



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 M.A. in Mental Health Counseling & Behavioral Medicine prepares individuals for independent licensure as Clinical Mental Health Counselors. The program is designed to be completed in two years of full-time study, and is the only program of its kind based at an academic medical center. Program participants benefit from access to an exceptionally broad range of clinical training sites, unique diagnostic and intervention procedures, 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 Masters program in the United States.

The program is accreditation by CACREP (Council for Accreditation of Counseling and Related Educational Programs), which allows graduates to be license-eligible in all 50 states. Many state licensure boards are no longer licensing alumni of non-accredited programs, which makes this a critical consideration for choosing a graduate program. Accordingly, students are well trained in clinical assessment and diagnosis, theory and application, and care modalities with a wide array of patient populations. Many program graduates have gone on to assume supervisory and/or administrative positions and often look to fill openings in their organization with more recent program alumni.

Learn from esteemed and exceptional faculty

Most faculty members are also active clinicians who infuse their instruction with real world examples of clinical service, patient descriptions and psychiatric presentations. They are passionate about your learning, and invested in your success as a future counselor and colleague. Many faculty are also actively involved with research that contributes to the scientific understanding of a variety of mental and behavioral health issues.

- 74% of program instructors are active clinicians
- 83% are licensed clinicians
- 35% are licensed mental health clinicians (i.e. hold LMHC licensure)
- 52% are actively engaged in academic research

Clinical Training

The clinical field training is an integral component of the Mental Health Counseling and Behavioral Medicine Program. This portion of the students' education affords them the opportunity to provide direct mental health counseling to children, adolescent, and adults across various modalities of treatment, including but not limited to individual, group, and family counseling. Over the course of the program students complete approximately 1,000 hours of field training. Students will know how to implement intervention, prevention, and advocacy strategies, to facilitate the health and wellness of their clients. Students are trained to diagnose and treat varied behavioral health issues and will learn how to work with clients who present with mood, substance abuse, and trauma related disorders. The overall goal of field training is to facilitate the development of knowledge, skills, and practices that are necessary for the student to assume the roles and responsibilities of clinical mental health counselors.



Curriculum

The program prepares students to provide effective and ethical counseling for a variety of populations and disorders, and in a broad array of settings. First semester coursework is designed to support on-site clinical training in the second or summer semester. The first year practicum experience varies by site and setting, but all students benefit from close supervision and mentoring while on site. In the second year, students can build on areas of interest through a choice of electives and the setting for their academic year internship.

The curriculum outlined below is typical although there is some variability depending on clinical site 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
- Theory and Practice of Child & Adolescent Counseling*
- Psychopharmacology
- Practicum Supervision
- Counseling Theory

Summer Semester Year 1 (*Summer sessions not required*)

Course offerings rotate each year; recent courses offered include Addictions, Research and Evaluation, and Social and Cultural Foundations

Fall Semester Year 2

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

Spring Semester Year 2

- Career and Vocational Counseling
- *Human Sexuality
- Internship Supervision
- Professional Orientation and Ethics



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Admission Requirements

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

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

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

To apply to the program, please visit bu.edu/gms and click on Admissions.

Tuition, Financial Aid and Student Resources

For the 2015-2016 academic year, the cost to enroll in the program full time is \$49,176.

The Financial Aid Office at Boston University School of Medicine is available to assist students in identifying sources of financial support.

The BU 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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