

# COUNSELING

## DEPARTMENT OFFICE

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## DEPARTMENT CHAIR

Adam Zagelbaum

## ADMINISTRATIVE COORDINATOR

Lisa Kelley

## Faculty

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## Programs Offered

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### Master of Arts in Counseling

Option I Clinical Mental Health Counseling: Marriage and Family Therapy (MFT) and Licensed Professional Clinical Counseling (LPCC)

Option II School Counseling: Pupil Personnel Services Credential

The 60-unit graduate program in counseling offers two professional training options: Option I prepares students for Clinical Mental Health Counseling (CMHC) and eventual licensure as a Marriage and Family Therapist (MFT) and/or as a Licensed Professional Clinical Counselor (LPCC); Option II prepares students for the School Counseling and the Pupil Personnel Services Credential (SC/PPSC). The program relies heavily on interpersonal skill training and field experience, beginning during the first semester and culminating with an intensive supervised traineeship/field experience in some aspect of counseling, permitting the integration of theory, research, and practical application. The Department is prepared to assist CMHC students in obtaining field placements relevant to their projected professional goals. These placements include, but are not limited to: marriage and family counseling agencies, mental health clinics, counseling centers, public schools and college-level counseling services. For the school counseling program, field placements are at a minimum of two of the three K-12 levels: elementary school, middle school, and high school.

Special characteristics of the program include the following:

1. Early observation of and involvement in actual counseling settings;
2. Development of a core of knowledge and experience in both individual and group counseling theory and practice;
3. Encouragement in the development and maintenance of individual counseling styles;
4. Commitment to self-exploration and personal growth through participation in peer counseling, individual counseling, and

group experiences. This aspect of the program is seen as crucial to the development of adequate counseling skills and is given special consideration by the faculty as part of its evaluation of student readiness to undertake fieldwork responsibilities; and

5. Strong emphasis on acknowledging and appreciating diversity.

In sum, the training emphasis in the program is to integrate theory, practical experience, and personal learning rather than exposing students to a piecemeal professional preparation. To varying degrees, students will find that in most of their course work the faculty expects students to be able to articulate their unique and personal histories, including their relationships with family, peers, and significant others, for it is our belief that self-understanding is crucial in effective counseling.

The effort is to establish a sound foundation in the student for a lifetime of continued professional growth — a foundation which permits confident movement into an entry-level counseling position but which does not pretend to be more. Within the compass of a 60-unit program, the faculty sees such a goal as attainable and eminently worthwhile.

The faculty is committed to the idea that counselors of the future should take an active role in helping to shape the social/environmental milieu in which they will work. While the faculty recognizes how difficult this task may be in specific instances and areas, it sees the counselor as one who actively participates in the life of an organization, not as a submissive keeper of the status quo or an unseeing iconoclast, but as a sensitive and perceptive voice representing individual freedom and human values. Leadership skills, and the skills necessary to facilitate change, are stressed in this program.

The master's program may be completed within two academic years; however, some students with jobs and/or family responsibilities may wish to move more slowly. Resources permitting, efforts will be made to accommodate individual patterns. For most students, 8 units per semester will be considered a minimal number. It should be stressed that individual program paths should be planned very carefully since many courses will not be offered every semester.

The Council for Accreditation of Counseling and Related Educational Programs (CACREP), a specialized accrediting body recognized by the Council for Higher Education Accreditation (CHEA), has conferred accreditation to the Counseling Department at Sonoma State University in both Community Counseling and School Counseling. The School Counseling program is accredited by the California Commission on Teacher Credentialing (CCTC). In addition, the School Counseling program received accreditation by the National Council for Accreditation of Teacher Education (NCATE) in 2012. The Clinical Mental Health Counseling program is not designed to meet criteria for CACREP's Marital, Couple, and Family Counseling/Therapy specialization; however, it is accredited by the Board of Behavioral Science for training required for licensure as a Marriage and Family Therapist in California.

## Master of Arts in Counseling

(See page 95 for a sample two-year program.)

