

# MS IN COUNSELING (MARRIAGE, COUPLE, AND FAMILY COUNSELING)

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**SACRAMENTO STATE**  
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## In Workflow

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## Approval Path

1. Mon, 14 Sep 2020 21:32:38 GMT  
Carlos Nevarez (nevarezc): Rollback to Initiator
2. Thu, 17 Sep 2020 23:42:41 GMT  
Carlos Nevarez (nevarezc): Approved for GPSE Committee Chair
3. Mon, 21 Sep 2020 20:28:15 GMT  
Carlos Nevarez (nevarezc): Approved for GPSE Chair
4. Mon, 21 Sep 2020 21:43:36 GMT  
Sarah Ives (sarah.ives): Rollback to Initiator
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Carlos Nevarez (nevarezc): Approved for GPSE Committee Chair
6. Fri, 25 Sep 2020 15:58:13 GMT  
Carlos Nevarez (nevarezc): Approved for GPSE Chair
7. Thu, 15 Oct 2020 17:56:52 GMT  
Sarah Ives (sarah.ives): Approved for ED College Committee Chair
8. Sat, 24 Oct 2020 00:27:00 GMT  
Karen O'Hara (kdohara): Approved for ED Dean

## New Program Proposal

Date Submitted: Mon, 21 Sep 2020 22:12:50 GMT

**Viewing: MS in Counseling (Marriage, Couple, and Family Counseling)**

**Last edit: Sat, 24 Oct 2020 00:26:54 GMT**

Changes proposed by: Bitá Rivas (223000752)

**Academic Group: (College)**

Education

**Academic Organization: (Department)**

Graduate Professional Studies in Education

**Catalog Year Effective:**

2021-2022 Catalog

NOTE: This degree major program will be subject to program review evaluation within six years after implementation.

**Individual(s) primarily responsible for drafting the proposed degree major program:**

| Name (First Last) | Email            | Phone 999-999-9999 |
|-------------------|------------------|--------------------|
| Bitra Rivas       | b.rivas@csus.edu | 9162785950         |

**Type of Program Proposal:**

Concentration

**Is this a pilot program?**

No

**Is this a Fast Track program?**

No

**Title of the Program:**

MS in Counseling (Marriage, Couple, and Family Counseling)

**Designation: (degree terminology)**

Master of Science

**Abstract of the proposal:**

This proposal is intended to move our existing specializations to formal concentrations. Within the change, there will be some programmatic updates needed such as program name change in order to better align with accreditation (CACREP). The Program proposal for the MS in Counseling has been submitted accordingly.

**Briefly describe the program proposal (new or change) and provide a justification:**

The MS in Counseling program has been one program with four specializations. However, we are requesting a move to concentrations as this will better allow us flexibility within the specific concentrations. Where each program shares 45 units, the 15 units that are specific to each program necessitate a slightly different approach in the admission and advising process. Our programs are currently under review by the Council for Accreditation of Counseling and Related Educational Programs (CACREP); for which one is currently accredited and under re-accreditation, the Rehabilitation Counseling program. Finally, the Marriage, Family, and Child Counseling program is requesting a name change to Marriage, Couple, and Family Counseling to match our accrediting bodies term for the specialization. The program is under review for CACREP and it is also COAMFTE aligned, this allows the students within our program to move states and remain license eligible as all other state boards require alignment with the above mentioned accrediting bodies for both LMFT and LPCC licenses. Finally, this program is tailoring a course already offered to Couples Counseling to further develop the competencies of our students as they work with couples, families, and children. The course work will give them the needed training courses to balance their work in field placements and the eventual Licensed Marriage and Family Therapist (LMFT) licensure route.

