

HOLISTIC COUNSELING MASTER OF ARTS (M.A.)

The 48-Credit Master of Arts in Holistic Counseling

The 48-credit Master of Arts in Holistic Counseling requires students to take a developmental, holistic, and justice-focused perspective in the work they do as students and counselors. Students are required to engage in all learning activities in ways consistent with the current American Counseling Association (ACA) ethical standards and other related professional certification bodies as applicable. Inconsistencies with these standards, as determined by the program director and program faculty, serves as a basis for dismissal from the program. Following successful completion of an approved program of 48 graduate credits (45 required and 3 electives) that includes a clinical practicum (HLC 551), students are eligible to receive the Master of Arts in Holistic Counseling. Many courses in the holistic counseling program require the completion of prerequisites. Academic advising is required and provided for all students to ensure that courses are taken in the correct sequence. The counseling program is designed to fulfill the required elements related to the eight (8) core areas of CACREP accreditation; however, CACREP does not accredit 48-credit Mental Health Counseling programs. In addition, they must meet the University's standards for admission to graduate studies upon application to the program as described in this catalog.

Upon successful completion of the 48-credit program, students can apply for the 12-credit CAGS in Mental Health with a concentration in Holistic Counseling. This may allow students to be eligible to sit for the state mental health licensing exam after completing an additional 2,000 supervised clinical hours post- master's degree that is required by the State of Rhode Island Licensing Board. Since requirements for licensure vary from state to state, students are encouraged to research the individual state licensure laws for the most current requirements for the states in which they want to practice. There are states where additional elements are required as well as states that do not allow students with a 48-credit + 12-credit CAGS to apply for Mental Health Counseling licensure.

Code	Title	Credits
Required Core Courses		
HLC-500	Research Methods	3
HLC-504	Holistic Foundations	3
HLC-505	Interpersonal Helping Skills	3
HLC-506	Professional Orientation and Ethics	3
HLC-507	The Body/Mind Connection	3
HLC-508	Human Growth and Development	3
HLC-509	Theories of Counseling	3
HLC-510	Cultural Awareness in Counseling	3
HLC-513	Couple and Family Counseling	3
HLC-515	Assessment and Treatment Planning	3
HLC-516	Group Counseling and Group Work	3
HLC-517	Career Counseling	3
HLC-550	Advanced Helping Skills	3
HLC-551	Practicum in Counseling	3
Electives		
Select one or more of the following: ¹		3

HLL-519	Introducing Dynamic Leadership Perspectives
HLL-520	Leading Holistically: Developing Cross- Cultural Awareness
HLL-527	Leading System Change and Transformation
HLC-523	Understanding Substance Use Disorders: The Science and Application
HLC-524	Identification of Special Populations within the Context of Substance Use Disorders
HLC-528	Understanding Trauma in Counseling
HLL-528	Leading With Awareness and Skilled Attention
HLL-529	Resilient Leadership: Navigating Challenges
HLC-535	Introduction to Expressive Sound and Music
HLC-540	Integrating Meaning
HLC-575	Healing and Transformation
HLC-578	Body and Personal Myth: A Jungian Perspective
HLC-579	Grief Counseling
HLC-582	Introduction to the Expressive and Creative Arts As Transformation
HLC-584	Movement, Creativity Consciousness: An Introduction
HLC-587	Gender and Human Sexuality in Counseling
HLC-588	Working With Young People
HLC-592	Arts, Nature and Eco-Consciousness

Total Credits 45

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Electives strengthen counselors' abilities to serve specific client populations by fostering growth and adding skill depth.

Additional Information

See the description of all courses offered in the program. Required courses are offered at least once per academic year. Elective courses may be substituted with appropriate courses from other graduate programs (i.e., Rehabilitation Counseling, Applied Behavioral Analysis) as applicable to a student's learning goals and with approval from the program director. Electives are offered at the program's discretion. Please discuss elective options with your academic advisor.

Degree Plan for 48-Credit M.A in Holistic Counseling

Course	Title	Credits
First Year		
Fall		
HLC-504 or HLC-505	Holistic Foundations or Interpersonal Helping Skills	3
HLC-506	Professional Orientation and Ethics	3
HLC-508	Human Growth and Development	3
HLC Elective		1-3
		Credits
		10-12
Spring		
HLC-504 or HLC-505	Holistic Foundations or Interpersonal Helping Skills	3
HLC-509	Theories of Counseling	3
HLC-510	Cultural Awareness in Counseling	3
HLC Elective		1-3
		Credits
		10-12

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Summer		
HLC-507	The Body/Mind Connection	3
HLC-550 or RHB-520	Advanced Helping Skills or Practicum I and Seminar: Motivational Interviewing	3
Credits		6
Second Year		
Fall		
HLC-500 or HLC-512	Research Methods or Evaluation Research	3
HLC-513	Couple and Family Counseling	3
HLC-516	Group Counseling and Group Work	3
HLC Elective		1-3
Credits		10-12
Spring		
HLC-515	Assessment and Treatment Planning	3
HLC-517	Career Counseling	3
HLC Elective		3
Credits		9
Summer		
HLC-551	Practicum in Counseling	3
Credits		3
Total Credits		48-54