Additional Information

Individuals who complete the coursework for the MA in CMHC program at Montreat College meet the education requirements set forth by the NC Board of Licensed Professional Counselors required of applicants for the Licensed Professional Counselor Associate (LPCA) license.

Programs are eligible to apply for CACREP accreditation during the final internship course for the first program cohort. Upon receiving accreditation, graduates within a year’s time frame prior are grandparented into the accreditation status. Montreat’s program has used CACREP standards to guide its curriculum development and requirements, as well as faculty hiring practices, and will seek accreditation once it is eligible.

- 18 courses
- 60 semester hours
- 130 weeks of instruction (2.5 yrs) + internships
- 1 course at a time - 1 night per week

Admission Requirements

Applicants must submit the following materials:

- Montreat College Application for Admission
- Baccalaureate degree from a regionally accredited institution
- A minimum cumulative GPA of 3.0 in undergraduate study
- Official transcripts of all prior college coursework; up to six hours may be transferred in graduate level coursework
- Professional goals admission essay
- Submission of GRE exam scores
- Completed background check. (Fee to be paid by the applicant)
- Students who fail to meet the stated admissions requirements may petition the department for provisional admission.
The Master of Arts in Clinical Mental Health Counseling degree program educates candidates in the history and development of the counseling profession, theories of counseling, ethical practice of counseling, competencies required for working with multicultural and diverse groups, and strategies for working with individuals across the lifespan in everyday developmental, behavioral, psychological, social, emotional, and career challenges and crises.

The MA in CMHC program prepares candidates to become competent counselor practitioners who are life-long learners, critical thinkers, agents of social justice in their communities, and spokespersons for transformation, renewal, and reconciliation in their spheres of influence, within the conceptual framework of Counselor as Advocate, Leader, and Collaborator.

Course Descriptions

CN 600 Professional Orientation to Counseling
This course will be an introductory exploration of the history of counseling as a profession as well as current trends in the practice of clinical mental health counseling. Students will begin to explore the various settings in which counseling can take place and the specialties within the profession, in addition to professional counseling licensure and credentialing. Additional topics covered in this course include counselor self-care, consultation, professional counseling organizations, advocacy, ethics, and multicultural competency. Three credits, eight weeks.

CN 605 Ethics and Ethical Practice in Counseling
This course will examine ethical standards and ethical decision making for the practice of counseling. Applicable Codes of Ethics will be examined and case studies will be used to challenge students to think critically about ethics and ethical decision making. Ethical issues in individual, group, family, and couples counseling will be covered, as well as multicultural considerations. The course will also address confidentiality, informed consent, boundaries, multiple relationships, supervision, and consultation within an ethical framework. Three credits, eight weeks.

CN 610 Theories & Techniques in Counseling
This course will provide an overview of counseling theories and related techniques including psychodynamic, gestalt, behavioral, cognitive, reality, existential, Adlerian, family systems, feminist, and post-modern therapies. Students will have the opportunity to role play and demonstrate beginning skills for counseling through videotaped role play sessions with classmates. Three credits, eight weeks.

CN 615 Counseling Skills
This course will provide students an opportunity to continue to develop counseling microskills as well as foundational skills in interviewing in the helping professions. Students will videotape role-played sessions and participate in peer review as well as review with course instructor. Three credits, eight weeks.

CN 620 Spirituality & Religion in Counseling
This course will examine the role of spirituality and religious beliefs in the counseling relationship and process. Students will explore how different religious traditions that clients may participate in could influence the counseling process as well as examine their own religious and spiritual foundations for their counseling theory and practice. Ethical standards will be discussed. Three credits, eight weeks.

CN 625 Counseling Across the Lifespan
This course will provide an overview of human development across the lifespan, from birth until death and explore critical considerations for counseling individuals across these stages of development. Three credits, eight weeks.

