

An Overview of the Counseling Professions & WWU Graduate Programs

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Counseling Professionals

An umbrella term for professionals who support a wide range of individuals, families and groups with tailored services to improve mental health/wellness and ensure full participation in society.

Some examples:

- Psychotherapy for adults and children
- Psychoeducation for families, couples, and groups
- Assessment and diagnosis of mental health problems
- Services to support individuals with disabilities to live independent, integrated lives
- Career counseling to support clients' journey through life, learning and work changes

Many Different Pathways

- Wide range of professions
- 6 months to 10+ years of post-undergraduate education and supervision

Example Pathways (starting with the most years of training):

- M.D. (Psychiatrist)
- Ph.D. or Psy.D. (Clinical or Counseling Psychologist)
- M.S.W. (Licensed Clinical Social Worker)
- L.M.H.C. (Clinical Mental Health Counselor)
- M.A. (Rehabilitation Counselor)
- M.Ed. (K-12 Certified School Counselor)
- C.C.C. (Certified Career Counselor)
- C.D.P. (Chemical Dependency Professional)
- R.B.T (Registered Behavioral Technician)

How Do I Explore My Pathway?!?

- ❖ Reflect on your dispositions, passions and skill sets
- ❖ Research different professions through websites: professional organizations, accrediting bodies or local providers
- ❖ Job shadow or conduct informational interviews
- ❖ Determine which settings interest you: hospitals, family service agencies, private practice, K-12 schools, universities, residential treatment, vocational centers
- ❖ Determine the types of client problems you would like to solve—e.g. play therapy with young children, adventure-based work with adjudicated youth, or addressing complicated grief with the elderly
- ❖ Utilize the WWU Career Center
- ❖ Gain experience in helping others—volunteer and paid

How do I find a high-quality training program?

Start with accredited programs (e.g CACREP)

Accrediting bodies set standards that programs must meet:

- ❖ **Rigor and high standards:** Credit Hours; curriculum content
- ❖ **Accountability:** Program Improvement; Feedback Loop
- ❖ **Outcomes:** High graduation, employment, exam pass rates
- ❖ **Faculty:** Credentialed faculty; low student to faculty ratios
- ❖ **Supervision:** Trained supervisors; low ratios
- ❖ **Supervised Practice Hours:** Preparation for licensure
- ❖ **Institutional Support:** Library, technology, training

Big Decision: Doctorate or Master's Degree?

- Good reasons to go for your doctorate:
 - You want to be trained extensively in research
 - You want to become a faculty member at a university
 - In Psychology: you want to make formal psychological assessment part of your career
- Consider the costs and benefits
- Bad reasons to go for a doctorate?
<https://www.princetonreview.com/grad-school-advice/why-you-shouldnt-pursue-phd>

MENTAL HEALTH PROFESSIONALS

Many people think that becoming a psychologist is the only way to become a mental health professional....however...

Interested in becoming a therapist?

There are more efficient paths than becoming a psychologist

	Licensed Psychologist	Licensed Mental Health Counselor	Licensed Marriage & Family Therapist	Licensed Clinical Social Worker
Graduate School	5 to 6 years	2 years	2 years	2 years
Additional supervised clinical work post-degree	1-2 years	2-3 years	2-3 years	2-3 years

Clinical Mental Health Counselor

MFT

Ph.D.
Clinical Psychology

Ph.D.

Psy.D.

Counseling Psychology

Psychologist

“Therapist”

