

**CLINICAL MENTAL HEALTH COUNSELING
MASTER'S OF SCIENCE
COMMONWEALTH UNIVERSITY OF PENNSYLVANIA – LOCK HAVEN**

Student Name: _____ Advisor: _____ Phone number: _____

SHARED CORE (TOTAL = 54 S.H.)

COURSE NUMBER/COURSE NAME	MINIMUM GRADE REQUIRED	SEMESTER COMPLETED AND GRADE	SEMESTER HOURS
CMH 505: Clinical Mental Health Counseling as a Profession	B		3 s.h.
CMH 510: Counseling Theories	B		3 s.h.
CMH 515: Assessment in Mental Health Counseling	B		3 s.h.
CMH 520: Lifespan Development: Implications for Counseling	B		3 s.h.
CMH 525: Skills and Techniques in Mental Health Counseling	B		3 s.h.
CMH 530: Research and Evaluation in Counseling	B		3 s.h.
CMH 535: Multicultural Counseling	B		3 s.h.
CMH 540: Career Development and Counseling	B		3 s.h.
CMH 545: Addictions Counseling	B		3 s.h.
CMH 550: Psychopathology and Differential Diagnosis	B		3 s.h.
CMH 555: Advanced Skills in Mental Health Counseling	B		3 s.h.
CMH 560: Family and Couples Counseling	B		3 s.h.
CMH 565: Group Counseling in Mental Health Counseling	B		3 s.h.
CMH 570: Trauma and Crisis Counseling	B		3 s.h.
CMH 585: Ethical, Legal, and Professional Issues in Counseling	B		3 s.h.
CMH 590: Practicum in Mental Health Counseling	B		3 s.h.
CMH 595: Internship I in Mental Health Counseling	B		3 s.h.
CMH 596: Internship II in Mental Health Counseling OR	B		3 s.h.
CMH 597: Internship I & II in Mental Health Counseling	B		6 s.h.

MILITARY/VETERAN TRACK COURSEWORK (Total = 6 S.H.)

COURSE NUMBER/COURSE NAME	MINIMUM GRADE REQUIRED	SEMESTER COMPLETED AND GRADE	SEMESTER HOURS
CMH 575: Counseling Military Veterans	B		3 s.h.
CMH 580: Reintegration and Recovery for veterans and families	B		3 s.h.

CHILD AND ADOLESCENT TRACK COURSEWORK (Total = 6 S.H.)

COURSE NUMBER/COURSE NAME	MINIMUM GRADE REQUIRED	SEMESTER COMPLETED AND GRADE	SEMESTER HOURS
CMH 562: Children and Adolescent Counseling	B		3 s.h.
CMH 564: Creative Therapies for Children & Adolescents	B		3 s.h.

GENERAL COUNSELING TRACK COURSEWORK (Total = 6 S.H.)

COURSE NUMBER/COURSE NAME	MINIMUM GRADE REQUIRED	SEMESTER COMPLETED AND GRADE	SEMESTER HOURS
	B		3 s.h.
	B		3 s.h.

CERTIFICATE OPPORTUNITIES - THESE ARE IN ADDITION TO THE 60 credit program

**Foundations of Trauma-Informed Certificate
(NOTE: 3 additional credits to your current program of study)**

COURSE NUMBER/COURSE NAME	MINIMUM GRADE REQUIRED	SEMESTER OFFERED	SEMESTER HOURS
CMH 571: Foundations of Trauma-informed Care		Winter Session	3 s.h.

**Trauma-Informed Counseling Certificate
(NOTE: 9 additional credits to your current program of study)**

COURSE NUMBER/COURSE NAME	MINIMUM GRADE REQUIRED	SEMESTER OFFERED	SEMESTER HOURS
CMH 571: Foundations of Trauma-informed Care		Winter Session	3 s.h.
CMH 572: Grief and Loss Counseling		Summer 1	3 s.h.
CMH 573: Advanced Interventions for Trauma-informed Care (NOTE: this course can only be taken during practicum or after the program)		Summer 2	3 s.h.

**TELEMENTAL Health Certificate
(NOTE: 3 additional credits to your current program of study)**

COURSE NUMBER/COURSE NAME	MINIMUM GRADE REQUIRED	SEMESTER OFFERED	SEMESTER HOURS
CMH 556: TeleMental Health		Summer 1	3 s.h.