**Objectives of the degree program:**

To prepare counselors with the knowledge, skills, and self-awareness to be serve in professional roles within their specialty concentration. The Counselor Education program seeks to provide students with the knowledge and skills necessary to address the needs and concerns of a diverse society. Graduates will develop a strong foundation in counseling theories and techniques to apply in a multicultural society. Emphasis is placed on both personal and professional development with experiential learning infused throughout the entire curriculum:

1. Students will evaluate and apply knowledge of ethical standards of professional counseling organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling.
2. Students will analyze the impact of heritage, attitudes, beliefs, understandings, and acculturative experiences on an individual's views of others.
3. Students will analyze and evaluate the theories of individual and family development across the lifespan, theories of normal and abnormal personality development, and will understand strategies and interventions using developmental theories.
4. Students will analyze and evaluate approaches for conceptualizing the interrelationships among and between work, mental well-being, relationships, and other life roles and factors.
5. Students will analyze and evaluate counseling theories and models for case conceptualization.
6. Students will demonstrate expertise in essential interviewing, counseling, and case conceptualization skills. Students will demonstrate use of counseling skills.

7. Students will demonstrate expertise in counseling skills and theories via live supervision and audio/video recordings of skills. Students will integrate knowledge and skills, building on conceptualization skills appropriate per specialty.
8. Students will analyze and evaluate theories of dynamics associated with group process and development and theoretical foundations of group counseling and group work.
9. Students will expertly demonstrate use ethical and culturally relevant strategies for selecting, administering, and interpreting assessment and test results and will demonstrate use of assessment results to diagnose developmental, behavioral, and mental disorders.
10. Students will apply qualitative, quantitative, and mixed research methods.

The Marriage, Couple, and Family Counseling (MCFC) Concentration builds upon the core program outcomes of the Masters of Science Counseling program shared 45 units with two additional outcomes specific to the MCFC Concentration. The Marriage, Couple, and Family Counseling (MCFC) Concentration is designed to provide students with all the educational competencies required by the California State Board of Behavioral Sciences (BBS) for licensure as a Marriage and Family Therapist (MFT). The program trains professionals to work in a variety of settings, including community agencies, county and state agencies, hospitals and private practice, and prepares students to provide consulting to businesses and agencies. Emphasis is placed on developmental and preventative concerns from a holistic perspective. The following outlines the additional MCFC Concentration objectives:

1. Students will analyze and evaluate and apply theories and models of family systems and dynamics, family assessments, including diagnostic interviews, genograms, family mapping, mental diagnostic status examinations, and symptom inventories.
2. Students will apply advanced techniques and interventions of marriage, couple, and family counseling; students will conceptualize and implement treatment, planning, and intervention strategies.

## University Learning Goals

### Graduate (Masters) Learning Goals:

Critical thinking/analysis  
 Communication  
 Information literacy  
 Disciplinary knowledge  
 Intercultural/Global perspectives  
 Professionalism  
 Research (optional)

**Will this program be required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?**

No

### Please attach a Comprehensive Program Assessment Plan (required)

Program Assessment Plan 2016 Standards.pdf

### Please attach a Curriculum Map Matrix (required)

Curriculum Matrix.pdf

### Catalog Description:

**Total units required for MS: 60**

## Program Description

The 60-unit Master of Science in Counseling prepares professional counselors for employment in a variety of settings such as public and private agencies, universities and colleges, schools and private practice. This degree meets the educational requirements for becoming a Licensed Marriage and Family Therapist (LMFT) and/or a Licensed Professional Clinical Counselor (LPCC) in the State of California. The 59-unit Pupil Personnel Services, School Counseling Credential prepares professional counselors to work within the K-12 educational system.

