

2020

# **ORIENTATION TO CLINICAL MENTAL HEALTH (LUO CMHC)**

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**Stacey Lilley, Ph.D., LPSC, LPC-S**

# PROGRAM GOAL

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## What do we want for you?

- Liberty University to develop Christ-centered men and women with the values, knowledge, and skills essential to impact the world. Through its residential and online programs, the University educates men and women who will make important contributions to their workplaces and communities, follow their chosen vocations as callings to glorify God, and fulfill the Great Commission.
- Department: 60 hours of counseling courses that provide students with a thorough curricular experience in the areas of integration of faith and spirituality into practice ...This degree prepares individuals for licensure and national certification and careers in mental health agencies, hospital programs, private practices, faith based counseling centers, and other public and private facilities.

# COMMITMENT TO DIVERSITY

**Liberty University is a school founded upon the fundamental Christian values of grace, truth, and love for all persons. As believers in Christ, we must demonstrate our commitment to loving others (cf. Matthew 22:34-40; Mark 12:28-34; Luke 10:25-28).**

- Through recruitment and retention measures, increase diverse representation of students, faculty, and staff;
- Promote full implementation of professional standards of practice and multicultural counseling competencies across the curriculum and in specialized courses;
- To include issues of diversity across instructional programs and professional development activities;
- To develop graduate assistantship opportunities to serve diverse student groups;
- To provide departmental opportunities for students and faculty to engage in the exchange of ideas and information related to diversity;
- To maintain ongoing educational opportunities and equality of access to our academic community; and
- To equip students to ethically utilize spirituality as a force for healing when and where appropriate.

# STUDENT EXPECTATIONS

## Academic and professional standards of LU and the counseling profession

- Students are expected to use the American Counseling Association “Code of Ethics and Standards of Practice,” CMHC Handbook, the Graduate Student Honor Code, and the *Liberty Way* as guides for their behavior throughout their program. Students will undergo periodic evaluation by the Counseling faculty for suitability as students and prospective counselors.
- Students must remain in good academic standing, are required to maintain high ethical standards, and must demonstrate evidence of functional competency in fulfilling the professional roles required by the discipline.
  - Professional/Personal Disposition
- Students must pass a comprehensive examination that requires the ability to analyze, synthesize, and integrate the core curricular content within the counseling discipline.

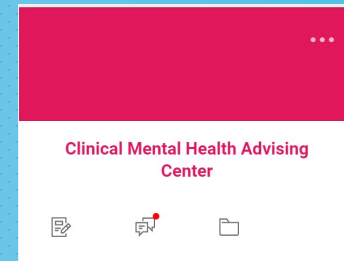
# OF INTEREST

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- For CEFS around 122 fulltime faculty, 161 adjuncts (all 3 programs)
- Around 6600 students in our program
- At least 7 faculty that are president of their state organization, state division or other leadership position
- Faculty on CACREP Board
- Faculty who won internal, state and national grants
- LUSend trips ROCK!
  
- PS - We moved to CANVAS in January D term (bye bye BB)
  - *Always print your syllabus*

# WHAT MAKES OUR DEPARTMENT SPECIAL

- CACREP Accreditation
  - *Consistency in courses (SME)*
- COUC 500 with an introduction to our program and LU in Canvas (please accept invite)
- Faculty Advisor assigned during your first semester
  - *ASIST* ➡ *Student Records* ➡ *View Student Information*
- Clinical work is face to face class each week for 3 semesters with faculty: Practicum and Internship I & II
- Prepares you for licensure – many programs do not



# DCP

## LIBERTY UNIVERSITY THE GRADUATE SCHOOL

Master of Arts in Clinical Mental Health Counseling (M.A.)  
2020-2021 Degree Completion Plan

<u>EARLY CORE COURSES (21 hours)</u>		<u>Hrs</u>	<u>Sem</u>	<u>Grade</u>
COUC 500	Orientation to Counselor Profession Identity & Function	3	_____	_____
COUC 501	Ethical & Legal Issues in Counseling	3	_____	_____
COUC 502	Human Growth & Development	3	_____	_____
COUC 504	Multicultural Counseling	3	_____	_____
COUC 505	Counseling Techniques & the Helping Relationship <sup>1</sup>	3	_____	_____
COUC 506	Integration of Spirituality & Counseling	3	_____	_____
COUC 510	Theories of Counseling	3	_____	_____
<u>ADVANCED CORE COURSES (18 hours)</u>				
COUC 512	Group Counseling <sup>1</sup>	3	_____	_____
COUC 515	Research & Program Evaluation <sup>2</sup>	3	_____	_____
COUC 521	Assessment Techniques in Counseling	3	_____	_____
COUC 522	Career Development & Counseling	3	_____	_____
COUC 546	Psychopathology	3	_____	_____
COUC 601	Theories of Family Systems	3	_____	_____
<u>SPECIALIZATION COURSES (18 hours)</u>				
COUC 604	Crisis Counseling	3	_____	_____
COUC 667	Clinical Diagnosis & Treatment Planning	3	_____	_____
CEFS 670	Comprehensive Exam-CPCE <sup>3</sup>	Pass	_____	_____
CEFS 671	Comprehensive Exam-Integration <sup>3</sup>	Pass	_____	_____
COUC 691	Substance Abuse: Diagnosis, Treatment & Prevention	3	_____	_____
COUC 698	Counseling Practicum	3	_____	_____
COUC 699	Counseling Internship <sup>4</sup>	3	_____	_____
COUC 699	Counseling Internship <sup>4</sup>	3	_____	_____

