The CCNY Masters Program in Mental Health Counseling  
Fall 2013

Program Overview

Director
Prof. William King  
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Faculty:
Prof Lesia Ruglass x7821 NAC 7/230  
Prof Yinka Akinsulre-Smith x5706 NAC 7/302  
Prof Tiffany Floyd x5438 NAC 7/318  
Prof William Crain x5650 NAC 7/317  
Prof. Peter Fraenkle x5671 NAC 8/119

Support:
Ms. Abby Estes, MHC Assistant  
x5680 NAC 7/120  
Ms. Denise Tuzo, Psychology Department Assistant  
Mrs. Naomi Nemtzow, Psychology Department Administrator

In order for students to be eligible for practicum placement, you must successfully complete all required classes in the first two semesters with a GPA in all their classes of 3.0 or higher. Students who meet this requirement will interview for practicum placements as arranged by the program. Student progress will be reviewed each semester and you will meet with a program director or advisor to evaluate your progress. Students who fail to complete the required classes or to maintain a 3.0 GPA for two semesters may be subject to possible dismissal or required to take a leave. In some cases it is possible for students to take longer than two years by taking their electives or completing their practicums in a fifth or even a sixth semester, but this is not encouraged.

The location of all offices can be found on-line in the College Directory. Students are responsible to keep their contact information up to date by providing Abby Estes with any changes.

Year One

Semester 1
Developmental Psychology V2000  
Theories and Techniques of Counseling V6532  
Group Dynamics and Group Counseling V6556  
Professional Orientation and Ethics (2 credits) V6584  
Recognition and Reporting Child Abuse (1 credit) V6583  
Elective – 3 credits

Semester 2
Psychopathology V5500  
Clinical Instruction V6587  
Family and Couples Counseling V6593  
Drug and Alcohol Abuse Diagnosis & Treatment V7000  
Elective – 3 credits

Year Two

Semester 3
Multicultural Issues in Counseling V6560  
Assessment & Appraisal of Individuals, Couples, Families and Groups V6575 / V5301  
Lifestyle and Career Development V6591  
Practicum in Counseling I V6589  
Elective – 3 credits

Semester 4
Counseling Adolescents V6582  
Research and Program Evaluation V6563  
Foundations of Mental Health Counseling and Consultation V6597  
Practicum in Counseling II V6590  
Psychoeducational and Community Interventions V6564

The Masters in Mental Health Counseling is a state approved program for training professional mental health counselors and we feel it is very important that students develop a professional identity and demeanor as well as the skills necessary to be effective counselors. To this end, we expect students to attend all classes, be on time and act in a professional manner at all times. We view the students as representatives of our program and believe their actions reflect on the way the program and its students are viewed which in turn helps or hinders our graduates opportunities for successful careers.

We keep our classes small and this places additional responsibility on the students to come prepared and to make contributions.

The Program is designed to prepare students to become professional counselors in two years. Thus students must complete all required classes each semester, as well as a 20/week practicum in each of the last two semesters. This means that it is not reasonable for students to work more than part time at most in the first year and not reasonable for them to work at all in the third and fourth semesters. Financial aid and loan options are available, and inquiries can be made at the Office of Financial Aid.

Prof. King should be consulted for matters of registration and issues of transfer credits. Prof Lesia Ruglass is in charge of matters regarding student internships and practicum.

The Department Office is in 7/120 which also has a student lounge.

The Program is one of two MA programs in the Psychology Department, the other being an MA in General Psychology, Directed by Prof. Vivien Tartter.

Faculty Expectations.

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All 51 credits of required classes must be taken at the College. The other 9 credits of electives may be transfer credits from other graduate level psychology programs including the general MA or Ph.D. program at The City College.

Practicum Sites: Dr. Lesia Ruglass will be coordinating placements at practicum sites.

Course Descriptions

Assessment and Appraisal of Individuals, Couples, Families and Groups PSY V6775 (was B9775)
Credits: 3  Semester taught: 3
The interview is the core technique for conducting a thorough clinical assessment that includes a diagnosis and formulation as well as an assessment of the clients’ resources and strengths, and is the first step in creating a therapeutic relationship. In this course, students will hone their interviewing and assessment skills.

Clinical Instruction PSY V6787 (was B9787)
Credits: 3  Semester taught: 2
This course introduces students to the assessment and diagnosis of mood and anxiety disorders and evidence-based treatments for these disorders. Students will learn how to administer the Structured Clinical Interview.

Counseling Adolescents PSY B9782 or Psychological Issues in Adolescence PSY V6782
Credits: 3  Semester taught: 4
Adolescent counseling will be examined with emphasis on the issues unique to their stage of life. These include pubertal development, cognitive development, identity, dating and sexuality, family, peer relationships, school and work all within a multicultural context.

