

PROFESSIONAL MENTAL HEALTH COUNSELING—SPECIALIZATION IN ADDICTIONS

Professional Mental Health Counseling—Specialization in Addictions offers unique and innovative training for students interested in working with a diverse range of mental health as well as addiction-related problems. The demand for qualified counselors who are prepared with graduate-level knowledge and skills specific to the treatment of clients with co-occurring mental health and addiction problems is constantly increasing. Professional Mental Health Counseling—Specialization in Addictions offers students the best available instruction and training for both mental health and addiction counseling with a focus on co-occurring disorders.

Accreditation and Licensure

Professional Mental Health Counseling programs are approved by the Council for Accreditation of Counseling and Related Educational Programs (CACREP) under the 2016 standards for Clinical Mental Health Counseling programs. Students who complete the Professional Mental Health Counseling program are eligible to take the National Counselor Examination (NCE) and to apply for status as a Nationally Certified Counselor (NCC).

The Oregon Board of Licensed Professional Counselors and Therapists (OBLPCT) extends approval to Lewis & Clark's Professional Mental Health Counseling programs. Graduates who have earned an MA or MS degree are eligible to pursue licensing as professional counselors (LPC) in Oregon. In addition, as a CACREP accredited program, our Professional Mental Health Counseling programs meet the requirements for licensure as a professional counselor in most other states. However, some states may have additional educational requirements that must be met prior to licensure.

Additionally, the Professional Mental Health Counseling—Specialization in Addictions curriculum fulfills all of the educational content hours required for the State of Oregon Certified Alcohol and Drug Counselor I (CADC I) and is approved by the Mental Health and Addiction Certification Board of Oregon (MHACBO).

Master of Arts in Professional Mental Health Counseling—Specialization in Addictions

This degree program integrates preparation for general professional mental health counseling with an emphasis on addiction.

Degree Requirements

A minimum of 62 semester hours, distributed as follows:

Required Courses

MHCA 502	Introduction to Professional Mental Health and Addiction Counseling	2
MHC 513	Theory and Philosophy of Counseling	3
MHC 535	Research Methods in Counseling	3
or MHC 538	Advanced Research Methods	
MHC 506	Life Span Development	2
MHC 509	Practical Skills for Counselors	3
MHC 550	Diversity and Social Justice	3

MHC 522	Diagnosis of Mental and Emotional Disorders	3
MHC 523	Counseling and Interventions With Children and Adolescents	2
MHC 524	Counseling and Interventions with Adults	3
MHC 534	Child and Family Counseling	3
CTSP 514	Group Counseling With Children and Adolescents	3
or CTSP 515	Group Counseling With Adults	
MHC 532	Ethical and Legal Issues in Professional Counseling	2
MHCA 545	Drugs, the Brain, and Behavior	3
MHC 541	Introduction to Assessment	2
MHCA 546	Models of Addiction and Recovery	3
MHCA 547	Addictions Treatment: Procedures, Skills, and Case Management	3
MHC 548	Trauma and Crisis Intervention in Counseling: Theoretical Foundations, Response Models, and Interventions Across the Life Span	2
MHC 549	Treatment Planning: Theory and Research to Practice	1
MHC 580	Practicum in Counseling (2 semesters, 3 hours each)	6
MHC 540	Career Counseling	2
MHC 582	Mental Health Internship: Adult Emphasis (2 semesters, 3 hours each)	6
or MHC 583	Mental Health Internship: Emphasis on Child and Family Problems	
MHC 591	Professional Career Development	1

Elective Courses

The remaining 1 semester hour will be earned by taking an elective course.

Graduate Convocation Requirement

Students must attend the Convocation (CORE 500) during their first year in the program.

Master of Science in Professional Mental Health Counseling—Specialization in Addictions

Note: No applications will be accepted to the Master of Science in Professional Mental Health Counseling - Specialization in Addictions program for the 2024-2025 academic year.

Students admitted to the Master of Arts in Professional Mental Health Counseling—Specialization in Addictions may choose to seek an MS degree. This option, which includes the completion of a research based thesis, is often of interest to students planning to pursue a doctoral degree in counselor education or psychology. Students become eligible to formally apply to the MS program upon completion of the requirements listed below.