### Admission Requirements

1. Have a B.A. degree, preferably in psychology or other related behavioral sciences. School Counseling students should have some first hand knowledge of the K-12 school system.
2. For both options, a course in personality theory is required; in addition, a course in abnormal psychology is required for the CMHC option. A course in child development and documentation that you have taken the CBEST by the start of your first semester ([www.cbest.nesinc.com](http://www.cbest.nesinc.com)), is required for the PPS School Counseling option. Students accepted into the School Counseling track will need to provide evidence of a valid Certificate of Clearance.
3. Applicants are encouraged to have acquired an undergraduate-level of understanding of human development, family/educational systems, cognitive-behavioral applications, and client-centered therapy. This introductory knowledge base may be acquired by enrolling in relevant coursework or by undertaking thoughtful reading on these topics.
4. A 3.00 (B) grade point average. Applicants with an undergraduate GPA below 3.0 should include an explanation of any extenuating circumstances.
5. Completion of counseling department application forms, in addition to those required by the University.
6. A personal interview and group interview is required for applicants considered for final review. In these interviews, questions may involve personal disclosure deemed relevant by the faculty for determining the applicant's readiness for beginning training for a career in counseling. All disclosures are held in strict confidence, within the department.

The Departmental Admissions Committee has found the following criteria meaningful for applicants:

- a. The ability to handle academic work of graduate-level rigor, generally as evidenced by previous academic performance;
- b. Counseling-relevant work experience (paid or volunteer); and
- c. Global personality assessment—suitability for a career in a helping profession, as evidenced by quality of interview, personal data, autobiography, and letters of recommendation.

For more information, please see Graduate Degrees in the Degree Requirements section of this catalog.

### Application Procedures

Interested persons can obtain the standard statewide graduate application form from the Admissions Office of Sonoma State University or download an application from the Sonoma State web page. Students are accepted to the counseling program only once a year; therefore, we begin taking departmental applications on October 1 and continue to January 31 for admission the following fall. A \$25.00 application fee is required for the department. All applicants to the program must also apply for admission to the University and follow the University timelines for admission procedures. For specific instructions and procedures, contact the Counseling Department and/or the Office of Admissions and Records ([www.sonoma.edu/counseling/contact/](http://www.sonoma.edu/counseling/contact/)).

### General Information Meetings

Students planning to apply for admission or students wishing to enroll in any of the counseling department's courses are urged to attend one of the informational meetings specifically planned for prospective students. Selection criteria, admission procedures, and registration and advisement procedures will be explained. For informational meeting dates, visit the department web page at [www.sonoma.edu/counseling/](http://www.sonoma.edu/counseling/).

### Major Core Requirements

COUN 501 Theory and Practice of the Professional Counselor	4
COUN 510A Applied Counseling Techniques and Assessment	4
COUN 513 Research, Evaluation and Assessment in Counseling	4
COUN 570 Multicultural Counseling	4
<b>Total units in M.A. core</b>	<b>16</b>

### Option I - Clinical Mental Health Counseling (MFT & LPCC)

Completion of the CMHC option, in addition to the major core requirements above, satisfies all academic requirements for the MFT & LPCC licenses. If the Board of Behavioral Sciences (BBS) mandates changes in curriculum for trainees in either license path, the Department of Counseling will revise courses accordingly so the curriculum remains in compliance with BBS standards. The course descriptions in this catalog edition may not be the most current versions if such curricular revisions are undertaken after the catalog is printed.