**MILITARY RESILIENCE & TRAUMA COUNSELING Certificate
NOTE: up to 6 additional credits to your current program of study
This is for students who are general or children and adolescent tracks**

COURSE NUMBER/COURSE NAME	MINIMUM GRADE REQUIRED	SEMESTER OFFERED	SEMESTER HOURS
CMH 575: Counseling Military Veterans		Summer 1	3 s.h.
CMH 580: Reintegration and Recovery for Veterans and Families		Summer 2	3 s.h.

Proposed Sequence for Full -Time (3 year) program:

Note:

- Courses with a * means there are required synchronous Zoom classes every other week
- Courses with a ** means there are required synchronous Zoom classes **every** week

Year One:

Fall 1

- CMH505: Clinical Mental Health as a Profession*
- CMH510: Counseling Theories*
- CMH520: Lifespan Development: Implications for Counseling

Spring 1

- CMH515: Assessment in Mental Health Counseling*
- CMH525: Skills and Strategies in Mental Health Counseling**
- CMH585: Ethical, Legal, and Professional Issues*

Summer

- Elective 1
 - **Children and Adolescent Track:**
 - CMH562 Children & Adolescent Counseling
 - **Military Track:**
 - CMH575 Counseling Military Veterans
 - **General Track:** Choose a military elective
 - CMH575 Counseling Military Veterans
 - CMH580 Reintegration & Recovery for Veterans & their Families
- CMH540: Career Counseling
- CMH560: Family and Couples Counseling**

Year Two:

Fall 2

- CMH535: Multicultural Counseling*
- CMH550: Psychopathology & Differential Diagnosis*
- CMH555: Advanced Skills in Mental Health Counseling**
- Identify and interview for Practicum and Internship Sites

Spring 2

- CMH565: Group Counseling in Mental Health Counseling**
- CMH570: Trauma and Crisis Counseling*
- CMH530: Research and Evaluation in Counseling
- Submit Practicum Application in Tevera by Spring break

Summer 2

- Elective 2
 - **Children and Adolescent Track:**
 - CMH564 Creative Therapies
 - **Military Track:**
 - CMH580 Reintegration & Recovery for Veterans & their Families
 - **General Track:** Choose the children and adolescent elective
 - CMH562 Children & Adolescent Counseling
 - CMH564 Creative Therapies
- CMH545: Addiction Counseling*
- Practicum (100 on site hours distributed over 10 weeks)**

Year Three:

Fall 3

- CMH595 Internship I (300 on site hours) = 3 credits**

Spring 3

- CMH596 Internship II (300 on site hours) = 3 credits**

Note: Internship I and II can be taking concurrently for a 600 internship in the fall semester. Students would register for CMH597 Internship I and II

Proposed Sequence for Part -Time (4 year) program:

Year One:

Fall 1

- CMH505: Clinical Mental Health as a Profession*
- CMH510: Counseling Theories*

Spring 1

- CMH515: Assessment in Clinical Mental Health Counseling*
- CMH525: Skills and Techniques in Mental Health Counseling**

Summer 1

- CMH540: Career Counseling
- CMH560: Family and Couples Therapy**

Year Two:

Fall 2

- CMH520: Lifespan Development: Implications for Counseling
- CMH535: Multicultural Counseling*

Spring 2

- CMH530: Research and Evaluation in Counseling
- CMH585: Ethical, Legal, and Professional Issues*

Summer 2

- Elective 1
 - **Children and Adolescent Track:**
 - CMH562 Children & Adolescent Counseling
 - **Military Track:**
 - CMH575 Counseling Military Veterans
 - **General Track:** Choose a military elective
 - CMH575 Counseling Military Veterans
 - CMH580 Reintegration & Recovery for Veterans & their Families
- Elective 2
 - **Children and Adolescent Track:**
 - CMH564 Creative Therapies
 - **Military Track:**
 - CMH580 Reintegration & Recovery for Veterans
 - **General Track:** Choose the children and adolescent elective
 - CMH562 Children & Adolescent Counseling

- CMH564 Creative Therapies

Year Three:

Fall 3

- CMH550: Psychopathology & Differential Diagnosis*
- CMH555: Advanced Counseling Skills**
- Identify and Interview for Practicum Site

Spring 3

- CMH565: Group Counseling in Mental Health Counseling**
- CMH570: Trauma and Crisis Counseling*
- Submit Practicum Application in Tevera by Spring Break

Summer 3

- CMH545: Addiction Counseling*
- Practicum (100 on site hours distributed over 10 weeks)**

Year Four:

Fall 4

- CMH595 Internship I (300 on site hours) = 3 credits**

Spring 4

- CMH596 Internship II (300 on site hours) = 3 credits**

Note: Internship I and II can be taken concurrently (CMH597 Internship I and II) for a 600-hour internship in the fall semester