Requirements for Application

- Current enrollment in the Master of Arts in Professional Mental Health Counseling—Specialization in Addictions Program.
- A demonstrated capacity for initiative and independent research.
- Completion of **one of** the following, with a grade of B or better:

MHC 538	Advanced Research Methods (for those with demonstrated skills and experience in research)	3
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MHC 535	Research Methods in Counseling (for those with no research background)	3
	• Completion of one of the following, with a grade of B or better:	
CTSP 531	Statistics for Professional Practice (for those interested in conducting quantitative research)	3
CTSP 537	Qualitative Research Methods (for those interested in conducting qualitative research)	2
	• Completion of CTSP 594 Proposal Writing	
	• Completion of a thesis proposal, including a timeline for completing the project, agreement by a faculty member to serve as the chair of the thesis committee, and designation of a three-person faculty committee	
	• Formal approval of a thesis proposal by a thesis committee	

Degree Requirements

A minimum of 66 semester hours, distributed as follows:

Students must meet all degree requirements for the Master of Arts in Professional Mental Health Counseling—Specialization in Addictions degree, complete the application requirements listed above, and take the following course:

CTSP 595	Master's Thesis Research (satisfactory completion of a thesis—a minimum of 2 semester hours and maximum of 9 semester hours is required)	2-9
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* Students who take CTSP 537 Qualitative Research Methods must take either an additional credit of CTSP 594 Proposal Writing or an additional credit of CTSP 595 Master's Thesis Research.

Practicum and Internship Information

Professional Mental Health Counseling—Specialization in Addictions students complete two terms of practicum and two terms of internship work. Supervised work with clients is completed at two sites, the Lewis & Clark Community Counseling Center (https://graduate.lclark.edu/clinics/community_counseling/) and an approved community mental health or addiction site. To provide students with the widest range of opportunities to meet their professional goals, over 100 agencies in Portland and its surrounding communities are approved for placement. Prospective interns contact and interview with agencies in conjunction with our annual internship fair. Onsite faculty supervision and videotaping assist students in developing their skills and providing appropriate services to clients.

Prior to enrollment in a practicum or internship, students must complete a portfolio of their work in the program, including coursework, field work, and other professional activities. More information is available in the program handbook, available online.

Master of Arts Courses

MHCA 502 Introduction to Professional Mental Health and Addiction Counseling

Content: Basic theoretical assumptions of the professional mental health and addiction counseling profession, with an overview of the historical roots, social and cultural contexts, types of practice, ethical principles, and professional orientation. Special attention and focus will be on issues related to diversity and social justice.

Prerequisites: None.

Restrictions: Admission to Professional Mental Health Counseling - Specialization in Addictions or consent of program director.

Credits: 2 semester hours.

MHC 506 Life Span Development

Content: Exploration of life span development through the lenses of social, cultural, cognitive, biological, and learning theories and research. Emphasis is on gaining better conceptual understanding of healthy development and better practical understanding of how to help children, adolescents, and adults address the developmental challenges they face across the life span. Particular focus placed on understanding our own developmental processes as well as the role of cultural difference and commonality in the developmental process.

Prerequisites: None.

Credits: 2 semester hours.

MHC 509 Practical Skills for Counselors

Content: Overview of basic counseling concepts and skills, including skill development through role-playing and simulated counseling experiences.

Prerequisites: Take MHC 513 and either MHCA 502 or MHC 503.

Credits: 3 semester hours.

MHC 513 Theory and Philosophy of Counseling

Content: Overview of counseling theories such as psychoanalytic, Adlerian, client-centered, cognitive-behavioral, multi-modal, Gestalt, feminist, existential, solution-focused, and brief therapy, as well as integrative approaches. Examines a wide range of theoretical perspectives and advocates professional knowledge of best practices. Students acquire knowledge of various counseling theories and critique their relevance to diverse populations and clinical situations. Students clarify their personal assumptions and learn how to explain their own theoretical stance. Issues of diversity and client matching are addressed throughout.

Prerequisites: None.

Credits: 3 semester hours.

CTSP 514 Group Counseling With Children and Adolescents

Content: Instruction and practice in developing group treatments for children and adolescents in clinical and school settings. Students gain practice as group leaders in addressing issues related to group dynamics, cultural diversity, potential problems encountered when running groups, and generalization and maintenance of behavioral change. Students also gain experience constructing curricula for specific issues such as divorce, substance use, grief, and social skills.

Prerequisites: For Professional Mental Health Counseling or Professional Mental Health Counseling - Specialization in Addictions students, take MHCA 502 or MHC 503, and MHC 506, and MHC 550. For students in the School Psychology program, take SPSY 502.

Restrictions: Consent of Counseling, Therapy & School Psychology department required.

