Clinical Mental Health Counseling Emphasis

The Counseling and Student Affairs program emphasizes the integration of developmental theory, acquisition of strong interpersonal skills, and personal development resulting in the ability to support and empower others and achieve personal and professional growth. The generalist orientation supports and endorses human diversity, and offers specialized tracks to meet individual needs and goals.

Career Opportunities
Clinical Mental Health counselors provide preventative and developmental counseling to enhance clients’ personal, social and academic growth as well as teach life skills to deal with problems before they worsen. Counselors may provide special services, including alcohol and drug prevention programs or conflict resolution classes.

Graduates acquire the skills, knowledge and values to help others find solutions to their problems. They develop excellent communication and interpersonal skills, a solid ethical code, a foundation of compassion and empathy, and they inspire trust, openness and confidence.

They are equipped for entry- to mid-level counseling positions in public and private mental health services. Overall employment of counselors is projected to grow 29 percent between 2012 and 2022, which is much faster than the average for all occupations. However, growth is expected to vary by specialty. (Occupational Outlook Handbook, 2013-2014)

Employment Areas: Community Health Centers, Counseling Services, Disability Services, Health and Wellness, Hospitals and Clinics, Mental Health Clinics, Outpatient Care Centers, Private Practice, Psychological Services

Job Titles: Case Manager, Clinical Director, Clinician, Counselor, Director, Eating Disorders Counselor, Intake Coordinator, Substance Abuse Counselor, Therapist, Urgent Care Specialist

Benefits of the Clinical Mental Health Counseling Program

> **Right-sized** Classes average 15 students, providing a personal experience that develops leadership and professional skills, promotes faculty-student engagement, fosters lifelong friendships, and integrates a wide range of resources and technology.

> **Evening Classes** All courses are delivered after 4:30 p.m. to accommodate working students; most are hybrid delivery-online learning component with some face-to-face meetings. The program can be completed in two (full time) to five years.

> **Experiential Learning** MSUM’s Community Outreach Center is a free mental health clinic that serves the under and uninsured in our community. Students can fine-tune their counseling skills in a real-world clinic setting and broaden their world perspective.

> **CACREP Accreditation** MSUM is accredited by the Council for the Accreditation of Counseling and Related Educational Programs. This prestigious endorsement ensures our academic program meets professionally approved standards and streamlines the licensure application process for graduates. Our Counseling and Student Affairs graduates perform very well on the Counselor Preparation Comprehensive Examination (CPCE) and the National Counselor Examination (NCE).
**Plan B Option** To meet individual needs and goals, students can choose to do a thesis for their final project or select from one of four Plan B options, which provide a more pragmatic capstone project for specific career preparation.

1. Submission of a professional article for publication in a peer-reviewed journal;
2. Student program plan consisting of a needs assessment, student program and program evaluation;
3. Curriculum development project for student growth and development; or
4. Analysis of self portfolio in which students use the content of eight program courses to analyze themselves for the purpose of growth and awareness.

These alternatives recently resulted in two published articles, three analyses of self, one curriculum development project and one student program plan.

**Get Involved**

MSUM’s tight-knit community values student engagement and collaboration, with two Counseling and Student Affairs organizations to support your professional and personal development.

**Chi Sigma Alpha** is the CNSA chapter of Chi Sigma Iota, an international counseling academic and professional honor society of graduate students, alumni, faculty members and student affairs professionals committed to excellence in academics, research and service to the profession.

**The Counseling and Student Affairs Organization** provides professional development opportunities, promotes awareness of the professional counseling field, participates in campus and community events, and leads fundraising efforts for the program.

See website for course requirements.

The Clinical Mental Health Counseling program at Minnesota State University Moorhead has specialized accreditation from the Council for the Accreditation of Counseling and Related Educational Programs (CACREP).