### ELECTIVE COURSES (3 hours)

Choose one 500-700 level elective from the following:

CEFS, COUC, CRIS, LIFC & SUBS

		3	_____	_____
<b>TOTAL HOURS</b>		<b>60</b>		

#### Graduation Requirements

Complete 60 hours

A maximum of 50% of the program hours may be transferred if approved and allowable, including credit from an earned degree from Liberty University on the same academic level

3.0 GPA

No more than 2 grades of C may be applied to the degree (includes grades of C- & C+)

No grade of D or below may be applied to the degree (includes grades of D- & D+)

Successful completion of Comprehensive Exam

Liberty University course work that is more than 10 years old may not be applied towards this degree. Students are required to repeat the course if it has exceeded the age limit.

Degree must be completed within 7 years

Submission of Degree Completion Application must be completed within the last semester of a student's anticipated graduation date

Offered in Resident and Online Format

Revised 03.24.2020

#### Notes

All applicable prerequisites must be met

<sup>1</sup>Course offered in Intensive Format

<sup>2</sup>Students must successfully complete three hours of undergraduate coursework in statistics.

Those who did not complete this course during their undergraduate program may fulfill this prerequisite requirement during the first two semesters of the program.

<sup>3</sup>Counseling Comprehensive Exam prerequisites: COUC 500, 501, 502, 504, 505, 506, 510, 512, 515, 521, 522, 546, 667

<sup>4</sup>COUC 699 must be taken a minimum of two times, and may be taken a third time

Suggested Course Sequence on Second Page

Effective: Catalog Term 2020-40

### SUGGESTED COURSE SEQUENCE

First Semester		Second Semester	
COUC 500	3	COUC 504	3
COUC 501	3	COUC 505	3
COUC 502	3	COUC 510	3
	<u>9</u>		<u>9</u>
Total	9	Total	9

Third Semester		Fourth Semester	
COUC 512	3	COUC 515	3
COUC 521	3	COUC 522	3
COUC 546	3	COUC 667	3
	<u>9</u>		<u>9</u>
Total	9	Total	9

Fifth Semester		Sixth Semester	
COUC 506	3	COUC 601	3
COUC 604	3	CEFS 670 <sup>1</sup>	0
COUC 698	3	CEFS 671 <sup>1</sup>	0
	<u>9</u>	COUC 691	3
Total	9	COUC 699 <sup>2</sup>	3
			<u>3</u>
		Total	9

Seventh Semester	
COUC 699 <sup>2</sup>	3
Elective <sup>3,4</sup>	3
	<u>6</u>
Total	6

#### Notes

<sup>1</sup>Counseling Comprehensive Exam prerequisites: COUC 500, 501, 502, 504, 505, 506, 510, 512, 515, 521, 522, 546 and 667

<sup>2</sup>COUC 699 must be taken a minimum of two times, and may be taken a third time

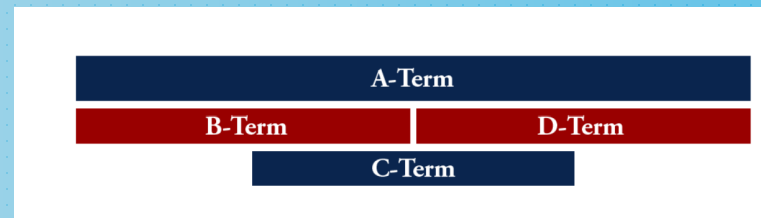
<sup>3</sup>Choose one 500-700 level courses from the following: CEFS, COUC, CRIS, LIFC, or SUBS

<sup>4</sup>COUC 602, 603, 610, 611 & 620 can be used to fulfill the 60 hour requirement for LPC in VA. These courses can be taken after the 4th semester (as long as COUC 601 is Completed by this time), and may or may not be one-week intensives