Credits: 3 semester hours.

CTSP 515 Group Counseling With Adults

Content: Introduction to the major schools of thought regarding group therapy and the common factors associated with positive outcomes. Covers group dynamics, obstacles to success in group therapy, and the stages of group process. Role-playing, outside group membership, and demonstrations illustrate principles of effective group leadership.

Prerequisites: For students in Professional Mental Health Counseling or Professional Mental Health Counseling - Specialization in Addictions, take MHCA 502 or MHC-503, and MHC 506, MHC 513, and MHC 550. For Marriage, Couple, and Family Therapy students, take MCFT 516. For students in the School Psychology program, take SPSY 502.

Credits: 3 semester hours.

MHC 522 Diagnosis of Mental and Emotional Disorders

Content: Introduction to the structure and uses of the DSM 5 for diagnosing mental and emotional disorders. Limits and weaknesses of these approaches-especially with regard to cultural differences-and alternatives to them. How to use these systems effectively in the context of person-centered, psychosocial, and systemic interventions, and in culturally diverse environments. Current knowledge, theory, and issues regarding selected disorders. Use of technology-based research tools to secure and evaluate contemporary knowledge.

Prerequisites: MHCA 502 or MHC 503; MHC 506, MHC 513, and one of the following: MHC 535 or MHC 538.

Credits: 3 semester hours.

MHC 523 Counseling and Interventions With Children and Adolescents

Content: Mental, emotional, and behavioral disorders of childhood and adolescence. Topics include identification, diagnosis, and planning of multifaceted counseling intervention and treatment strategies; developmental, social, and cultural influences on diagnoses and interventions; ecological and social-justice-oriented conceptualization and intervention across systems.

Prerequisites: MHC-503 or MHCA-502

Credits: 2 semester hours.

MHC 524 Counseling and Interventions with Adults

Content: Identification, assessment, diagnosis, and treatment of mental, emotional, substance abuse, and addictive disorders in late adolescence and adulthood. Covers adjustment, mood, anxiety, psychotic, dissociative, impulse, sexual, personality, and addictive disorders, including gambling and eating disorders. Topics include multicultural, interpersonal, and relationship factors; evidence-based treatments; and information technology research tools. Emphasis is on planning comprehensive, multifaceted treatment interventions.

Prerequisites: Take either MHCA-502 or MHC-503. Take MHC-506, MHC-513, and MHC-550.

Credits: 3 semester hours.

MHC 532 Ethical and Legal Issues in Professional Counseling

Content: Consideration of the applicable ethical and legal issues for mental health and school settings. Students develop skills in writing reports, assessments, and treatment plans.

Prerequisites: Take either MHCA-502 or MHC-503.

Credits: 2 semester hours.

MHC 534 Child and Family Counseling

Content: An introduction to theoretical systems and practical approaches to working with children and families in various counseling settings. Ethical principles, self-awareness, personal counseling style and honoring of diversity will be examined through textbook reading, class discussions, reflective assignments, as well as various classroom activities to assist students in beginning work with children and families. Students will practice counseling skills related to working with children and families and will develop awareness and intentionality in conceptualization of child and family clients.

Prerequisites: Take MHC-506, MHC-513, MHC-550 and either MHCA-502 or MHC-503.

Restrictions: Admission to Professional Mental Health Counseling or Professional Mental Health Counseling - Specialization in Addictions.

Credits: 3 semester hours.

MHC 535 Research Methods in Counseling

Content: Foundations of psychological research. Students are introduced to qualitative and quantitative research processes and basic concepts. Topics include (1) elements of the research process; (2) types of designs, program evaluation; (3) ethical considerations of research: informed consent, research with diverse and vulnerable populations, research with children, human subjects review; (4) basic measurement concepts: validity, reliability, norms, score interpretation; and (5) basic statistical concepts: frequency distributions, central tendency, measures of variability, correlation, normal curve, hypothesis testing, significance tests. Students read and evaluate examples of published research. Reviews Web-based resources for conducting research.

Prerequisites: None.

Credits: 3 semester hours.

MHC 540 Career Counseling

Content: Career development theories; current career trends, concerns, and programs/interventions for diverse client populations; career counseling strategies, tools, and resources (including Web-based resources); facilitation of client awareness, choice, and action with respect to career-related issues; integration of career counseling with mental health and addictions treatment. Emphasis is on developing a broad view of career as lifestyle, the mutual impact of career and culture, and the practical application of theory and information in a professional counseling context.

