

Becoming a Mental Health Counselor



12pm to 1pm (PST)



Becoming a Mental Health Counselor



2

- Have you ever considered becoming a professional counselor?
- Do you have an interest in getting into the field of mental health, or know someone who does?
- This webinar will give you an overview of the process of becoming a mental health counselor.

Agenda



3

- What is a Mental Health Counselor
- Scope of Practice
- Similarities and Differences with other Professions
- Career Opportunities and Market Outlook
- Educational Requirements
- Practicum Experience and Supervision
- Licensure Requirements
- Audience Questions

Today's Moderator



4

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Panelists

5

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How to interact today



Type your comments
and questions here
throughout the
webinar



What is a Mental Health Counselor?

7

- American Counseling Association describes professional counseling as a “... is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals.”
- The American Mental Health Counselor Association describes more specifically states it is a “...distinct profession with national standards for education, training and clinical practice. Clinical mental health counselors are highly-skilled professionals who provide flexible, consumer-oriented therapy. They combine traditional psychotherapy with a practical, problem-solving approach that creates a dynamic and efficient path for change and problem resolution. ”

Scope of Practice

8

- Assessment and diagnosis
- Psychotherapy
- Treatment planning and utilization review
- Brief and solution-focused therapy
- Long term treatment and followup
- Client centered advocacy
- Alcoholism and substance abuse treatment
- Psycho-educational and prevention programs
- Crisis management
- Couples and Family (with the proper training, experience and supervision)

Note: States may differ on the legal scope of practice and the training required to practice certain specialties

Similarities and Differences



<u>Career</u>	<u>Entry-Level Education</u>	<u>Primary Training Focus</u>	<u>Scope of Practice Uniqueness</u>
Mental Health Counselors	MA/MS	Wholism, restoration and wellness	Strength Based
Marriage and Family Therapists	MA/MS	Behavior in the Context of the relational systems	Structural and Systemic Interventions
Clinical Social Workers	MSW	Behavior in the Larger Societal Context	Client Advocacy and Public Policy
Substance Abuse Counselor	HS Diploma	Drug and Alcohol Influences on Behavior	12 Step and Recovery Models
Psychologist	Ph.D./Psy.D.	Internal Psychological Systems	Neuropsychology, Psychometrics and testing
Psychiatrist	M.D./D.O	Internal Medicine, Psychopharmacology	Prescription Drug Administration

Career Opportunities and Market Outlook



10

- Public Mental Health Agency Counseling
- Mental Health Case Management
- Hospital Outpatient Counseling Center
- Veterans Centers
- School Based Mental Health
- Faith Based Counseling Organizations
- Behavioral Therapy for Children with Autism
- Juvenile and Adult Correctional Counseling
- Teaching, Workshops and Seminars
- Private Practice

Market Outlook

Bureau of Labor Statistics 2011-12/// US Wide /// Does Not Include Private Practice Income



<u>Career</u>	<u>Median Annual Pay</u>	<u>Entry-Level Education</u>	<u>Number of Jobs (2010)</u>	<u>Job Outlook</u>	<u>Employment Change, 2010 - 2020</u>
Clinical Social Workers	\$42,480	Master's Degree	650,500	25% (faster than average)	161,200
School/Career Counselors	\$53,380	Master's Degree	281,400	19% (about as fast as average)	53,400
Mental Health Counselors	\$39,710	Master's Degree	156,300	37% (much faster than average)	58,500
Correctional Treatment Specialists	\$47,200	Bachelor's Degree	93,200	18% (about as fast as average)	17,100
Substance Abuse Counselor	\$38,120	High School Diploma or Equivalent	85,500	27% (faster than average)	23,400
Marriage and Family Therapists	\$68,000 California	Master's Degree	54,785 (32,000 in CA)	41% (much faster than average)	22,460

Note 1: Does not include private practice income.

Note 2: Job outlook does not include replacing retiring professionals

Educational Requirements



12

- **Masters Degree with 60 Semester or 90 Quarter Units**
 - Diagnosis and psychopathology
 - Psychotherapy
 - Psychological testing and assessment
 - Professional orientation
 - Research and program evaluation
 - Group counseling
 - Human growth and development
 - Counseling theory
 - Social and cultural foundations
 - Lifestyle and career development
 - Supervised practicum and internship

Practicum Experience and Supervision



13

- 280 Face to Face Clinical Hours
- 420 Related Counseling Hours
- 700 Total Counseling and Related Hours

Licensure Requirements



14

- Earned a master's degree in counseling or a closely related mental health discipline;
- Completed a minimum of two years post-master's clinical work under the supervision of a licensed or certified mental health professional; and
- Passed a state-developed or national licensure or certification examination.

Note: States may differ so check with your particular requirements.

Your Questions



15

- Type them in the chat session
- Any questions we cannot answer during the webinar will be addressed in a follow-up email.

Interested in More Information



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