CN 630 Multicultural Counseling
This course will provide students an opportunity to begin to develop skills for multicultural competency when providing counseling services to clients of diverse backgrounds. Multicultural competencies will be reviewed and students will explore their own identity as a cultural being. Three credits, eight weeks.

CN 635 Mental Health Diagnosis and Treatment
This course will provide students an overview of clinical diagnoses according to the Diagnostic Statistical Manual—4th. Test Revision (DSM-IV-TR). Diagnosis criteria and current best practice treatment options will be reviewed. Case studies will be utilized to provide students opportunities to practice diagnostic skills. Treatment planning in counseling will also be discussed. Three credits, eight weeks.

CN 640 Career Counseling
This course will provide an introductory exploration of career development across the lifespan, career counseling theories, assessments relevant to career counseling, and occupational information sources. The course will allow students opportunities to role play, consider case studies, and create a career intervention for a chosen population. Three credits, eight weeks.

CN 645 Assessment in Counseling
This course will provide an overview of assessment methods and tools used in counseling, including intake as well as standardized assessments. Ethical standards for the use of assessments in counseling will be reviewed. Students will experience taking an assessment as well as provide a critical review of assessments. Three credits, eight weeks.

CN 650 Group Counseling
This course will provide an overview of theory and principles of effective group work, provide students an opportunity to develop skills in using group techniques, and plan activities for groups. Students will participate in a group experience during this course. Ethical standards for group counseling will be reviewed. Three credits, eight weeks.

CN 655 Research Methods in Counseling
This course will provide an overview of qualitative and quantitative research methodology and techniques and discuss the role of research in counseling. Ethical standards for conducting research will be discussed. Students will develop the ability to read and critically evaluate counseling literature as well as develop a research prospectus. Three credits, eight weeks.

CN 660 Crisis Intervention/Crisis Counseling
This course will provide students with an overview of counseling skills for working in crisis and trauma situations as well as crisis intervention theory. Students will review case studies and create a crisis resource for a client population or counseling setting of interest. Three credits, eight weeks.

CN 665 Substance Abuse Counseling
This course will provide an overview of the nature of substance abuse, alcohol, and dependence. Education, prevention, treatment, and recovery will be addressed. Three credits, eight weeks.

CN 670 Gender Issues in Counseling
This course will examine the impact of gender on the counseling relationship as well as how gender dynamics can impact the counseling process. Three credits, eight weeks.

CN 675 Counseling Practicum
This is an experiential course and requires students to complete a minimum of 100 hours of clinical counseling practice, under supervision, at an approved site. Students will provide counseling services as well as continue to learn skills in intake, assessment, counseling, and consultation. Students will participate in weekly individual supervision as well as group supervision. Both the counseling practicum site and the site supervisor must be approved by the MACMHC program. Requires 100 hours of supervised clinical counseling experience. Three credits, ten weeks.

CN 680 Counseling Internship I
This is an experiential course and requires students to complete a minimum of 100 hours of clinical counseling practice, under supervision, at an approved site. Students will provide counseling services as well as continue to learn skills in intake, assessment, counseling, and consultation. Students will also begin to complete paperwork required for licensure as an LPC-A (Licensed Professional Counselor Associate) in NC. Students will participate in weekly individual supervision as well as group supervision. Both the counseling internship site and the site supervisor must be approved by the MCMHC program. Requires 100 hours of supervised clinical counseling experience. Six credits, fourteen weeks.

CN 685 Counseling Internship II
This is an experiential course and requires students to complete a minimum of 100 hours of clinical counseling practice, under supervision, at an approved site. Students will provide counseling services as well as continue to learn skills in intake, assessment, counseling, and consultation. Students will also begin to complete paperwork required for licensure as an LPC-A (Licensed Professional Counselor Associate) in NC. Students will participate in weekly individual supervision as well as group supervision. Both the counseling internship site and the site supervisor must be approved by the MCMHC program. Requires 100 hours of supervised clinical counseling experience. Six credits, fourteen weeks.