

# Clinical Mental Health Counseling (M.A.) Program Overview and Requirements

## **Program Overview**

The M.A. in Clinical Mental Health Counseling at the College of Staten Island is a 60-credit program designed to be completed over approximately 2.5 years of full-time study. The program prepares students for licensure as mental health counselors in New York State.

## **Admission Requirements**

Applicants must hold a bachelor's degree with at least 15 undergraduate credits in psychology including general psychology, developmental psychology, abnormal psychology, personality theory, research methods, and statistics. A minimum GPA of 3.0, personal statement, interview, writing sample, and letters of recommendation are required.

## **Planned Program of Study (Course Sequence)**

Semester 1: Foundations of Mental Health Counseling; Psychopathology; Developmental/Lifespan Psychology; Assessment in Counseling; Pro-Seminar

Semester 2: Cognitive/Behavioral Approaches; Psychodynamic/Humanistic Approaches; Clinical Instruction; Elective; Pro-Seminar

Summer: Practicum (100 hours)

Semester 3: Ethics; Socio-cultural Foundations; Group Theory; Internship I (200 hours)

Semester 4: Advanced Multicultural Counseling; Research and Program Evaluation; Couples and Families; Internship II (200 hours)

Semester 5: Career Development; Internship III (200 hours); Electives

## **Pro-Seminar (Professional Development Requirement)**

All first-year students are required to participate in a non-credit Pro-Seminar, which meets weekly throughout the academic year. This seminar supports students' transition into graduate study and the counseling profession. The Pro-Seminar provides a forum for professional identity development, engagement with guest speakers, complementary workshops and trainings, and opportunities to build a collaborative learning community. It emphasizes wellness, professional growth, and readiness for supervised clinical experiences.

## **Specialized Studies (Electives)**

Students complete elective coursework in areas such as trauma-informed counseling, grief and loss, and advanced cognitive behavioral approaches.

## **Practicum and Internship Requirements**

Students must complete a 100-hour practicum followed by a 600-hour supervised internship across three semesters. A minimum of 240 hours must involve direct client contact.

## **Program Milestones and Progression**

Students must maintain a minimum GPA of 3.0, demonstrate professional competence, and pass a comprehensive examination after completing 48 credits.

## **Additional Information**

This document summarizes program requirements for prospective and current students. For full policies and procedures, students should consult the official student handbook and graduate catalog.