

## Certificate in Clinical Mental Health Counseling

The post master's Certificate in Clinical Mental Health Counseling (CMHC) is a 16-hour organized sequence of study designed to add on as an endorsement for licensure to meet state credentialing requirements. This post master's Certificate builds on the foundation of courses taken in a previous master's level counseling degree. All coursework can be taken online, on campus, or a combination of both. Some online courses do require a residency to demonstrate skills and competencies learned. Please note that students may have to take coursework in a format other than their preference (i.e. online, on campus, or hybrid) in order to complete the certificate within their desired timeframe. An applicant is required to have completed a master's degree in counseling or a related field from a regionally accredited institution of higher education.

### Rationale

Many states, including Minnesota, have moved or are moving to a required 60 credit hours of educational preparation for counseling licensure. In Minnesota, for example, this license is known as Licensed Professional Clinical Counselor (LPCC). In order to accommodate competency requirements for the LPCC, often an additional 12 credit hours of graduate work beyond a 48-hour counseling program is needed. This post master's Certificate in CMHC will provide the additional coursework to support the 60-credit hour licensure requirements\*. The courses for this certificate are provided in an organized sequence of study, that includes the typical 12 credits needed post-degree, as well as flexibility to choose among several pre-approved elective courses to further enhance your clinical skills. Students needing Field Experience hours may also obtain this experience through the post master's Certificate in CMHC.

### Minimum Requirements

A minimum of 16 hours of coursework is required for completion of the certificate. Students may take up to 8 additional credits beyond the required 16 credits\*\*. All students are required to take 511 (Foundations of Adlerian Psychology) either on campus or online. It is the responsibility of the student to provide evidence identifying the specific coursework or competencies required by your state credentialing organization. This evidence is typically obtained through the student's consultation with the state licensure board. For the State of Minnesota, this information can be found at the Minnesota Board of Behavioral Health and Therapy, <http://mn.gov/boards/behavioral-health/>. It is recommended that students meet with an academic advisor during their first term to complete a transcript review and course-planning guide.

### REQUIRED COURSEWORK (16 Credits)

Core Content Area	AGS #	Course Title	Credits
AGS prerequisite	511	Foundations of Adlerian Psychology	3
Diagnostic Assessment for child and adult mental disorders; and psychopathology, including developmental psychopathology	514	Psychodynamics of Psychopathology (may take 504, Abnormal Psychology & DSM 5 as a substitute)	3
Clinical Intervention methods informed by research evidence and community standards of practice	537	Advanced Approaches to Counseling & Psychotherapy Skills	3
Evaluation methodologies regarding effectiveness of interventions	561	Evaluation Methodologies of Clinical Interventions Across the Lifespan	3

Professional Ethics	521.3	Values, Ethics, & Legalities in Mental Health Counseling	1
Clinical Treatment Planning with measurable goals	536	Clinical Treatment Planning in Counseling & Psychotherapy	3
<b>Total Core Credits</b>			<b>16</b>

Students operating under the banner of the post-master's Certificate in CMHC may also take up to 8 additional credits to fulfill needed competency requirements in core content areas. These additional courses may be chosen from the courses listed below. Field experience credits are offered for those students needing to obtain additional Internship hours.

**ELECTIVE COURSEWORK (Choose up to 8 Credits)**

Core Content Area	AGS #	Course Title	Credits
Family Counseling and Therapy	541	Theories of Family Therapy	3
Social and Cultural Foundations, including Multicultural Issues	523	Multicultural Counseling	3
Human Growth and Development	505	Developmental Psychology	3
Assessment & Appraisal	533	Clinical Assessment	3
Field Experience	938	Internship/Individual Clinical Instruction (hours dependent on needs)	1-3
Professional Ethics	521	Values, Ethics, & Legalities	2
Lifestyle & Career Development	562	Foundations of Career Development	3
<b>Total Elective Credits = Choose up to 8 credits</b>			

\*Adler Graduate School cannot guarantee licensure to any student. The Board of Behavioral Health and Therapy (for the state of Minnesota) or other state licensing boards (based on the students' location) determines licensure status. Adler Graduate School cannot be held liable for board decisions regarding licensure or changes to competencies and requirements.

\*\*Students enrolled in the post master's Clinical Mental Health Counseling Certificate may be eligible for federal financial aid. Please contact the Financial Aid Office for further information.