The programs are clinically oriented, with didactic and experiential courses, a 100-hour clinical practicum, and 600 hours of field experience. The program is a full time three-year program and students will take between 9-12 units each fall and spring to complete within the three years. Students are admitted into a cohort and will follow the course sequence designated by their program concentration. The cohort model allows students to advance together throughout their education while building support and connections within their peer group. Students are encouraged to advance their advocacy and professional experiences through such activities as participation in professional organizations, research, and presentations at the state, regional, and national level; involvement in the CSUS Multicultural Conference; (<https://www.csus.edu/college/education/engagement/multicultural-education-conference.html>)and/or involvement in the Counselor Education Student Counseling Society. Both leadership and research opportunities are supported through faculty mentorship. The curricular experience is organized around core foundation courses, an intensive on-campus practicum training clinic experience, interpersonal growth experiences, advanced theory and practice courses, and a culminating field study placement.

## Marriage, Couple, and Family Counseling Concentration

- The Marriage, Couple, and Family Counseling Concentration is designed to provide students with all the educational competencies required by the California State Board of Behavioral Sciences (BBS) for licensure as a Marriage and Family Therapist (LMFT).

The program trains professionals to work in a variety of settings, including community agencies, county and state agencies, hospitals and private practice, and prepares students to provide consulting to businesses and agencies. Emphasis is placed on developmental and preventative concerns from a holistic perspective.

**Note:** Only students who are already enrolled in the School Counseling concentration at California State University, Sacramento may apply to the Pupil Personnel Services School Counseling Internship Credential Program (<http://catalog.csus.edu/colleges/education/graduate-professional-studies-education/pupil-personnel-services-school-counseling-internship-credential/>).

The Career Counseling; Marriage, Couple, and Family Counseling; and School Counseling concentrations at Sacramento State are applying for national accreditation by the Council for Accreditation of Counseling and Related Educational Programs (CACREP). The Rehabilitation Counseling concentration is nationally accredited by CACREP through October 31, 2021. The Marriage, Couple, and Family Counseling concentration is both CACREP and COAMFTE aligned in order to help students with licensure in California and other states.

**Note:** For additional information on credentials, see the “College of Education” section of this catalog. For program specific information, see the Counselor Education webpage. Program requirements are subject to change in order to maintain compliance with relevant state and national certification, licensure, and/or accreditation requirements. Interested parties should refer to the current student handbook for up to date program information.

### Special Features

- An on-campus Center for Counseling and Diagnostic Services brings clients from off campus to be counseled by students in the program and provides opportunity for video and audio feedback.
- Trainees provide off-campus counseling in local agencies, school districts, hospitals, and non-profit organizations.
- Faculty actively support diversity and focus on multicultural counseling skills throughout the curriculum.
- Classes are offered during the day, late afternoon, and evening.
- Opportunities to collaborate with school districts.

**Admission Requirements: Course prerequisites and other criteria for admission of students to the degree major program, and for their continuation in it.**

## Admission Requirements

Admission as a classified graduate student in the Master of Science in Counseling program requires:

- A baccalaureate degree;
- Good academic standing at the last college attended;
- A grade point average of at least 3.0 (on a 4.0 scale) in the last 60 semester (or 90 quarter units);
- Completion of the University application materials;
- Completion and submission of all Departmental application materials which include:
  - Application form;
  - Written statement(s) delineated in application;
  - Copies of transcripts (from all universities and colleges attended);
  - Professional letters of recommendation (2 total);
  - Relevant work experience via a Resume/CV.
- Participation in an In-Person Admission Evaluation, which may include (but is not limited to) interviews, experiential activities, and writing samples.

Selected applicants, based on paper screening of completed applications, will be invited for an In-Person Admission Evaluation via an Interview Day. Decisions for admission into the Master of Science in Counseling program are made based on a comprehensive assessment of **all application materials** and performance in the In-Person Admission Evaluation.

### Admission Procedure

The M.S. in Counseling accepts applications each fall for admission the following year. **The program does not offer spring admissions.** Applicants must complete a university application and program supplemental application by the posted application deadline date for the term applying.

