



# School of Applied Health Sciences

## BROOKS REHABILITATION COLLEGE OF HEALTHCARE SCIENCES

### **INFORMATION PACKET MASTER OF SCIENCE IN CLINICAL MENTAL HEALTH COUNSELING (MS-CMHC) PROGRAM OVERVIEW**

<http://www.ju.edu/chs/AHS/mentalhealth/msmhc/Pages/default.aspx>

Jacksonville University offers a Master of Science in Clinical Mental Health Counseling (MS-CMHC) in the School of Applied Health Sciences, Brooks Rehabilitation College of Healthcare Sciences. This CACREP accredited, 60-credit-hour degree program in Clinical Mental Health Counseling meets the educational requirements for State of Florida licensure as a Licensed Mental Health Counselor (LMHC) and state licensure as a Marriage and Family Therapist (LMFT).

The Clinical Mental Health Counseling Program was notified by the Florida Department of Health, Board of Clinical Social Work, Mental Health Counseling, and Marriage and Family Therapy that based on our course descriptions the JU MS-CMHC Program satisfies the statutorily required course content for both Mental Health Counseling and Marriage and Family Therapy licensure. Interested applicants are encouraged to review the Florida Board of Clinical Social Work, Marriage and Family Counseling, and Mental Health Counseling website.

Courses are taught in a hybrid style with didactic information addressed online and face-to-face classes experiential application. Class attendance is once week from 3:05-5:50 and 6:00-8:45 during the fall and spring terms and twice a week from 4:00-7:45 during the summer term. Students are also required to complete a rigorous 1000-hour community-based clinical field experience as part of their academic training. For students choosing dual licensure to include marriage and family therapy, clinical field experience hours must include an emphasis on a systems approach to counseling. The CMHC curriculum offers a blending of courses with each course having an experiential component and a number of courses also require community outreach projects. This combination of academic experiential course work and community-based application align exactly with the Brooks Rehabilitation College of Healthcare Sciences.

The program is designed to provide comprehensive training for individuals who wish to counsel diverse populations in a variety of mental health settings. Curricular experiences encompass opportunities to explore the developmental, social, and cultural foundations of behavior across the life span, practice psychotherapeutic and diagnostic skills, and complete extensive field experiences in order to apply knowledge and skills in professional settings. Curricular experiences occur in the classroom, the community, and in practicum/internship sites.

This degree experience focuses on the implementation of empirically supported therapeutic interventions and advocating for a comprehensive wellness approach to healthcare. The primary outcome is to develop clinicians that will infuse the healthcare system and provide effective treatments alongside other healthcare practitioners to treat and prevent mental challenges.

## **PROGRAM SUMMARY**

### **Degree**

- The MS-CMHC is a 60 credit hour post bachelor's degree. There are no specific undergraduate degrees or pre-requisite requirements. Therefore, prospective students will come from a variety of education backgrounds, including, but not limited to social sciences degrees such as psychology, biology, sociology, and education, public health, nursing, health administration, and military veterans.
- Individuals seeking a MS-CMHC will demonstrate an understanding of the relationship between mental health needs and the health-care system. The degree will define how mental health care is delivered, evaluated, and managed through best practices.
- Students will gain the knowledge and skills needed to improve mental health-care delivery and outcomes for complete wellness according to CACREP knowledge and skills standards.
- This degree is unique in our area because of the hybrid format of the coursework. Most programs accessible to students in this geographic area are either completely face-to-face which can be a challenge for working adults, or offered in a completely online format which can also be difficult related to the nature of counseling role. This program will combine the convenience of online course work and face-to-face with faculty and student interaction in both classroom instruction and labsimulation.

### **Faculty**

- Program core faculty are graduates of CACREP approved doctoral programs and/or have years of experience teaching in a CACREP accredited program. Additional faculty will be drawn from existing and new faculty members in the Brooks Rehabilitation College of Healthcare Sciences and industry partners.
- Faculty are both teachers and scholars who understand the needs of collaborative care and are able to communicate effectively with clinicians, administrators, and healthcare professionals. Each faculty is committed to making a difference in our community by

advocating for mental wellness and by active participation through collaborative projects.

