



Clinical Mental Health Counseling Admissions Webinar

MS in Clinical Mental Health Counseling

Schedule for Today's Webinar

- UWS Overview
- CMHC program director
- Why UWS?
- Standardized Patient Program
- Online structure, learning and resources
- License eligibility

- Program and curriculum overview
- Practicum, internship and culminating experience overview
- Entry requirements, financial aid and next steps!



University of Western States

- 1904: UWS founded as the second oldest chiropractic college.
- 1986: Regionally accredited by the Northwest Commission on Colleges and Universities (NWCCU), a member of the Council for Higher Education Accreditation (CHEA).
- 2010: Evolved into a leading institution within the field of health and wellness education.
- 2018: Launch of MS

Other graduate degree programs include:

- · Doctor of Chiropractic
- Doctor of Clinical Nutrition
- Doctor of Naturopathic Medicine
- MS Human Nutrition and Functional Medicine
- · MS Sports Medicine
- MS/EdD Sport and Performance Psychology (CMHC specialization available)



Program Director – Dr. Amy O'Hana



- PhD in Counselor Education and Supervision from Oregon State University
 - 23 years experience as a professional counselor; 21 years experience as a university professor and clinical supervisor
 - Published author
 - Specializes in mental health issues impacting performance populations
- Licensed Professional Counselor (LPC) in Oregon and Nationally Approved Clinical Supervisor (ACS)



UWS Programs and Certification

MS Clinical Mental Health Counseling

- Prepares students for counseling licensure.
- Ideal for careers in mental health treatment.



EdD in Sport and Performance, Clinical Mental Health Counseling Specialization

- · Prepares students to sit for Certified Mental Performance Consultant exam and counselor licensure.
- · Ideal for applicants looking to expand their income streams to include consulting and clinical work.



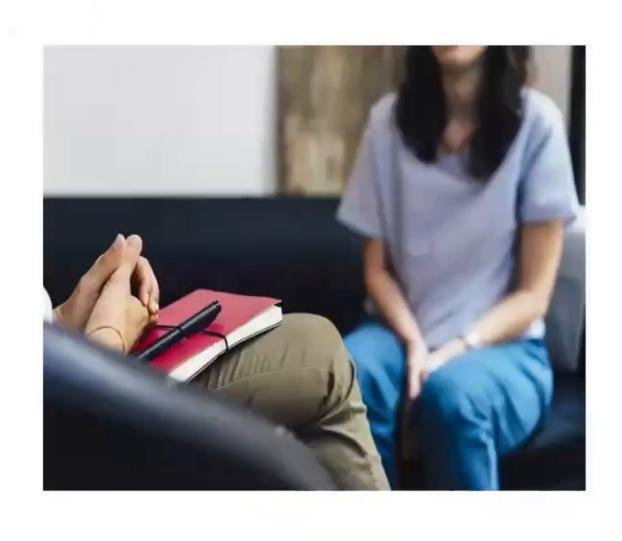
UWS Programs and Certification

- Certification in Rehabilitation Counseling (beginning Sp25)
 - Prepares students to sit for the CRC, or Certified Rehabilitation Counselor Examination
 - Certification requires a conferred Master's degree and state license
 - Curriculum is 30 credits which aligns with the UWS MS-CMHC curriculum (20 credits)
 - · Not currently eligible for federal financial aid

Course #	Course Name	Credits	Term Offered	Term Planned or Completed
COUN6101	Ethics and Professional Identity (must be taken in first term)	4	All	
COUN6801	Medical and Psychosocial Aspects of Disabilities	4	FA	
COUN6110	Personality and Counseling Theories	4	WI/SU	
COUN6832	Case Management and Community Partnerships	4	WI	
COUN6705	Assistive Technology Supporting Mental Health Counseling	2	WI	
COUN6715	Tests and Assessments	4	FA/SP	
COUN6135	Career Counseling	4	WI/SU	
COUN6120	Research Methods and Program Evaluation	4	FA/WI/SU	
Certificate Total		30		



Why Choose UWS?