*For more admissions information and application deadlines, please visit the Office of Graduate Studies website (<http://www.csus.edu/gradstudies/>).*

Prospective applicants, including Sacramento State graduates, must submit the following to the Office of Graduate Studies, River Front Center 215, (916) 278-6470:

- an online application for admission;
- official transcripts from all colleges and universities attended, *other than Sacramento State*;
- an online program supplemental application for admission, please see the department website (<https://www.csus.edu/college/education/masters-programs/counselor-education.html>) for more information.

Admission is competitive with a limited number of students admitted each year. At the end of the application and screening period, a program recommendation will be submitted to the Office of Graduate Studies for further review. Decisions regarding admission are then mailed to each applicant. Following admission, students are assigned to a faculty advisor who assists with academic advising. Students are strongly advised to remain in communication with the Counselor Education Program (by attending group advising sessions and meeting with their assigned faculty advisor each semester) as well as with any licensing or credentialing boards related

to their area(s) of specialization (i.e., California Board of Behavioral Sciences, California Commission on Teacher Credentialing) since licensing and credentialing requirements may change. Catalog rights hold only degree requirements; they do not protect students from changes such as prerequisites required for a given course, field study hours, individual course requirements, or additional requirements imposed by licensing or credentialing agents. Students should note that the Counselor Education course listings are subject to modification.

## Minimum Units and Grade Requirement for the Degree

Units required for the MS: 60

Minimum Cumulative GPA: 3.0

## Advancement to Candidacy

Each student working toward a Master's degree must file an application for Advancement to Candidacy for the Master's degree. The purpose of this application is to provide certification to the Office of Graduate Studies that the student will complete or has completed the necessary requirements and acceptable electives for the Master's degree with a minimum 3.0 GPA. The Advancement to Candidacy application should be filed upon completion of 30 units in the program.

**Note:** Students must meet the Graduation Writing Assessment Requirement (GWAR) before advancing to candidacy.

The Advancement to Candidacy form will be made available to admitted students through Canvas. Students should complete the relevant form electronically in consultation with their assigned academic advisor. Once the form is endorsed by the student and the advisor, it will be verified by the Department's Graduate Coordinator and then forwarded to the Office of Graduate Studies for final approval. (The form is also available from the Office of Graduate Studies; however, it does not include the Departmental instructions). The completed form is submitted to the Department's Graduate Coordinator for signature, then forwarded to the Office of Graduate Studies for final approval. An Advancement to Candidacy must be on file prior to registration for culminating experience (EDC 500) and prior to submitting a Petition to Graduate to the Office of Graduate Studies.

For Counselor Education information please visit the College of Education: Master's Programs Website (<https://www.csus.edu/college/education/masters-programs/>) where you will find the Counselor Education webpage (<https://www.csus.edu/college/education/masters-programs/counselor-education.html>) and under the "Current Students" link, the Forms and Handbooks (<https://www.csus.edu/college/education/masters-programs/current-students.html>) page where you can obtain the Student Handbook. It is highly recommended that students read the Student Handbook.

**Program Requirements: (If new courses are being created as part of a new program, it will be useful to propose courses first.)**

## Program Requirements<sup>1,2</sup>

| Code   | Title   | Units |
|--|---|-------|
| <b>Required Courses for All Specializations (44 Units)</b> |   |       |
| EDC 210  | Multicultural/Ethnic Counseling                     | 3     |
| EDC 214  | Dynamics of Human Development                       | 3     |
| EDC 216  | Counseling Theory                                   | 3     |
| EDC 218  | Assessment In Counseling                            | 3     |
| EDC 219  | Group Processes in Counseling                       | 3     |
| EDC 231  | Diagnosis and Treatment Planning                    | 3     |
| EDC 233  | Substance Abuse and Addiction                       | 3     |
| EDC 244  | Trauma and Crisis Counseling                        | 3     |
| EDC 250  | Education Research                                  | 3     |
| EDC 252  | Legal and Ethical Issues in Professional Counseling | 3     |
| EDC 260  | Career Development                                  | 3     |
| EDC 280  | Practicum in Communication                          | 2     |
| EDC 475  | Practicum In Counseling                             | 3     |
| EDC 480  | Field Study In Counseling                           | 6     |
| Total Units  |   | 44    |

<sup>1</sup> Minimum GPA: 3.0

<sup>2</sup> *Academic Residence:* A minimum of 42 approved semester units in 100-, 200-, and 500-series offerings must be earned in residence at California State University, Sacramento.

