

CLINICAL MENTAL HEALTH COUNSELING PROGRAM

UNIVERSITY OF SCRANTON

PROGRAM OBJECTIVES

The primary objective of the Clinical Mental Health Counseling Program is to prepare professionals for direct entry into and/or advancement in counseling and counseling-related positions in private and public human service organizations and systems. The program is designed to: (a) enhance knowledge of counseling concepts and practices; (b) provide individuals with the knowledge and skills necessary to function effectively as professional counselors; (c) prepare individuals for certification/licensure in counseling; and (d) enhance individuals' employability in entry-level or advanced clinical positions in human service settings. The program offers a learning environment in which the student acquires the academic competencies of the profession, refines them through practical experience, and increases self-understanding, self-confidence, and personal effectiveness.

By the completion of their program of study, CMHC students will demonstrate:

1. Knowledge of each of the CACREP common core curricular areas including:
 - a. Professional Orientation and Ethical Practice
 - b. Human Growth and Development
 - c. Career Development
 - d. Helping Relationships
 - e. Group Work
 - f. Assessment
 - g. Research and Program Evaluation
2. Knowledge of the history, philosophy, trends, organizations, credentials, professional issues, policies, and ethical and legal standards relevant to CMHC
3. Knowledge of the settings (outpatient, partial, inpatient, aftercare, emergency, etc.) and modalities (individual, couple, family, group, etc.) of CMHC
4. Ability to advocate on behalf of clients and the profession
5. Ability to maintain professional counseling relationships by utilizing appropriate counselor disposition and a variety of counseling skills, including empathy, positive regard, active listening skills, collaboration with clients, and other verbal and non-verbal skills.
6. Knowledge of the roles and functions of CMH counselors and how these intersect with those of other professionals
7. Ability to apply the wellness model to a variety of client presentations, including application of principles of human development (e.g., prevention, personal growth, intervention, and maintenance)
8. Ability to address wellness through assessment, case conceptualization, treatment planning, implementing interventions, record keeping, and evaluating progress.
9. Knowledge of evidence based interventions, including the ability to critically evaluate research relevant to CMHC
10. Knowledge of and ability to apply crisis intervention principles including de-escalation practices and working with clients at risk of harming themselves or others
11. Ability to apply knowledge of substance use problems, including their etiology, assessment, and relationship to other client problems
12. Ability to alter counseling processes so that they are multiculturally appropriate, including building therapeutic relationship and rapport, case conceptualization, assessment, diagnosis, treatment planning, intervention, ethical decision making, and outcome evaluation.
13. Ability to recognize one's own limitations as a counselor and to utilize supervision and referral when appropriate
14. Knowledge of management processes relevant to CMHC including program development, service delivery, and program evaluation

PROGRAM LEARNING OUTCOMES (PLOs)

Our three graduate counseling programs (Clinical Mental Health Counseling, Rehabilitation Counseling, and School Counseling) are guided by curricular experiences designed towards student achievement of the four common Program Learning Outcomes (PLOs). Our Clinical Mental Health Counseling program has one additional learning outcome. The CMHC PLOs are listed below:

1. Demonstrate master's level professional counseling dispositions
2. Demonstrate master's level theoretical knowledge and competencies in all core counseling domains
3. Demonstrate, apply, and evaluate master's level theoretical knowledge and competencies in clinical practice
4. Use of research and program evaluation to inform professional counseling practice
5. Program specific outcome:
 - Clinical Mental Health Counseling: Demonstrate knowledge pertaining to the provision of evidence-based clinical mental health counseling services that enhance the emotional, cognitive, behavioral, relational, and spiritual well-being of individuals, families, and groups seeking help with either everyday life concerns or significant challenges.