



# School Adjustment & Mental Health Counseling

- CIP code 131101 • 60 credits • 5-6 terms full time
- Program approved by the Massachusetts Dept. of Elementary & Secondary Education for the preparation of school adjustment counselors (all levels).

**Program Description** — School Adjustment and Mental Health Counseling trains mental health professionals to work within the school culture and in clinical settings, serving the mental health needs of PreK-12 students and their families. The use of evidence-based counseling strategies when working with children and adolescents in school settings is emphasized. Students are prepared to meet the licensing standards of the Massachusetts Board of Allied Mental Health and Human Services Professionals and the Massachusetts Department of Elementary and Secondary Education.

**MTEL Required** — The Mass. Communication and Literacy Test (MTEL) must be passed before a student may enter the School Adjustment Counseling program. All new students must register for Mental Health Counseling until they pass.

**Learning Outcomes** — Students learn and apply the principles of therapeutic relationships; knowledge of normal and abnormal intellectual, social, and emotional development; learning disorders and emotional issues affecting student achievement. They develop working knowledge of treatments; state-of-the-art diagnostic instruments, procedures for testing, and interpreting results; medical conditions and medication related to physical disabilities and learning disorders. They learn to work with families, schools and community personnel. They learn and apply prevention and treatment strategies for substance abuse, physical and sexual abuse, and violence in preK-12 students. They develop a working knowledge of the criminal justice system with particular reference to juvenile justice. They learn and apply laws and regulations addressing the legal rights of students and families.

## Elective Concentrations

Students electing a concentration take only one school adjustment elective. Students have the option to take a blend of elective courses without completing a concentration. The entire program of study may not exceed 60 credits.

- Addictions Counseling — CADAC, LADC
- Rehabilitation Counseling
- Trauma Studies

(All courses @ 3 credits.)

**Courses** — Please note: school-based field work is NOT available during the summer term. The sequence below is highly recommended. Take 2-4 courses/term.

### Term 1

- CCP 540 Personality & Counseling Theory
- CCP 550 Rogerian Person-Centered Therapy: Basic Counseling Skills (includes assessment of readiness for field experience)
- CCP 630 Human Development Across the Lifespan
- CCP 622 Ethics & Professional Issues for School Counselors & Mental Health Practitioners

### Term 2

- CCP 518 Research Design & Evaluation
- CCP 615 Psychopathology
- CCP 650 Group Dynamics/Group Counseling & Human Systems
- CCP 639 Career Development

### Term 3

- CCP 520 Field Experience I (req. CCP 550), **OR BOTH:**
- CCP 522 Pre-Internship Clinical Skills
- CCP 524 Pre-Internship Supervision Laboratory
- CCP 617 School Adjustment Counseling/School Social Work
- CCP 636 Psychological Testing
- CCP 638 Group Work with Children & Adolescents (for Rehabilitation Counseling concentration, take a concentration course **instead** of this course.

### Term 4

- CCP 792A School Adjustment/Mental Health Internship\* Seminar A (req. CCP520) . . . . . **Fall only**
- CCP 754 Perspectives in Cross-Cultural Counseling
- CCP 561 Counseling Techniques with Multi-Problem Families in Changing Communities . . . . . Fall/Spring only
- or** CCP 715 Multicultural Counseling: Children, Adolescents in Context

### Term 5

- CCP 793B School Adjustment/Mental Health Internship\* Seminar B (req. CCP 792A) . . . . . **Spring only**
- Two electives or concentration courses

### Term 6

- CCP 701 Field Experience IV\*
- One elective or concentration course
- CCP 708 School Adjustment Counseling Exit Portfolio (TaskStream)

\* See next page: Internship courses and sequence options.





Continued

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## Field Experience

The field experience includes practicum and internship under a qualified supervisor, conforming to Massachusetts regulations 262 CMR. Requirements for the SAC/LMHC practicum/internship are briefly outlined below. Further requirements are briefly outlined under each concentration. See also program handbook.

### Prerequisite Course(s)

- CCP 520 Field Experience I, **OR BOTH:**
  - CCP 522 Pre-Internship Clinical Skills
  - CCP 524 Pre-Internship Supervision Laboratory)

### Internship Courses

- CCP 792A School Adjustment/Mental Health Internship Seminar A — in a school. . . . . **Fall only**
- CCP 793B School Adjustment/Mental Health Internship Seminar B — in a school . . . . . **Spring only**
- CCP 641\* Field Experience II. . . . . every term  
**or** CCP 701\* Field Experience IV

\*CCP 641 and 701 will provide students with additional field experience, but may not be necessary if requirements have already been met through CCP 520 (or CCP 522/524), 792A and 793B.

### Internship sequence options (after prerequisites)

Spring. . . CCP 641	Summer . CCP 641	Fall . . . . . CCP 792A
Fall . . . . . CCP 792A	Fall . . . . . CCP 792A	Spring. . . CCP 793B
Spring. . . CCP 793B	Spring. . . CCP 793B	Summer . CCP 701

**Admission requirements:** Bachelor's degree and other School of Psychology & Counseling requirements, including requirements for DESE licensure programs:

- Massachusetts Educator Personnel ID (MEPID) number
- Pass Massachusetts Communication & Literacy Test (MTEL).
- 3.0 GPA at entry; maintained throughout program.

**Non-licensure option:** Mental Health Counseling, which is not an DESE licensure area.

**Program and schedule subject to change.**

**Program chair:** Brian Sasso, M.A., LMHC  
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### School Adjustment Field Experience Prerequisites

- Pass all first-year requirements.
- SAC Pre-Practicum — 75 hours of directed field-based training in a school site (non-credit)
- Pass all teacher tests required by the state for this license. Massachusetts MTEs: Communication & Literacy test.
- Site approval form signed by SAC chair.

### In the term **PRIOR** to enrolling in the SAC internships students are responsible for:

- Discussing options for licensure with the program chair or regional site director prior to enrollment and field experiences. All school adjustment sites in schools **must** be within the state of Massachusetts.
- Submitting SAC Field Experience Approval form to SAC chair or designee the term **prior** to field experience, with a copy of MTEL passing scores.

### School Adjustment/Mental Health Internships (A and B)

Requires a qualified supervisor, conforming to Massachusetts regulations 262 CMR. Internship must be supervised by a dually licensed qualified supervisor (262 CMR and SAC by ESE) who is in an SAC role and meets all state standards. See program handbook.

- 900 hours total (minimum), to be completed in three or four terms in school and mental health settings.
- Field Experience I (CCP 520) recommended in third term.
- SAC field experience after CCP 520 is completed.
  - ▶ School placement must be approved by the SAC chair.
  - ▶ 450 hours (minimum), completed in two sequential terms for SAC placement (fall/spring).
  - ▶ In one school setting approved by the SAC chair according to DESE standards.
  - ▶ Supervisor must work in SAC role with children, adolescents and families.

The SAC field experience is guided and evaluated by a licensed/certified clinical counselor in the school setting and by a licensed/certified Cambridge College site visiting supervisor. Field experience locations are subject to state regulations and must be approved by the program chair. Students are responsible for discussing options for field experience with the program chair, in the previous term.

- **Addictions option (LADC/CADC):** Must include 300 hours in an approved substance abuse treatment program with appropriate supervision in the 12 core functions.

(All courses @ 3 credits.)