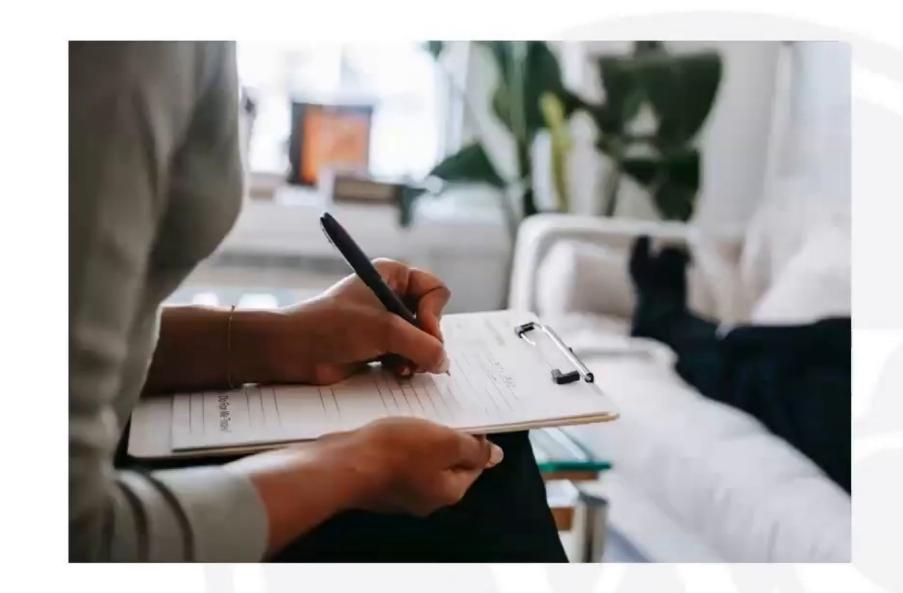


- Focus on holistic wellness
- Innovative CMHC Standardized Patient Program
- Preparation for state licensure, including required academic courses, clinical hours and preparation for:
 - · National Counselor Exam (NCE)
 - National Clinical Mental Health Counseling Exam (NCMHCE)
- No GRE requirement
- No out-of-state tuition
- No master's dissertation requirement
- Flexible enrollment



Overview of the MS-CMHC degree

- Credit hours: 90 quarter credits (60 semester)
- Format: online
- Length: 8-12 quarters (and up to 5 years)
- Entry terms: April and October
- Open to: US citizen and permanent residents





Mental Health Standardized Patients

- Professional standardized patients with improvisation skills.
- Carefully trained to portray actual counseling clients.
- The use of Standardized Patients (SP) allows student to:
 - Better understand the structure and flow of a typical counseling session
 - Practice counseling skills in a safe environment
 - Complete a new patient intake and conduct subsequent follow-up sessions for the same case over several weeks
 - Develop interpersonal and communication abilities while building rapport with a client
- Skillsetter (another SP platform) also used in multiple courses
- Unique teaching methodology



UWS Program Structure

- Quarter System: Four quarters per year, 11-week quarters
- Time commitment: Each 4-credit course = approximately 12 hours of work/week +
 15 hours per week for clinical field experience (last 5 quarters of the program)
- Asynchronous learning environment with required face-to-face work for clinical field experience
- Weekly, engaging application-based discussion forums
- Readings, papers, and creative projects
- Asynchronous classes vs. synchronous supervision



Becoming a Licensed Counselor

Licensed Counselors:



- Have completed rigorous education and training to pass qualifying exams
- Are trained to assess, diagnose and treat mental health disorders
- Are passionate about helping people build coping skills, live with and overcome psychological and behavioral disorders, and lead healthier lives.
- <u>Do not</u> prescribe medication.
- Are not psychologists, social workers, marriage and family therapists, or psychiatrists.

Every state has different licensing requirements

- Course assignments ask you to locate and review these requirements
- Check your state's government regulations website for more information!



MS Clinical Mental Health Counseling Curriculum



Students can take up to 5 years as needed

Local community practice:

 CMHC Practicum (one term) and Internship (four terms/one year) located in your community (10-15 hours per week synchronous)

Core courses include content on:

- Ethics, personality theory, counseling methods, psychopathology, human growth and development, psychopharmacology, multiculturalism, career, group, addictions, trauma-informed treatment, and much more
- Three electives (such as eating disorder treatment, human sexuality counseling, case conceptualization, rehabilitation counseling, etc.)



Curriculum Sequence - MS-CMHC

Course #	Course Name	Credits	Grade
COUN6220	Counseling Methods and Practices	4	G
COUN6101	Ethics and Professional Identity	4	G
COUN6145	Psychopathology and Appraisal	4	G
COUN6010	Marriage, Couple, and Family Counseling	4	G
COUN6110	Personality and Counseling Theories	4	G
COUN6130	Group Counseling	4	G
COUN6715	Tests and Assessments	4	G
COUN6115	Human Growth and Development	4	G
COUN6540	Pre-Practicum	4	G
COUN6135	Career Counseling	4	G
COUN6150	Multicultural Counseling and Advocacy	4	G
COUN6555	Clinical Counseling Practicum Pre-regs: COUN6101, COUN6220, COUN6540	4	P/NP
COUN6235	Psychopharmacology	4	G
	Approved Elective 1 (see table below)	4	G
	Approved Elective 2 (see table below)	4	G
COUN6120	Research Methods and Program Evaluation	4	G
COUN6140	Addiction Counseling	4	G
	Approved Elective 3 (see table below)	4	G
COUN6575	Clinical Internship (4 credits/term for 4 terms) Pre-req: COUN6555	4 (16 total required)	P/NP
COUN6845	Capstone-CMHC	2	G
	Curriculum Total	90	



