



Boston University School of Medicine
Division of Graduate Medical Sciences



MASTER OF ARTS MENTAL HEALTH COUNSELING & BEHAVIORAL MEDICINE PROGRAM



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Program Overview

The Mental Health Counseling & Behavioral Medicine Program prepares individuals for independent licensure as Clinical Mental Health Counselors. The program's Boston University School of Medicine location - together with its affiliation with Boston Medical Center - makes the program truly exceptional and one-of-a-kind. The program is designed to be completed in two years of full-time study. Students benefit from access to a wide range of clinical training sites; education and training in evidence-based assessment, prevention, and intervention practices; and opportunities to engage in clinical research. The inclusion of behavioral medicine, neuroscience, and psychopharmacology in the curriculum also makes the program distinct from every other mental health counseling program in the United States.

The program is accredited by the Council for Accreditation of Counseling & Related Educational Programs (CACREP), which attests to the rigor of the education and training that students receive. Several state licensure boards are no longer licensing alumni of non-accredited programs, which makes accreditation a critical consideration when choosing a graduate program. In alignment with CACREP Standards, students are well-trained in clinical assessment and diagnosis, theory and application, as well as various care modalities with a wide array of patient populations. Consequently, the knowledge and skills that our students acquire have allowed many of them to eventually assume supervisory and/or administrative positions. These successful alumni often look to fill positions in their organizations with more recent program graduates.

Esteemed and Exceptional Faculty

All core faculty have academic appointments at Boston University School of Medicine. Across the faculty (core and non-core), most members are active clinicians who infuse their instruction with real world examples of clinical practice, patient descriptions, and mental health presentations. They are passionate about student learning and invested in students' success as future mental health counselors and colleagues within the behavioral healthcare workforce. Many faculty are also actively involved in research that contributes to the scientific understanding of a variety of behavioral health problems.

- 74% of program instructors are active clinicians
- 83% are licensed clinicians
- 35% are licensed mental health counselors
- 52% are actively engaged in academic research

Clinical Training

Clinical field training is an integral component of the Mental Health Counseling & Behavioral Medicine Program. Students can be placed and receive training at Boston Medical Center, other local hospitals, traditional behavioral healthcare facilities (such as a community mental health center, private human services agency, addictions recovery center, or Department of Mental Health program), as well as non-traditional/innovative settings - over 100 sites are available yearly. This portion of the overall education affords you the opportunity to learn how to conduct mental health counseling for children, adolescent, and adults. You will experience and receive training in individual, group, and family counseling for varied behavioral health problems (for example, mood, substance use, and trauma-related disorders) across multiple levels of care and modalities of treatment.



Curriculum

The medical school provides the backdrop of the curriculum's emphasis on mental health counseling in integrated care settings (that is, where behavioral healthcare and primary care are co-located and coordinated). Thus, the program prepares you to become effective and ethical counselors for a variety of patient populations and mental health disorders as well as in a broad array of healthcare settings. Fall semester coursework is designed to prepare 1st-year students for clinical training in the Spring (or Summer) semester. This training (practicum) varies by site and setting, but all students benefit from close supervision and mentoring while in the field. In the second year, you can build on areas of professional interest through a choice of course electives and settings for your full-year, clinical training (internship). The curriculum outlined below is typical, although some variability exists depending on clinical training schedules and other circumstances.

Fall Semester Year 1

- Orientation to Professional Counseling
- Counseling Techniques
- Assessment
- Psychopathology
- Research & Evaluation
- Group Dynamics

Spring Semester Year 1

- Neuroscience for Mental Health Professionals
- Social and Cultural Foundations
- Psychopharmacology
- Practicum Supervision
- Counseling Theory
- Theory & Practice of Child & Adolescent Counseling*

Summer Semester Year 1 (Summer sessions not required)

Course offerings rotate each year. Recent courses include Addictions, Research & Evaluation, and Human Growth & Development.

Fall Semester Year 2

- Human Growth & Development
- Behavioral Medicine & Applied Health Psychology
- Internship Supervision
- Addictions
- Marriage and Family Counseling *

Spring Semester Year 2

- Career and Vocational Counseling
- Internship Supervision
- Professional Orientation and Ethics
- Human Sexuality *
- Psychological Trauma Across The Lifespan*

**Program Elective*



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Admission Requirements

In addition to completing the program's online application, prospective students must also submit:

- Official transcript from each college or university attended
- Official GRE scores (MCAT is also acceptable)
- Official TOEFL scores (for applicants from countries where English is not the language of instruction)
- Three letters of recommendation from individuals who can attest to the likelihood of your academic and career success
- Written personal statement that describes your qualifications and objectives for the program

While not mandatory, most students accepted into the program have majored in a mental health-related field or the basic sciences and have had some experience (volunteer or otherwise) in human services settings.

We are committed to improving the diversity of our profession and encourage individuals from under-represented groups, including male and minority students, to apply.

Tuition, Financial Aid and Student Resources

For the most up to date information on tuition and fees, please visit www.bumc.bu.edu/gms/students/financing-options. The Financial Aid Office at Boston University School of Medicine is available to assist students in identifying sources of financial support.

The Boston University Office of Housing Resources provides information regarding housing, transportation, and Boston neighborhoods. For more details, visit www.bumc.bu.edu/ohr.

For more information about the M.A. in Mental Health Counseling & Behavioral Medicine program please contact:

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