Prerequisites: None.

Credits: 2-3 semester hours.

MHC 541 Introduction to Assessment

Content: Principles of psychological assessment as employed in school, clinical, and applied settings. Addresses psychometric concepts such as validity, reliability, norms, and score interpretation. Surveys intelligence, personality, career, interest, aptitude, and achievement tests and reviews alternative methods of assessing competence and person-situation interactions. Contemporary issues such as the validity of instruments for diverse populations and the impact of technology on assessment are discussed.

Prerequisites: For Professional Mental Health Counseling students, MHC-503, MHC-506, MHC-509, MHC-513, MHC-534, one of the following: MHC-535, or MHC-538. For Professional Mental Health Counseling - Specialization in Addictions students, MHCA-502, MHC-506, MHC-513, MHC-550, and one of the following: MHC-535, or MHC-538.

Credits: 2 semester hours.

MHCA 545 Drugs, the Brain, and Behavior

Content: Psychopharmacology of alcohol and drug abuse. Major drugs and classes of abused substances. Mechanisms of action in the brain, patterns of physiological response in abuse, addiction, and recovery. Impact on brain function, cognition, emotions, behavior, and social effects. Pharmacological adjuncts to detoxification and treatment.

Prerequisites: None.

Restrictions: Permission of the Professional Mental Health Counseling - Specialization in Addictions program director.

Credits: 3 semester hours.

MHCA 546 Models of Addiction and Recovery

Content: Theories of the nature, course, causes, and effects of addiction to alcohol and drugs of abuse. Conditions, processes, and patterns of recovery. Emphasis on physiological, social learning, and interpersonal models and theories. Natural history of onset, abuse, addiction, and recovery; effects of intergenerational transmission, genetic predilection, developmental risk, and sociocultural factors; effects on psychosocial development; impact of culture and gender differences. Implications for treatment.

Prerequisites: None.

Restrictions: Permission of the Professional Mental Health Counseling - Specialization in Addictions program director.

Credits: 3 semester hours.

MHCA 547 Addictions Treatment: Procedures, Skills, and Case Management

Content: Emphasis on developing detailed understanding and beginning skills in the use of specific strategies, procedures, and interventions in assessment, diagnosis, and treatment of substance abuse and addictive disorders. Topics include multiple modes and models of assessment, intervention and treatment, content and basic assumptions of different treatment modalities, organization of comprehensive treatment strategies, motivational interviewing in the context of stages-of-change models, contracting with clients, consultation, integration of medical and psychosocial treatments, referral processes and standards, issues of moderation versus abstinence, relapse prevention, and case management. Also covers documentation, record keeping and management, confidentiality, and ethical and legal issues.

Prerequisites: None.

Restrictions: Permission of the Professional Mental Health Counseling - Specialization in Addictions program director.

Credits: 3 semester hours.

MHC 548 Trauma and Crisis Intervention in Counseling: Theoretical Foundations, Response Models, and Interventions Across the Life Span

Content: This class includes the basic historical and theoretical foundations of crisis intervention and treatment of the effects of trauma. The main focus of study is current theory and practice models as well as the application of skills and techniques utilized in crisis interventions. The effects of crises, disasters, and other trauma-causing events will be differentiated across the lifespan. Principles of crisis intervention for people during crises disasters and other trauma-causing events will be examined utilizing a worldview context. Counselor self-care practice will be integrated into crisis and trauma work to bring into awareness and ameliorate the effects of crisis and trauma exposure.

Prerequisites: MHC-503 or MHCA-502; MHC-506; MHC 509; MHC 532; CTSP-514 or CTSP-515; MHC-522; MHC-523; MHC-524; MHC-535 or MHC-538; and MHC-550.

Credits: 2 semester hours.

MHC 549 Treatment Planning: Theory and Research to Practice

Content: This course assists students in developing critical thinking, case conceptualization, and treatment planning skills. Students develop their abilities to gather data, conceptualize from their emerging theoretical perspectives, and plan treatment. Uses an ecological and social-justice framework to view the client in context, apply evidence-based practice with cultural sensitivity, and plan interventions across multiple systems (individual, family, and community).

Prerequisites: Corequisite MHC-580

Credits: 1 semester hour.

MHC 580 Practicum in Counseling

Content: Working with clients in the practicum clinic, agency or school setting (eight to 10 hours per week, 150 hours total) under intensive supervision from CPSY faculty, developing the therapeutic relationship and basic counseling competencies. Students are expected to demonstrate personal characteristics and professional conduct necessary for effective, ethical counseling. Two semesters, 3 credit hour each required.