Developmental Psychology PSY V2000
Credits: 3  Semester taught: 1
The development of children, from infancy to adolescence, will be discussed from a wide variety of theoretical perspectives, including Piagetian, psychoanalytic, behavioral, and cross-cultural viewpoints.

Drug and Alcohol Abuse: Diagnosis and Treatment PSY V7000
Credits: 3  Semester taught: 2
Examines the stages and processes of addiction to alcohol and other drugs from the initiation of substance use through abuse and dependence, to treatment, recovery, and relapse prevention. Primary focus is on theories and techniques of substance abuse treatment. The range of treatment settings and services are examined for their relative benefits and limitations in treatment. Overview of short-term and long-term effects of major categories of abused drugs on abuser and community.

Family and Couples Counseling PSY PSY V6793 (was B9793)
Credits: 3  Semester taught: 2
The capacities and difficulties of individuals are best understood in context of family functioning, and the broader systems within which families exist. This course covers the major approaches to family and couple therapy, including theories and research on family organization, affect and communication, development, culture, problem formation, resilience, and intervention.

Foundations of Mental Health Counseling and Consultation PSY V6797 (was B9797)
Credits: 3  Semester taught: 4
Prepares students in essential clinical and professional competencies. They will gain further experience with Psychodynamic, Person-Centered, and Cognitive-Behavioral approaches, among others through readings, working with videotaped demonstrations, and in-class exercises with client cases from a wide range of cultural and ethnic backgrounds. Special emphasis will be given to suicide assessment and intervention, professional ethics and HIPAA requirements.

Group Dynamics and Group Counseling PSY V6756 (was B9756)
Credits: 3  Semester taught: 1
This course provides the essential knowledge and skills necessary for understanding, organizing, and working with groups within the counseling field. Students gain knowledge and competencies in these areas through a combination of traditional didactics and optional participation in an in-class personal growth group.

Lifestyle and Career Development PSY V6791 (was B9791)
Credits: 3  Semester taught: 3
Examines of the major theories of career development. The course examines the effect of depression, anxiety and substance abuse in a work environment. The effect of ethnicity, socio-economic status, age, gender and sexual orientation on career development are also examined.

Multicultural Issues in Counseling PSY V6760 (was B9760)
Credits: 3  Semester taught: 3
An introduction to the role of political and socio-cultural factors such as ethnicity, race, social class, religion, gender, and age in the delivery of culturally relevant and psychologically appropriate mental health services. Students develop of appropriate skills and interventions relevant to working with diverse communities in the United States.

Practicum in Counseling I PSY V6787 (was B9789)
Credits: 3  Semester taught: 3
Students serve as counselors-in-training at pre-arranged practicum sites providing an integration of on-site counseling experiences with theories, treatment interventions, and legal/ethical issues learned in previous courses. Site and department supervisors provide formal evaluations of students’ performance upon completion of the practicum experience.

Practicum in Counseling II PSY V6790 (was B9790)
Credits: 3  Semester taught: 4
Students serve as counselors-in-training at pre-arranged practicum sites providing an integration of on-site counseling experiences with theories, treatment interventions, and legal/ethical issues learned in previous courses. Site and department supervisors provide formal evaluations of students’ performance upon completion of the practicum experience.
Professional Orientation and Ethics  
PSY V6784 (was B9784)  
Credits: 2  Semester taught: 1  
This course provides knowledge of the ethical, legal, and professional standards relevant to the counseling field. It provides an overview of the history of the counseling field and an introduction to the roles, responsibilities, and identity of the professional counselor. Professional organizations, preparation and credentialing will be addressed.

Psychoeducational and Community Interventions  
PSY V6764 (was B9764)  
Credits: 3  Semester taught: 4  
This course is designed to provide students with the fundamental concepts and skills needed to create, evaluate, and disseminate prevention-oriented programs in communities. Students will learn how to utilize qualitative and quantitative research, along with the interpersonal skills and sensitivity to diversity issues needed to implement and sustain community programs.

Psychopathology  
PSY V5500  
Credits 3Semester taught: 2  
Covers the entire field of clinical expression of psychodynamics of the total personality as demonstrated in various forms of the psychoses and neuroses. It stresses the evolution of modern psychiatric thought. It will be substantially supported by demonstrations of patients at a psychiatric hospital and clinic. The first semester will stress the functional psychoses.

Research and Program Evaluation  
PSY V6763 (was B9763)  
Credits: 3  Semester taught: 4  
This course will review the fundamentals of research methods and evaluation methods. Students will be introduced to some aspects of evaluation theory and to basic research methods used in applied research and evaluation and to practical approaches to conducting and interpreting research. Students will also be introduced to research design and assessing program implementation. Students will be expected to apply prior statistics and introductory research methods course content.

