate Relationships in Counseling	3
RHB-504	Motivational Interviewing	3
RHB-540	Medical and Psychosocial Aspects of Chronic Illness and Disability	3
<b>Credits</b>		<b>9</b>
<b>Second Year</b>		
<b>Fall</b>		
COU-515	Diagnosis and Treatment Planning	3
COU-526	Group Process	3
COU-527	Career Counseling	3
<b>Credits</b>		<b>9</b>
<b>Spring</b>		
COU-518	Assessment and Appraisal	3
COU-535	Substance Use in Counseling	3
RHB-550	Foundations of Rehabilitation Counseling	3
<b>Credits</b>		<b>9</b>
<b>Summer</b>		
RHB-522	Practicum and Seminar	3
RHB-536	CBT and DBT Skills	3
<b>Credits</b>		<b>6</b>
<b>Third Year</b>		
<b>Fall</b>		
COU-541	Capstone: Integrating Meaning Through Action and Advocacy	3

RHB-570	Internship I and Seminar	3
<b>Credits</b>		<b>6</b>
<b>Spring</b>		
RHB-571	Internship II & Seminar	3
<b>Credits</b>		<b>3</b>
<b>Total Credits</b>		<b>60</b>

## Degree Plan for Clinical Counseling – Holistic Clinical Mental Health Counseling Specialization (M.A.)

Course	Title	Credits
<b>First Year</b>		
<b>Fall</b>		
COU-500	Professional Orientation and Ethics	3
COU-501	Human Growth and Development	3
COU-502	Cultural Equity in Counseling	3
<b>Credits</b>		<b>9</b>
<b>Spring</b>		
COU-503	Theories of Counseling	3
COU-506	Research Methods	3
HLC-504	Holistic Foundations	3
<b>Credits</b>		<b>9</b>
<b>Summer</b>		
HLC-505	Interpersonal Helping Skills	3
HLC Elective		3
<b>Credits</b>		<b>6</b>
<b>Second Year</b>		
<b>Fall</b>		
COU-513	Working with Intimate Relationships in Counseling	3
COU-518	Assessment and Appraisal	3
HLC-507	The Body Mind Connection	3
<b>Credits</b>		<b>9</b>
<b>Spring</b>		
COU-505	Trauma Informed Counseling	3
COU-515	Diagnosis and Treatment Planning	3
COU-526	Group Process	3
<b>Credits</b>		<b>9</b>
<b>Summer</b>		
COU-527	Career Counseling	3
HLC-551	Practicum in Counseling	3
<b>Credits</b>		<b>6</b>
<b>Third Year</b>		
<b>Fall</b>		
COU-535	Substance Use in Counseling	3
HLC-590	Internship and Seminar I	3
<b>Credits</b>		<b>6</b>
<b>Spring</b>		
COU-541	Capstone: Integrating Meaning Through Action and Advocacy	3
HLC-591	Internship and Seminar II	3
<b>Credits</b>		<b>6</b>
<b>Total Credits</b>		<b>60</b>