Licensed Clinical Social Worker

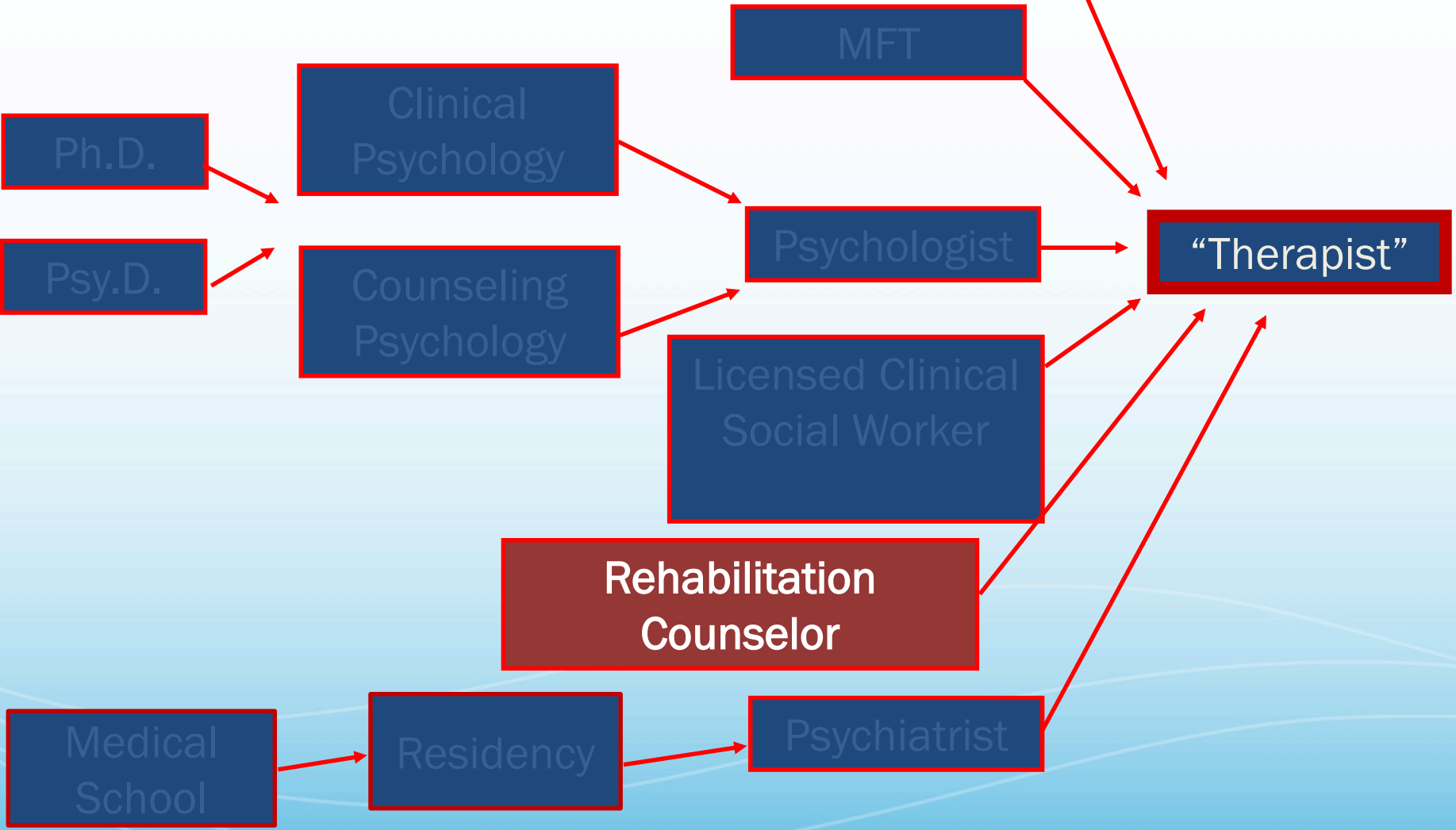
Rehabilitation Counselor

Medical School

Residency

Psychiatrist

Clinical Mental Health Counselor



Clinical Mental Health Counselor

- Provide mental health services to children, individuals, couples, families, and groups
- **Education:** Master's in Counseling
- Licensed at the Master's level—see Washington Department of Health
- Programs are accredited by **CACREP**
- Accredited programs search:
<http://www.cacrep.org/directory/>

CMHC Programs in WA

CACREP Accredited Programs

- **Western WA U**
- **Eastern WA U**
- **Central WA U**
- **Gonzaga**
- **Seattle U**
- **City Univ.**
- **Antioch U**
- Seattle Pacific Univ
- U of Puget Sound
- St. Martin's Univ
- NW University
- Pacific Lutheran Univ
- Lios Grad College
- Walla Walla Univ
- Bastyr University

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Art therapy

CMHC Licensure—Non-CACREP Programs

Requirements for Licensure in WA:

- Master's Degree in Counseling
- 36-months full-time supervised employment
OR 3000 hours (1200 direct, 100 supervision)
- National Counselor Exam, passing score



To take the National Counselor Exam Requires:

- Master's Degree in Counseling
- Document specific coursework (CACREP-based)
- 3000 hours postgraduate counseling work experience
- Adherence to Code of Ethics

CMHC Licensure - CACREP Programs

Requirements for Licensure in WA:

- Master's Degree in Counseling
- 36-months full-time supervised employment
OR 3000 hours (1200 direct, 100 supervision)
- **Credit given for 500 hours + 50 supervision hours**
- **National Counselor Exam can be completed while still in graduate school**

