

# COUNSELING FOR MENTAL HEALTH AND WELLNESS (MA)

Applied Psychology (<https://steinhardt.nyu.edu/appsyach/>)

NYSED: 28270 HEGIS: 0826.01 CIP: 42.2703

## Program Description

The Master of Arts program in Counseling for Mental Health and Wellness, offered in both residential and online formats, prepares students to become mental health counselors working with both individuals and groups in a broad spectrum of settings, including community agencies, university counseling programs, mental health centers, hospitals, HIV and AIDS outreach programs, and substance abuse treatment centers. The curriculum emphasizes understanding people across the life span in cultural contexts, promoting equity and social justice, and helping all people craft lives of wellness, health, and meaning.

Graduates meet the academic requirements for New York State licensure (<https://steinhardt.nyu.edu/programs/counseling-mental-health-and-wellness/licensure/>) and are eligible for New York State licensure as a mental health counselor. In addition to their coursework, students are required to complete both a practicum and an internship as part of the program. The Practicum involves a 100-hour field experience at an accredited mental health facility. During the Practicum, students engage in activities such as practicing intake skills, assessing clinical problems and needs, and formulating appropriate counseling strategies.

As part of the Mental Health Counseling program, students must also complete an internship, which entails completing 600 hours of supervised counseling practice. This is typically accomplished over two consecutive terms, with a minimum of 300 hours per term at a counseling site. The Practicum and Internship experience take place in department-approved counseling settings where students receive supervision from licensed mental health professionals.

## Dual Degree (MA/Advanced Certificate)

**Counseling for Mental Health and Wellness (MA)/LGBTQ+ Health, Education, and Social Services (Advanced Certificate)** (<https://steinhardt.nyu.edu/degree/ma-counseling-for-mental-health-and-wellness-advanced-certificate-lgbt/>)

The LGBTQ+ Health, Education, and Social Services advanced certificate program is for individuals who want to work with lesbian, gay, bisexual, and transgender individuals and/ or to work on LGBTQ+ issues in educational, health, research, counseling, and community-based settings. Through required and elective coursework students will gain greater knowledge about this specific population and develop skills to provide more effective services to LGBTQ+ people and organizations serving this population.

This is an ideal additional credential for anyone who is providing direct services to or would like to work with a variety of individuals, including LGBTQ+ individuals, to conduct research on LGBTQ+ issues, to engage in policy analysis and reform, or to more effectively manage or direct organizations and agencies that serve the LGBTQ+ community.

## Accreditation

The residential MA program in Counseling for Mental Health and Wellness is accredited by the Master's in Psychology and Counseling Accreditation Council (<https://mpcacaccreditation.org/>) (MPCAC) for 2015 through 2025.

The online MA program in Counseling and Mental Health and Wellness is accredited by the Master's in Psychology and Counseling Accreditation Council (<https://mpcacaccreditation.org/>) (MPCAC) for 2015 through 2025.

## Licensure

Graduates of the residential program will meet the academic requirements for licensure in the State of New York.

Graduates of the online program will meet the academic requirements for licensure in the State in which the student is located at the time of initial enrollment, or, alternatively, in a State where a student attests they intend to seek employment. You may consult our Licensure (<https://steinhardt.nyu.edu/programs/counseling-mental-health-and-wellness/licensure/>) page for more information on state-specific requirements. Pursuant to federal regulations, programs that prepare students for occupations requiring State licensure must meet those requirements for each State in which a student is located, or, alternatively, in a State where a student attests they intend to seek employment. To comply with such requirements, NYU may create an individualized plan of study in order to meet certain State specific requirements, or require that students take certain State-required courses in lieu of electives. NYU will provide information about these requirements to these students at the time of enrollment.

## Admissions

Admission to graduate programs in the Steinhardt School of Culture, Education, and Human Development requires the following minimum components:

- Résumé/CV
- Statement of Purpose
- Letters of Recommendation
- Transcripts
- Proficiency in English

See NYU Steinhardt's Graduate Admissions website (<https://steinhardt.nyu.edu/admissions/how-apply/graduate-students/>) for additional information on school-wide admission. Some programs may require additional components for admissions.