COUN 502 Whole Lifespan Development	4
COUN 503 Clinical Diagnosis & Treatment Planning	4
COUN 510B Applied Counseling Practicum & Advanced Techniques	4
COUN 511F Career Counseling: Theoretical Foundations, Measurement and Assessment, and Issues Throughout the Life Span	3
COUN 512 Theory and Practice of Group Counseling	4
COUN 515A (CMHC) Supervised Field Experience I	4
COUN 515B (CMHC) Supervised Field Experience II	4
COUN 540 Counseling Diverse Couples & Families	4
COUN 545 Counseling Orientation - Law and Ethics, and Case Management Practices	4
COUN 580 Relationship and Sexuality Counseling	4

COUN 582 Psychopharmacology for Counselors	3
COUN 583 Substance Abuse & Dependence	2
<b>Total units in the Community Counseling/MFT option</b>	<b>44</b>
<b>Total units in the degree</b>	<b>60</b>

**Option II - School Counseling/Pupil Personnel Services Credential**

Completion of the School Counseling/Pupil Personnel Services (PPS) option, in addition to the major core requirements above, satisfies the academic requirements in order to be eligible for the Pupil Personnel Services credential in school counseling. While it is possible to complete all the courses required for the credential in a two-year period, such a program requires extremely careful planning. The department intends to offer each PPS course at least once a year, but students need to plan the sequence with their advisor to ensure it matches the availability of courses.

COUN 510B Counseling Practicum	4
COUN 511F Career Counseling: Theoretical Foundations, Measurement and Assessment, and Issues Throughout the Life Span	3
COUN 511G Academic/Career Planning and Counseling Issues of K-12 Populations	1
COUN 514A School Counseling Field Experience I	4
COUN 514B School Counseling Field Experience II	4
COUN 520 Introduction to School Counseling	4
COUN 521 Pupil Personnel Services: Concepts and Organization	4
COUN 523 Working with Families in a School Setting	4
COUN 524 Counseling Children and Adolescents	4
COUN 526 Group Counseling in Schools	4
COUN 527 Law and Ethics for School Counselors	4
COUN 528A Consultation	3
COUN 528B Crisis Intervention	1
<b>Total units in the School Counseling option</b>	<b>36</b>
<b>Total units in the degree</b>	<b>60</b>

All master's candidates are required to complete a culminating project (in lieu of a Master's thesis) demonstrating a comprehensive and integrated understanding of the field of counseling. School Counseling culminating projects will be comprised of 1) a clinical case presentation in the 514A/B Field Experience sequence; and 2) a culminating portfolio. Clinical Mental Health Counseling culminating projects will be comprised of 1) a clinical case presentation in the 515 A/B Field Experience sequence; and 2) passing the Counselor Preparation Comprehensive Exam (CPCE). Six hundred (600) hours of supervised field experience are required for both the CMHC and School Counseling options.

**Community College Counseling Credential**

The M.A. degree program is not intended to meet criteria for a community college counseling specialization.

**Sample Two-Year Program for Master of Arts in Counseling**

<b>FIRST YEAR: 29-32 Units</b>	
<i>CMHC: MFT/LPCC</i>	<i>School Counseling/PPSC</i>
<b>Fall Semester (16 Units)</b>	<b>Fall Semester (16 Units)</b>
COUN 501 (4)	COUN 510A (4)
COUN 510A (4)	COUN 520 (4)
COUN 502 (4)	COUN 511F (3)
COUN 545 (4)	COUN 511G (1)
	COUN 527 (4)
<b>Spring Semester (13 Units)</b>	<b>Spring Semester (16 Units)</b>
COUN 510B (4)	COUN 501 (4)
COUN 503 (4)	COUN 510B (4)
COUN 582 (3)	COUN 524 (4)
COUN 583 (2)	COUN 526 (4)
<b>SECOND YEAR: 28-31 Units</b>	
<b>Fall Semester (15 Units)</b>	<b>Fall Semester (12 Units)</b>
COUN 515A (4)	COUN 514A (4)
COUN 540 (4)	COUN 528A/B (4)
COUN 570 (4)	COUN 513 (4)
COUN 511F (3)	
<b>Spring Semester (16 Units)</b>	<b>Spring Semester (16 Units)</b>
COUN 513 (4)	COUN 514B (4)
COUN 515B (4)	COUN 521 (4)
COUN 512 (4)	COUN 523 (4)
COUN 580 (4)	COUN 570 (4)
<b>TOTAL UNITS: 60</b>	