Electives

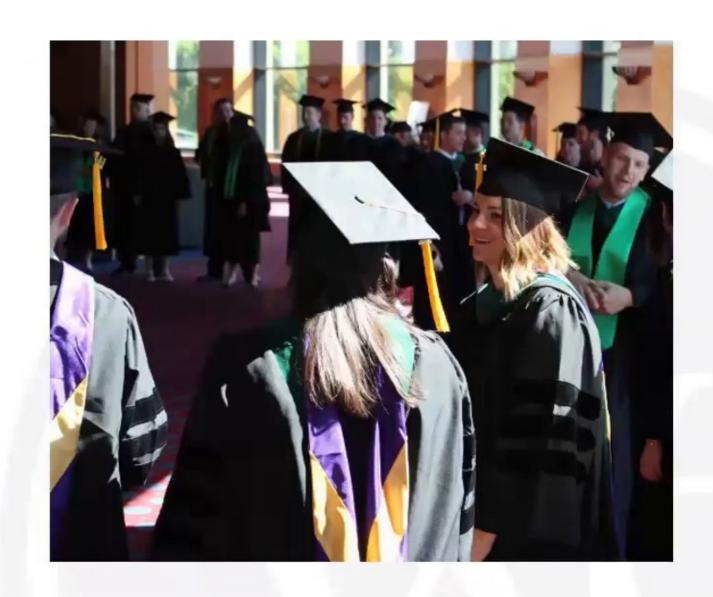
Course #	Course Name	Credits	Grade
COUN6020	Eating Disorder Treatment	4	G
COUN6085	Business Basics for Clinicians and Consultants	4	G
COUN6106	Play Therapy	4	G
COUN6425	Ethical Use of Telehealth Platforms (Must be taken with COUN6705)	2	G
COUN6565	Trauma-Informed Treatment	4	G

Course #	Course Name	Credits	Grade
COUN6570	Case Conceptualization and Treatment Planning	4	G
COUN6611	Human Sexuality Counseling	4	G
COUN6705	Assistive Technology Supporting Mental Health Treatment (Must be taken with COUN6425)	2	G
SPP6210	Psychology of Performance Excellence	4	G
SPP6550	Sport Psychology	4	G
SPP6650	Psychology of Performing Arts	4	G
SPP6653	Performance Psychology in High-Risk Occupations	4	G



How Do I Find a Practicum/Internship?

- Course assignments help start the search process
- Instructor feedback to hone application and interview skills
- CMHC faculty field coordinator-led site placement process
- Direct contact with mental health agencies in your community
- Join professional associations for networking
 - American Counseling Association
 - Regional and state counseling organizations





MS Field Requirements

Practicum

- One term
- 10 15 hours per week at a clinical site in your community
- Synchronous supervision (90 minutes per week)
- Client intakes, co-therapy, individual sessions with lower risk clients

Internship

- Four terms (up to six as needed)
- 10-15 hours per week at clinical site
- Synchronous supervision (90 minutes per week)
- Assessment, case conceptualization, treatment planning
- Work with individuals, couples, families, and groups





Admissions Requirements

 Schedule a phone advising appointment

Admissions advisor will help determine your eligibility for the program

 Official transcript from every institution attended

Transcripts from international universities required

 Submit a completed online application before the priority deadline

Priority and final deadlines posted at uws.edu/apply/

 Complete the entrance essay <u>fully</u> addressing the prompt

Each essay should be between 250-500 words



Admissions Requirements

- Two formal letters of recommendation
 - Close professional recommenders and mentors encouraged, <u>one must be</u> <u>academic in nature</u>
 - See our tip sheet for best practices when requesting recommendations
- Personal interview with the Program Director
 - (Qualified applicants will be selected for this last step)

- Tuition deposit to guarantee your place in the cohort
 - \$300, applied to first quarter tuition required for all accepted students.

- Successfully pass a background check
 - University covers cost



Financial Aid Resources

- Tuition is due on the first day of the quarter
 - Tuition is calculated by the credit hour
 - Payment plan available through the office of financial services
 - businessoffice@uws.edu
 - 503-847-2555
 - More information available at UWS.edu



- Financial aid is available for both degrees (MS-CMHC and EdD-SPP w/ CMHC Spec)
 - finaid@uws.edu
 - 503-847-2563
- Be enrolled in part time or full-time
- Remain in academic good standing (3.00 GPA)
 - Required for financial aid



Next Steps

- Connect with our advisors to schedule an advising appointment
- Inquire about information via www.uws.edu
- We recommend applying at least six months in advance
 - Fall cohort begins in October
 - Spring cohort begins in April





Questions?

- Talk to an admissions advisor!
 - Reach out to your assigned advisor, or contact <u>admissions@uws.edu</u> or 800-641-5641 to set up an appointment
- Review our website at <u>www.uws.edu</u> for answers to many common questions

Financial Aid questions: <u>finaid@uws.edu</u> or 503-847-2563

Start your application at www.uws.edu/apply



