

# COUNSELING

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## DEPARTMENT OFFICE

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## DEPARTMENT CHAIR

Carolyn Saarni

## ADMINISTRATIVE COORDINATOR

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## Faculty

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Maureen Buckley  
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Carolyn Saarni  
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## Programs Offered

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### Master of Arts in Counseling

- Option I Community Counseling: Marriage and Family Therapy (MFT)
- Option II School Counseling: Pupil Personnel Services

### Additional Programs

- Community Counseling Center
- MEAP (Migrant Education Advisor Program)

The 60-unit graduate program in counseling offers two professional training options: Option I prepares students for Community Counseling/Marriage and Family Therapy licensure (CC/MFT), and Option II prepares students for the School Counseling and the Pupil Personnel Services Credential (CC/PPSC). The program relies heavily on interpersonal skill training and field experience, beginning during the first semester and culminating with an intensive supervised internship/field experience in some aspect of counseling, permitting the integration of theory, research, and practical application. The Department is prepared to assist 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, community colleges, and college-level student services departments. 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 internship responsibilities.

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 that 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 in the student a sound foundation 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 on Recognition of Postsecondary Accreditation (COPA), 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 is accredited by the National Council for Accreditation of Teacher Education (NCATE). The Community 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.

A student who has not been formally admitted to the Counseling Department may take no more than 12 units and only in the following course offerings: COUN 501, 502A/B, 503, 511, 520, 524, 525, 527A/B, 528A/B, 535, 545, and 581. Admission to individual courses in no way implies admission to the Master's Degree program or to the PPSC program. You may take these courses through Open University. Call Extended Education for more information (664-2394).

## Master of Arts in Counseling

### Admission Requirements

1. A bachelor's degree, preferably in the behavioral sciences and with sound preparation in psychology, or in education for the School Counseling option, is required.
2. For both options a course in personality theory and an undergraduate or graduate level statistics course that includes Analysis of Variance is required; in addition, a course in abnormal psychology is required for the MFT/Community Counseling 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.
3. Applicants are strongly encouraged to have acquired an undergraduate-level of understanding of human development, psychodynamic principles, family/educational systems, cognitive-behavioral applications, and client-centered therapy. This introductory knowledge base may be acquired by enrolling in relevant course-work or by undertaking thoughtful reading on these topics.
4. A 3.00 (B) grade point average in the last two years of undergraduate work is required. Applicants who satisfy all other requirements may petition the University for waiver of this requirement. It should be emphasized that such a waiver is not automatically granted.
5. Completion of Counseling Department application forms, in addition to those required by the University.
6. A personal interview for both programs is required for applicants considered for final review. In this interview, 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.

Departmental admissions committees have found the following criteria meaningful, or even indispensable for applicants:

- a. The ability to handle academic work of graduate-level rigor, generally as evidenced by previous academic performance;
- b. Relevant work experience (paid or volunteer);

- 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; and
- d. GRE results are not required for admission to the Counseling program.

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

**CREDENTIAL ONLY:** Students with master's degree in a practitioner counseling area such as MFT, Social Work, Counseling, School Psychology (a M.A. program that required a practicum and internship/field experience or a two-year internship/field experience) may be considered for "Credential Only" admission. They must apply through the traditional process and go through an interview. Typically the credential-only admittees will have approximately 30 units to complete in our program. The number of units may vary depending on the individual transcripts assessment. They would have to take all of the School Counseling specific courses and would have to complete the 600-hour (total) field experience/internships.

### 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 webpage. 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.

### 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, call the Counseling Department office or visit the department webpage 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 Counseling Pre-Practicum	4
COUN 513 Research and Evaluation in Counseling	4
COUN 514A Supervised Internship / Field Experience	4
COUN 514B Supervised Internship / Field Experience	4
COUN 525 Psychological and Educational Assessment	2
COUN 570 Cross-Cultural Awareness in Counseling	3

Total units in M.A. core 25

### Option I - Community Counseling/Marriage and Family Therapy

Completion of the Community Counseling/Marriage and Family Therapy (MFT) option, in addition to the major core requirements above, satisfies all academic requirements in order to be eligible for the MFT examination. If the Board of Behavioral Sciences (BBS) mandates changes in curriculum for MFT trainees, 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 502A/B Adult Development: Individual, Family, and Career Development	4
COUN 503 Dynamics of Individual Behavior	3
COUN 510B Counseling Practicum	4
COUN 512 Theory and Practice of Group Counseling	4
COUN 535 Development and Clinical Issues with Children and Adolescents	4
COUN 540 Marriage and Family Counseling	4
COUN 545 Law and Ethics for the Counselor	3
COUN 580A/B Relationship and Sexuality Counseling	4
COUN 581 Introduction to Chemical Dependency	1
COUN 582 Psychopharmacology	2
Additional elective units (with department approval)	2

Total units in the Community Counseling option 35

Total units in the degree 60

### 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. Candidates for the PPS credential are urged to be mindful of the following: 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 511 Counseling for Career Development	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 527A Legal Issues in Special Education	1
COUN 527B Law and Ethics for School Counselors	2
COUN 528A Consultation	3
COUN 528B Crisis Intervention	1

Total units in the School Counseling option 35

Total units in the degree 60

All master's candidates are required to complete a project demonstrating a comprehensive and integrated understanding of the field of counseling. Projects include a case analysis and a grant proposal for developing a comprehensive mental health or school guidance and counseling specialized program. Six hundred (600) hours of supervised field experience are required for both the Community Counseling and School Counseling options.

### Community College Counseling Credential

Completion of the MA degree satisfies all current requirements to apply for the Community College Counseling Credential. However, it should be noted that all of the required 600-hour school counseling field experience will be at the K-12 level and not at the Community College level.

### Sample Two-year Program for Master of Arts in Counseling

#### FIRST YEAR:: 29-31 Units

Community Counseling/MFT	School Counseling/PPSC
Fall Semester (15 Units)	Fall Semester (15 Units)
COUN 501 (4)	COUN 510A (4)
COUN 510A (4)	COUN 520 (4)
COUN 535 (4)	COUN 524 (4)
COUN 570 (3)	COUN 527A/B (3)
Spring Semester (14 Units)	Spring Semester (16 Units)
COUN 510B (4)	COUN 501 (4)
COUN 503 (3)	COUN 510B (4)
COUN 525 (2)	COUN 511 (4)
COUN 581 (1)	COUN 526 (4)
COUN 582 (2)	
Electives (2)	

#### SECOND YEAR:: 29-31 Units

Fall Semester (15 Units)	Fall Semester (14 Units)
COUN 502A/B (4)	COUN 514A (4)
COUN 514A (4)	COUN 525 (2)
COUN 540 (4)	COUN 528A/B (4)
COUN 545 (3)	COUN 513 (4)
Spring Semester (16 Units)	Spring Semester (15 Units)
COUN 513 (4)	COUN 570 (3)
COUN 514B (4)	COUN 514B (4)
COUN 512 (4)	COUN 521 (4)
COUN 580A/B(4)	COUN 523 (4)

**TOTAL UNITS:: 60**