See How to Apply (<https://steinhardt.nyu.edu/degree/ma-counseling-for-mental-health-and-wellness-advanced-certificate-lgbt/how-apply/>) for admission requirements and instructions specific to this program.

## Program Requirements

The program requires the completion of 60 credits, and students can elect to take the on-campus option or the online option.

Course	Title	Credits
<b>Major Requirements</b>		
<i>Foundational Courses</i>		
To be taken during the first year (including summer)		

APSY-GE 2661	Foundations of Counseling for Mental Health and Wellness (First Semester) <sup>1</sup>	3
APSY-GE 2658	Lab in Individual Counseling Skills (First Semester) <sup>1</sup>	3
APSY-GE 2657	Individual Counseling: Theory and Process (First Semester) <sup>1</sup>	3
APSY-GE 2138	Human Growth and Development (First Semester) <sup>1</sup>	3
APSY-GE 2651	Prof Orientation & Ethics for Counseling in Mental Hlth & Wellness (Second Semester) <sup>1</sup>	3
APSY-GE 2812	Practicum in Counseling for Mental Health and Wellness (Summer) <sup>1</sup>	3

#### Intermediate Courses

To be taken before or during internship, as noted

APSY-GE 2025	Cognitive Behavior Therapy: Theory and Application	3
or APSY-GE 2611	Brief Psychodynamic Therapy	
APSY-GE 2038	Abnormal Psychology <sup>1</sup>	3
APSY-GE 2070	Research and Evaluation Methods in Behavioral Sciences	3
APSY-GE 2620	Group Dynamics: Theory and Practice <sup>1</sup>	3
APSY-GE 2634	The Dynamics of Vocational Development	3
APSY-GE 2682	Cross-Cultural Counseling <sup>1</sup>	3

#### Advanced Courses

To be taken during the second year

APSY-GE 2655	Internship in Counseling Mental Health and Wellness I	3
APSY-GE 2656	Internship in Counseling Mental Health and Wellness II	3
APSY-GE 2663	Program Development and Evaluation in Counseling	3
APSY-GE 2672	Interpretation and Use of Tests in Counseling Adults	3

**Applied Content Area** **12**

**Culminating Experience** **0**

Students must pass the Comprehensive Exam (CECE Exam) during their final semester **0**

**Total Credits** **60**

<sup>1</sup> Indicates successful course completion required prior to internship.

**Note:** Foundational Courses are to be taken first, in conjunction with intermediate courses, followed by advanced courses. Other requirements may be taken as they fit into student programs. For part-time students, the sequencing of courses remains the same. Part-time students need to pay special attention to pre- and co-requisites in planning their programs.

## Applied Content Area

To fulfill their requirements for applied content area credits, students may choose courses from offerings in the program, department, and school that enable them to pursue specialized interests. Students may also elect to take applied coursework in other schools within the University. Applied content areas may include grief and bereavement counseling; career counseling; women and mental health; gay, lesbian, bisexual, and transgender studies; drama therapy, art therapy, or music therapy; and

marriage and family. Students in the Program in Counseling for Mental Health and Wellness should consult with an adviser to develop this applied content area sequence.

## Comprehensive Exams

All students in the MA Programs in Counseling must pass the Counselor Education Comprehensive Examination (CECE) for satisfaction of the terminal experience requirement. The exam is taken in the final semester of study and students can take the exam up to two times. If they are unsuccessful in their second attempt, they will complete an alternative assignment.