Recognition and Reporting of Child Abuse  
PSY V6783 (was B9783)  
Credits: 3  Semester taught: 1  
This course provides the knowledge and skills necessary to recognize signs and symptoms of physical abuse, sexual abuse, psychological abuse, and neglect. Students will acquire knowledge of the ethical and legal issues pertinent to the role of counselors, and the required steps for reporting child abuse.

Theories and Techniques of Counseling  
PSY V6732 (was B9732)  
Credits: 3  Semester taught: 1  
Theoretical foundations of major contemporary approaches to counseling and psychotherapy and their applications are critically examined. Basic counseling skills are developed through lectures, demonstrations, small-group discussions and experiential activities.

Psychoeducational and Community Interventions  
PSY V6764 (was B9764)  
Credits: 3  Semester taught: 4

This course is designed to provide students with the fundamental concepts and skills needed to create, evaluate, and disseminate prevention-oriented programs in communities. Students will learn how to utilize qualitative and quantitative research, along with the interpersonal skills and sensitivity to diversity issues needed to implement and sustain community programs.

Taking Classes at Other CUNY Colleges

E-Permit: Information about taking electives on other campuses can be found under the Blackboard function, Student Applications. Using the E-Permit process requires navigating the registration requirements of two colleges on their own terms, with e-permit students having last priority at the host colleges.

Please note that an e-permit does not automatically register a student for a course nor does issuance of an e-permit guarantee enrollment at the Host College. If you have already enrolled at the Host College, cancellation of an e-permit does not delete your course registration; see details below regarding student responsibilities.

You may not take courses on permit that are not related to fulfilling your requirements towards a degree. Please make sure that you have consulted with a department faculty adviser about the courses you wish to take on permit and use this information to complete the e-permit form. Your department faculty adviser can go over your options with you and make sure you are taking the right course(s) on permit...

Who is eligible to use the e-permit approval request system?

* A matriculated student currently in attendance at a CUNY college (Home college);  
* Graduate students with a minimum cumulative GPA of at least 3.0;  
* A student cannot have any stops on his/her record;  
* A student must meet all Home college registration requirements, such as completed immunization;

E-permit requests will not be issued to:  
* Graduate students taking undergraduate courses.

A student granted approval to take courses on permit will be contacted via e-mail by the Host college with a registration appointment time. Note that an e-permit approval only grants permission to take a course at another CUNY college and does not enroll a student or guarantee a seat in a course. Normal registration procedures should then be followed by the student as indicated by the Host institution.
Registration Information
All matriculated students will be registered for their classes by the department. **At no time should a student register him or herself.** All elective courses must be approved by Dr. King, both courses at City College and e-permits.

Counseling Services on Campus
All currently enrolled full-time or part-time students at community colleges, senior colleges and degree-granting graduate programs are eligible for counseling at their campus counseling centers.

The Psychology Center
The Psychology Center: x6602, North Academic Center in Room 8/101

The Psychology Center offers psychological testing and short- and long-term therapy to CCNY students with mood, anxiety, and interpersonal problems. Married and unmarried couples, single-parent and two-parent families, students of all ages and their parents are welcome. The Psychological Center is part of the doctoral training program in Clinical Psychology. Treatment is provided by advanced doctoral students under the supervision of the clinical faculty, licensed clinical psychologists from other programs, and external licensed clinical supervisors. The therapeutic approaches used at the Center therapeutic include psychodynamic psychotherapy, both short and long term, family systems approaches, and integrative models of treatment. Services at the Center are free to all CCNY students. All services are completely confidential. For further information, and to request an application for services, please come to the Psychological Center’s front desk, which is located on the 8th floor the North Academic Center in Room 8/101, or call 212-650-6602. The Center staff are available on Tuesdays, Wednesdays, and Thursdays from 8:30-11:00 AM and from 2:00-7:00 PM.

The Wellness and Counseling Center
Wellness and Counseling Center: x8222, Marshak Science Building Room J15

Counseling services also are available to students free of charge at the Wellness and Counseling Center (WCC), located in the Marshak Science Building. Visit http://www1.ccny.cuny.edu/current/students/wellness/counseling_main.cfm for more information.

Useful Links and Information
NYS Office of the Professions: http://www.op.nysed.gov/prof/mhp/mhclic.htm

Check here for Mental Health Counseling License Requirements, Education and Forms to be submitted throughout the process of getting your license.

Register on The City College of NY Blackboard and stay informed.

The lounge in 7/120 is open to all psychology students, and there is a computer there for your use.

CASAC: If you are interested in getting your CASAC certification coordinated through City College contact: Laura Eidlitz at leidlitz@ccny.cuny.edu

For complete information on the CASAC credential, contact: NY State Office of Alcoholism and Substance Abuse Services, 1-800-482-9564 www.oasas.state.ny.us