REHABILITATION COUNSELING

Rehabilitation Counselor

- Provide services to people with physical, mental, developmental, cognitive, and emotional disabilities to achieve their personal, career, and independent living goals in integrated settings.
- **Education:** Masters in Rehabilitation Counseling or Ph.D in Rehabilitation Counselor Education
- Certified (CRC) and/or Licensed (WA LMHC) at the Masters level
- Programs are accredited by **CACREP**
- Accredited programs search:
<http://www.cacrep.org/directory/>

Rehabilitation Counseling

- Rehabilitation counseling is distinguished from other helping professions by several key factors by requiring specialized training that focuses on:
 - understanding the medical and psychosocial aspects of various disabilities and disabling conditions within a cultural context
 - knowledge of assistive technology
 - skilled service delivery through application of the case management process
 - assessing abilities and strengths to facilitate a return-to-work or entry into the world of work

Rehabilitation Counseling

- Rehabilitation counseling is distinguished from other helping professions by several key factors regarding the philosophy and approach to counseling:
 - values the rights of individuals with disabilities to live independent, integrated lives for full community participation
 - considers advocacy with and for people with disabilities to be an essential part of the job
 - strongly commits to the concepts of holistic counseling, full inclusion, and empowerment
 - engages in a co-collaboration between the individual and counselor

SCHOOL BASED PROFESSIONALS

School-Based Helping Professionals

- School Counselor (2 years of grad school)
- School Psychologist (3 years of grad school)

Other potential options--

- School Social Worker or Family Resource Coordinator
- School-Based Mental Health Counselor



Comparison

School Counseling

- Focused on the SEL, career, and academic development of all students.

- Develops prevention programs and implements interventions for groups and individuals.

- Trained in counseling, group development, collaboration, mental health, crisis, data-based decision-making

- American School Counselor Association

School Psychology

- Focused on educational assessment, behavioral concerns, and parent and staff support/ consultation

- Manages special education testing processes

- Trained in counseling, case review, mental health concerns, and integrated assessment

- National Association of School Psychologists

Role of the School Counselor

- Counseling programs ensure that all students have access to support for academic, career, and personal/social development.
- School Counselors Role? Plan a Tiered K-12 program:
 - Individual Planning & Crisis Response
 - Small Groups (skills and support)
 - School-Wide & Targeted Curriculum
 - Systems Support, Advocacy.
- School Counselors use Collaboration, Data-Driven Decision Making & Technology.

School Counseling Programs in Washington & Oregon

WWU *

EWU *

Gonzaga *

Seattle U *

Seattle Pacific U*

U of Puget Sound *

City U - Seattle

Whitworth Univ

George Fox *

Oregon St * (Corvallis)

Portland State *

Lewis and Clark
and others

* =CACREP Accredited Programs

Resources

- Choosing a counseling graduate program:
<https://www.cacrep.org/for-students/>
- “Eye on Psy Chi” a Psychology honors society publication. Search for articles on grad school:
http://www.psichi.org/?page=eye_main#.Vk0henarRaQ
- Best resource for doctoral programs in Clinical or Counseling Psychology:
<http://www.amazon.com/Insiders-Graduate-Programs-Counseling-Psychology/dp/1462518133>
- WWU Psyched Up
<http://myweb.facstaff.wwu.edu/haskelt/psychedup/index.html>

OTHER COMMON HELPING PROFESSIONS YOU MIGHT LIKE TO EXPLORE

Marriage & Family Therapist

- Marriage and Family Therapists (MFTs) are mental health professionals trained in psychotherapy and family systems, and licensed to diagnose and treat mental and emotional disorders within the context of marriage, couples and family systems.
- **Education:** Masters in Marriage & Family Therapy
- Programs accredited by **COAMFTE**
- Accredited programs search:
https://www.coamfte.org/COAMFTE/Directory_of_Accredited_Programs/MFT_Training_Programs.aspx

Licensed Clinical Social Worker

- Clinical social work is a specialty practice area of social work which focuses on the assessment, diagnosis, treatment, and prevention of mental illness, emotional, and other behavioral disturbances.
- **Education:** Masters in Social Work
- Programs accredited by **CSWE**
- Accredited programs search:
<https://www.cswe.org/Accreditation/Directory-of-Accredited-Programs.aspx>

Licensed Psychologist

- Provides mental health services to children, individuals, couples, families, and groups. Administers and interprets psychological tests (personality, IQ, achievement, etc.)
- **Education:** Doctorate (Ph.D., Psy.D., or Ed.D.) in Clinical Psychology, Counseling Psychology
- Programs accredited by the **American Psychological Association**
- Accredited programs search:
<http://www.apa.org/ed/accreditation/programs/>