## Sample Plan of Study

Course	Title	Credits
<b>1st Semester/Term</b>		
APSY-GE 2657	Individual Counseling: Theory and Process <sup>1</sup>	3
APSY-GE 2658	Lab in Individual Counseling Skills <sup>1</sup>	3
APSY-GE 2661	Foundations of Counseling for Mental Health and Wellness <sup>1</sup>	3
APSY-GE 2138	Human Growth and Development	3
APSY-GE 2038	Abnormal Psychology <sup>1</sup>	3
<b>Credits</b>		<b>15</b>
<b>2nd Semester/Term</b>		
APSY-GE 2651	Prof Orientation & Ethics for Counseling in Mental Hlth & Wellness <sup>1</sup>	3
APSY-GE 2620	Group Dynamics: Theory and Practice <sup>1</sup>	3
APSY-GE 2682	Cross-Cultural Counseling <sup>1</sup>	3
APSY-GE 2025	Cognitive Behavior Therapy: Theory and Application	3
APSY-GE ---	Applied Content Area course	3
<b>Credits</b>		<b>15</b>
<b>3rd Semester/Term</b>		
APSY-GE 2812	Practicum in Counseling for Mental Health and Wellness	3
Applied Content Area course		3
<b>Credits</b>		<b>6</b>
<b>4th Semester/Term</b>		
APSY-GE 2655	Internship in Counseling Mental Health and Wellness I	3
APSY-GE 2672	Interpretation and Use of Tests in Counseling Adults	3
APSY-GE 2070	Research and Evaluation Methods in Behavioral Sciences	3
APSY-GE ---	Applied Content Area course	3
<b>Credits</b>		<b>12</b>
<b>5th Semester/Term</b>		
APSY-GE 2656	Internship in Counseling Mental Health and Wellness II	3
APSY-GE 2663	Program Development and Evaluation in Counseling	3
APSY-GE 2634	The Dynamics of Vocational Development	3
APSY-GE ---	Applied Content Area course	3
<b>Credits</b>		<b>12</b>
<b>Total Credits</b>		<b>60</b>

<sup>1</sup> Must be completed before start of internship

## Learning Outcomes

Upon successful completion of the program, graduates will:

1. Form helping counseling relationships.
2. Meet professional competencies and standards in a wide range of counseling skills, knowledge and values.
3. Apply evidence-based intervention and prevention strategies designed to alleviate suffering and to promote health and well-being

of individuals, groups, and/or organizations (e.g., career, group, family, and/or systems-level interventions).

4. Demonstrate a commitment to the growth and development of clients.
5. Demonstrate knowledge, self-awareness, and skills in working with individuals, groups, and communities who represent various cultural and personal backgrounds and characteristics.
6. Demonstrate knowledge, use, and application of scientific methods to practices, interventions and programs.
7. Apply counseling skills such as assessment, case conceptualization, practice, and advocacy in practice.
8. Assess clients in their socio-historical contexts with attention to issues of power and privilege including and not limited to, biological sex, gender, gender identity, race and ethnicity, class, sexual orientation, romantic orientation, and ability/disability.

## Policies

### Program Policies

#### Fieldwork Placement

Be advised that fieldwork placement facilities that provide training required for your program degree, and agencies that issue licenses for practice in your field of study, each may require you to undergo general and criminal background checks, the results of which the facility or agency must find acceptable before it will allow you to train at its facility or issue you a license. You should inform yourself of offenses or other facts that may prevent obtaining a license to practice in your field of study. NYU Steinhardt will not be responsible if you are unable to complete program requirements or cannot obtain a license to practice in your field because of the results of such background.

### STEM OPT Benefits for International Students

If you're an international student, you may be able to work in the United States after graduation for an extended period of time. Most students studying on F-1 visas will be eligible for 12 months of Optional Practical Training (OPT) off-campus work authorization. F-1 students in this program may also be eligible for the STEM (Science, Technology, Engineering, or Mathematics) OPT extension, allowing you to extend your time in the United States to pursue degree-related work experience for a total of 36 months or 3 years. For more information on who can apply for this extension visit NYU's Office of Global Services: STEM OPT (<http://www.nyu.edu/students/student-information-and-resources/student-visa-and-immigration/alumni/extend-your-opt/stem-opt.html>).

### NYU Policies

University-wide policies can be found on the New York University Policy pages (<https://bulletins.nyu.edu/nyu/policies/>).

### Steinhardt Academic Policies

Additional academic policies can be found the Steinhardt academic policies page (<https://bulletins.nyu.edu/graduate/culture-education-human-development/academic-policies/>).