Prerequisites: None.

Restrictions: Consent of the program director.

Credits: 1-3 semester hours.

MHC 582 Mental Health Internship: Adult Emphasis

Content: Internship in a community setting. Participants engage in counseling and related professional activities under supervision. Students write reports, prepare case histories, and submit work samples for supervisory review.

Prerequisites: MHC 580.

Restrictions: Consent of internship coordinator.

Credits: 3 semester hours.

MHC 591 Professional Career Development

Content: This course is designed to apply principles of career development to the professional development of counselors in a variety of roles and settings. Administration, supervision, consultation, and other career-related opportunities for professional mental health counselors will be explored.

Prerequisites: MHC 580.

Credits: 1 semester hour.

MHC 550 Diversity and Social Justice

Content: Development of diversity awareness and knowledge including systems of power and privilege. Introduction to methods/skills for working with clients who are diverse in culture, race, ethnicity, gender, age, sexual orientation, or physical or mental ability. Focus is on helping students become capable therapists in varied environments, including becoming aware of their own beliefs, biases, and prejudices.

Prerequisites: MHCA-502 or MHC-503

Credits: 3 semester hours.

Master of Science Courses

MHC 538 Advanced Research Methods

Content: Advanced Research Methods has been developed for those students who enter their PMHC/PMHC-A program with a strong research background and/or are considering completing a thesis. This class will build on student's base of knowledge by providing an opportunity to learn about aspects of the research process in more detail. Research paradigms, qualitative, quantitative designs and program evaluation will be covered. We will also learn about new and innovative designs and/or methods. Students planning to complete a thesis will refine their thesis topics, develop a research question, and begin their thesis proposal, including a literature review. The structure of the class will include some lecture but primarily that of a research colloquium. Each meeting of the colloquium will cover a different broad topic with specifics determined by the class. Class will also provide the opportunity to present "problems" and/or issues that come up as students design their projects.

Prerequisites: None.

Restrictions: Consent of instructor or at least one research methods and one statistics class taken as part of an undergraduate degree program passed with a B+ or better. (If you have only taken one course, but have other research experience such as writing a thesis or working as a research assistant, you may still be eligible.)

Credits: 3 semester hours.

CTSP 531 Statistics for Professional Practice

Content: This course covers the descriptive and inferential statistics practitioners use in their professions. There is an overview of quantitative research designs with the focus on understanding and application of data analysis and interpretation. Coverage includes basic descriptive and inferential statistics, appropriate interpretation of statistical results, and real-world presentation of data. Note: Taught in spring semester only. Students who wish to pursue the thesis-option M.S. program are required to take this course if conducting a quantitative thesis project.

Prerequisites: None.

Credits: 3 semester hours.

CTSP 537 Qualitative Research Methods

Content: Overview and application of qualitative research methods. Through course readings, discussion, and practical application, candidates explore: (1) different approaches in qualitative research and epistemologies and common theoretical perspectives that undergird qualitative inquiry, and (2) various methods and techniques for gathering, interpreting, and making meaning of in-depth and rich information about things as they occur in their natural settings. Candidates gain the skills necessary to review and critique qualitative research and to design and undertake their own qualitative research.

Prerequisites: None.

Restrictions: Consent of instructor, program director, or advisor

Credits: 2 semester hours.

CTSP 594 Proposal Writing

Content: Direct instruction and support for the process of preparing a thesis and/or other research or grant proposals. Includes both a colloquium and individual consultations with a thesis chair (or, if not writing a thesis, another faculty member). The colloquium will focus on the refinement of research questions, the specifics of research design, and the Human Subjects in Research application process. Consultations with thesis committee chair or other faculty member will focus on the development of a manuscript that clearly details the purpose of the research, summarizes relevant literature, and identifies the proposed design and methodology for the research project.

Prerequisites: Research Methods Course from program

Restrictions: Permission of program director or thesis coordinator

Credits: 1 semester hour.

CTSP 595 Master's Thesis Research

Content: Completion of thesis research project under the direction of the chair of the candidate's thesis committee. Two semester hours, which can be taken in 1-semester hour increments, are required for degree. Grades are deferred until the candidate has successfully defended his/her/their thesis.

Prerequisites: CTSP-594

Restrictions: Consent of thesis committee chair.

Credits: 1-9 semester hours.