## Concentration Requirements

### Marriage, Family, and Child Counseling (15 units)

| Code    | Title  | Units |
|---------|--|-------|
| EDC 212 | Gender Roles in Counseling                                   | 3     |
| EDC 234 | Seminar: Marriage and Family Counseling                      | 3     |
| EDC 254 | Counseling and Psychotropic Medicine                         | 3     |
| EDC 476 | Practicum in Marriage, Family and Child Counseling           | 1     |
| EDC 238 | Professional Issues in Marriage Couple and Family Counseling | 2     |

Elective: Select ONE of the following 3-unit courses: EDC 272 or EDC 242

|         |                                       |   |
|---------|---------------------------------------|---|
| EDC 272 | Counseling Children and Youth         | 3 |
| EDC 242 | Play and Art in Therapy with Children | 3 |

### **Culminating Requirement (1 Unit)**

All students in the M.S. in Counseling program must enroll in EDC 500<sup>1</sup> during their final semester in the program and complete the Counselor Preparation Comprehensive Examination (CPCE). Students must have an Advancement to Candidacy on file prior to enrollment in this culminating experience.

In order to pass this multiple choice examination, a student must meet the minimum criterion score set by the Counselor Education Program. Categories covered include:

- Human Growth and Development
- Social and Cultural Foundations
- Helping Relationships
- Group Work
- Career and Lifestyle Development
- Appraisal
- Research and Program Evaluation
- Professional Orientation and Ethics

<sup>1</sup> Department petition required the semester prior to enrollment.

**Attach the results of a formal survey in the geographical area to be served indicating demand for individuals who have earned the proposed degree and evidence of serious student interest in majoring in the proposed program:**

csus-annual-report-of-data-ay18\_191.pdf

Program Elevation to Concentration\_Curriculum Committee.docx

**Provide justification for any discrepancies between national/statewide/professional manpower surveys and local findings:**

This request is to move our existing specializations to formal concentrations. This program has been in operation for some time, this proposal is intended to elevate from specializations to concentrations. Please see our outcomes report from our 2018-2019 assessment information. During the 2008 recession, our faculty dwindled to the point that we lost CACREP accreditation due to low FTE numbers. Our program has been building back student numbers to a consistent 20 admitted and graduated per year, per specialty, for a total of 80 and in accordance with accreditation standards including FTE requirements set by CACREP for which we are seeking re-accreditation. Rehabilitation Counseling has maintained CORE accreditation which merged with CACREP in 2017, therefore it is our one accredited program.

**For graduate programs, the number of declared undergraduate major and the degree production over the preceding years of the corresponding baccalaureate program:**

There is no corresponding baccalaureate program.

**Professional uses of the proposed degree major program:**

State Licensure and Professional Certification: Licensed Marriage and Family Therapy; Licensed Professional Clinical Counselor; National Certified Counselor.

**The expected number of majors in:**

**1st Year Enrollment:**

20

**3rd Year Enrollment:**

20

**5th Year Enrollment:**

20

**1st Year Graduates:**

20

**3rd Year Graduates:**

20

**5th Year Graduates:**

20

**Please attach any additional files not requested above:**

Program Elevation to Concentration\_Curriculum Committee.docx

**Reviewer Comments:**

**Carlos Nevarez (nevarezc) (Mon, 14 Sep 2020 21:32:38 GMT):** Rollback: As suggested, please include modifications.

**Sarah Ives (sarah.ives) (Mon, 21 Sep 2020 21:43:36 GMT):** Rollback: requested rollback

Key: 490