# IMPORTANT THINGS YOU NEED TO KNOW

## Regarding Courses

- When registering for classes uses Academic Advising or be sure to sign up for COUC (not CEFS)
  - *Double check suspicious answers*
- Pay attention to sequencing – it matters
- Register early and let your academic/faculty advisor know if you have a problem
- Plan accordingly





# IMPORTANT THINGS YOU NEED TO KNOW

## Courses continued

- This program has 2 mandatory intensives:
  - *Not recommended to take 505 (techniques) and 512 (group) the same semester*
  - *667 is optional*
  - *Plan ahead for intensives: Monday – Friday all day*
  - *Pilot 505 meets weekly – limited sections*
- Tevera is the tracking system we use for CACPREP & licensure
  - *Benchmarks are in each course*
  - *We don't retroactively correct courses if you miss a benchmark*
- Research (COUC 515) has a math pre-requisite of 3 credit hours in stats

# BREAK IN ENROLLMENT

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- Candidates who discontinue course work for a period of one academic year will break enrollment. The academic year begins with the start of the fall semester and ends with the conclusion of the summer term.
- Candidates who break enrollment must apply for readmission to Liberty University and the CMHC Program.
- If accepted, the candidate will be placed on the current DCP; candidates cannot return to a previous DCP. Candidates should contact academic advising with additional questions related to broken enrollment policy.

# PROFESSIONAL DEVELOPMENT/RESEARCH

## Make time for what interests you

- It matters so make a plan and make it happen
- Multiple payoff theory
- Reach out to faculty who can mentor you
- Research: poster, presentation, article
- Join your organizations: local, state, regional, national
  - State, ACA, AACC
- Attend conferences, training, seminars (local, regional, national)
  - Spring Summit (wk of March 15): <https://spark.adobe.com/page/CdUhwkvwLQrdI/>
  - Symposium: <https://www.liberty.edu/behavioral-sciences/counselor-ed/central-virginia-counselor-development-symposium/>
  - LU Research Week
- CSI – local chapter: North Area CSI: <https://renarvoice.podbean.com/>
- Leadership in organization as a student – need a representative

# PRACTICUM & INTERNSHIP

## Tips for being successful

- Must have a 3.0 to begin (no more than 2 Cs in program)
- Check pre-requisites
- You must take at least 3 semesters (cannot work hard and complete in 2 semesters)
- All 3 courses have a hybrid component (weekly meeting with online work)
- Utilize the website (open house each semester): <https://www.liberty.edu/behavioral-sciences/counselor-ed/masters/professional-counseling-practicum-coun-698/>
- Begin early in finding a location
- Plan so you can adjust work and responsibilities
- Background check & Liability Insurance

# BECOMING LICENSED AFTER GRADUATION

## Regarding State Licensure (LPC, LCMH, LMHP etc.)

- “Resident in Counseling” – every state is different
- A CACREP degree is helpful to the process
- You are responsible to know what your state requires
  - *Check face to face hours (state could require more than 600 internship hours)*
  - *Supervision Hours*
  - *Additional coursework (human sexuality)*
- Know who is allowed to do your supervision and what this will cost you
- Map out your time (2-3 years post secondary degree)
- Your state may allow your NCE exam to be your state exam

# EXAMS REQUIRED FOR GRADUATION

## COMP Exam & Integration

- 2 Exams required
  - *CPCE Exam – 3 attempts*
  - *Integration Exam (based on 506 course)*
- Register for the class and given the exam information
- Wonderful website <https://www.liberty.edu/behavioral-sciences/counselor-ed/nce-ncc-applications/>
- Best to take NCE (NCC credentialing) as a student (NCEregistration@liberty.edu)
  - *Sign up for the correct version – receive email invite*

# SUPPORT FOR YOU

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**We want to see you succeed**

- Communicate with your professor – always and first
  - *Share in your stressors and joy – prayer*
  - *Personal disposition – key to being successful*
- We offer additional support/skills when needed
- Student Support & Development Committee
- Remediation Team

# TOOLS YOU NEED

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- DCP – make notes and track
- Connect with fellow students
- Library (amazing)
- IT Help Desk: (866) 447-2869
- APA 7<sup>th</sup> Ed – Professional Paper
  - *Online Writing/Resume Center*
- Free IT Software
  - *MS Teams/WebEx great resources*
  - *Canvas Videos*
- Career Center & Resume Building



# HELPFUL PEOPLE

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- Brandi Chamberlin, Ph.D. - Online Chair
- Stacey Lilley, Ph.D. – Program Director
- Bonnie Gould, M.A. – Program Support Coordinator
- Kelli Yuzon, M.A. – Associate Director of Clinical Training

2020

# Questions and Answer Time

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**Dr. Stacey Lilley**

**[scilley@liberty.edu](mailto:scilley@liberty.edu)**