### **Employment**

- Strong industry connections are being developed by the Brooks Rehabilitation College of Healthcare Sciences administration and faculty to facilitate practicum and internships and community outreach and later employment.
- Employment opportunities include a variety of stimulating prospects, including hospitals, clinics, primary care physician offices, private practice, non-profit agencies, elevated managerial roles, project management, coaching and consultants.

### **Admissions**

The MS-CMHC degree is a full-time cohort program. Students are admitted to the program annually in the fall semester. It is anticipated that each cohort will consist of 22-24 students. The admissions timeline is distinct and will allow for competitive admission. Requirements for admission to the MS-CMHC program include the following:

- Essay on personal and professional goals that address the reason for seeking a degree in clinical mental health counseling as well as short and long term professional goals.
- Resume that provides education and work background, honors and memberships in professional, school and service organizations, etc.
- Letters of recommendation are required preferably with at least one from a professor who is familiar with your academic work and the other two letters from professional colleagues.
- GPA from an undergraduate degree of 3.0 on a scale of 0-4.0 from a regionally accredited university (or GRE will be requested).
- Undergraduate transcripts are required. This must be an official transcript, indicating graduation from a regionally accredited college or university in this country or a recognized university abroad, is required. No specific undergraduate major is required.
- Interview with admission committee. An on-campus interview with CMHC faculty is a component of the admission process. If unable to be on campus an interview via Skype or other method will be used.

### **Contacts:**

For additional program information contact:

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- Title IX:  
Jacksonville University does not discriminate on the basis of race, color, national origin, sex, disability, religion, sexual orientation, or age in its programs and activities. The following person(s) has/have been designated to handle inquiries regarding the non-discrimination policies:
  - James Williams, Director, Human Resources/904-256-7025
  - Kristie S. Gover, Ed.D. Chief Student Affairs Officer/Title IX Coordinator/904-256-7067

**CURRICULUM SUMMARY**  
**Major Requirements (48 Semester Hrs)**  
**Marriage and Family Therapy Emphasis (12 Hrs)**  
**FALL COHORT**

<u>Course</u>	<u>Semester Hours</u>
<b>Semester 1 (Fall) 12 credit hrs.</b>	
MHC 501: Human Growth and Development	3
MHC 502: Legal, Ethical, and Professional Standards	3
MHC 503: Counseling Theories and Practices	3
MHC 504 Introduction to Counseling Skills and Practice	3
<b>Semester 2 (Spring) 12 credit hrs.</b>	
MHC 505: Behavioral Research and Evaluation	3
MHC 506: Diagnosis and Treatment of Psychopathology	3
MHC 507: Group Theories and Practice	3
MHC 509: Social and Cultural Foundations in Counseling	3
<b>Semester 3 (Summer) 9 credit hrs.</b>	
MHC 508 Individual Evaluation and Assessment	3
MHC 510: Career and Lifestyle Assessment in Counseling	3
MHC 604: Addictive Behaviors Counseling	3
<b>CPCE (Counselor Preparation Comprehensive Examination) This exam is required.</b>	
<b>Semester 4 (Fall) 9 credit hrs.</b>	
MHC 601: Community Based Counseling	3
MHC 605: Theories & Practice of Marriage and Family Therapy	3
MHC 603: Clinical Practicum (330 contact hours)	3
<b>Semester 5 (Spring) 9 credit hrs.</b>	
MHC 602: Family Therapy: Counseling Children & Adolescents	3
MHC 511: Human Sexuality Counseling	3
MHC 606: Internship I (335 contact hours)	3
<b>NCMHCE (National Clinical Mental Health Counselor Exam). This exam is <u>NOT</u> required for graduation but is required for Florida state licensure. All graduates are encouraged to take this exam right after graduation. Contact NBCC (<a href="http://ProCounselor.nbcc.org">http://ProCounselor.nbcc.org</a>) to access the state licensure portal to register and for information on where the exam is being offered.</b>	
<b>Semester 6 (Summer): 9 credit hrs.</b>	
MHC 607: Marriage and Family Systems: Couples Therapy	3
MHC 608: Counseling Military Families	3
MHC 609: Internship II (335 contact hours)	3
<b>Total</b>	<b>60 Hours</b>