



CALIFORNIA STATE UNIVERSITY, SACRAMENTO

COLLEGE OF EDUCATION
GRADUATE AND PROFESSIONAL STUDIES IN EDUCATION
COUNSELOR EDUCATION PROGRAM

Frequently Asked Questions

1. What are the specializations offered by the Counseling Program at Sacramento State University?

The Counseling Program offers four specializations: Career Counseling; Marriage, Couple, Family Counseling; School Counseling; and Rehabilitation Counseling. Graduates from any of these specializations are eligible for licensure in the state of California as an LPCC. Only graduates from the Marriage Couple Family Counseling Specialization are eligible for licensure in the State of California as an LMFT.

2. Will I follow a cohort sequence?

Yes, there is a cohort sequence to follow. A cohort sequence is a series of courses suggested to take by semester in order to complete your degree in the three-year time frame. Most of our courses are offered once a year, therefore the sequence provides direction as to which courses need to be taken during which period (e.g. fall/spring) and which year (e.g. year one, year two, or final year) in order to support the developmental structure of the course content.

3. What is a cohort?

A cohort is defined as a group of students who begin and work through a curriculum together in order to achieve the same 60 unit M.S. Degree in Counseling. The cohort system is structured in such a way that all counseling courses are organized in a developmental progressive sequence that allows students to develop and demonstrate acquired knowledge, awareness, and skills.

The cohort model allows for students to build relationships with peers in shared experiences throughout the program and within the experiential courses that provide opportunity for interpersonal growth. Often, these relationships that are formed continue post-graduation. The Counseling Community is a small tight knit community, both locally and nationally, therefore the cohort model fosters development of professional relationships and integrated approaches to wellness, prevention, and treatment.

4. Can I attend part time?

Yes, beginning in 2021 we developed a part-time sequence. Therefore, students will be admitted to a full time three-year cohort or a part-time four-year cohort. Students must adhere to their admitted sequence; if students have extenuating circumstances then they may petition the program for a change to their program cohort but there is not a guarantee this would be successful as it depends on available space. Additionally, the University requires that any master's degree be completed within a 7- year period.

5. What is CACREP?

The Council for Accreditation of Counseling & Related Educational Programs (CACREP) is a national accrediting body for counseling programs. Its goal is to ensure quality and high standards in counselor education. Programs accredited by CACREP have demonstrated a commitment to the counseling profession, ensuring they differentiate themselves from other helping professions, including psychology and social work. For more information about CACREP, please visit www.cacrep.org.

6. What is CTC?

The California Commission on Teacher Credentialing (CTC) is an agency in the Executive Branch of California State Government. It was created in 1970 by the Ryan Act and is the oldest of the autonomous state standards boards in the nation. The major purpose of the agency is to serve as a state standards board for educator preparation for the public schools of California, the licensing and credentialing of professional educators in the State, the enforcement of professional practices of educators, and the discipline of credential holders in the State of California.

7. What is BBS?

The Board of Behavioral Sciences is a California state regulatory agency, responsible for licensing, examination, and enforcement of professional standards for:

- Licensed Marriage and Family Therapists (LMFT) and Associates (AMFT)
- Licensed Clinical Social Workers (LCSW) Associates (ASW)



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- Licensed Professional Clinical Counselors (LPCC) and Associates (APCC)
- Licensed Educational Psychologists (LEP) [About the Board](#)

8. Is the Counselor Education Program at Sacramento State University CACREP Accredited?

The [Rehabilitation Counseling program](#) is CACREP accredited through October 31, 2021 and is in process of re-accreditation. Graduates of the Rehabilitation Counseling Program are considered CACREP graduates beginning July 1, 2017. The program was previously accredited by CORE since 1978 and became CACREP accredited due to the merger on July 1, 2017. The other programs are in process of initial accreditation.

The Counselor Education program has submitted the self-study in January of 2019 and the site visit scheduled for October 2020 was successful with a recommendation for accreditation; we are awaiting confirmation by the CACREP board which is expected to occur in January 2021. Once accredited, the accreditation is retroactive 18 months. The Career; Marriage, Couple, & Family; and School Counseling concentrations are awaiting this response. To check the status of a program accreditation, please visit [CACREP](#).

9. What is licensure?

Licensure allows individuals to practice a particular profession. For license eligibility, individuals must demonstrate that they have satisfied specific educational requirements, completed a regulated number of supervised internship hours, and passed licensing exams. Each state is responsible for licensing professionals and maintains its own regulations. In California, there are two types of licenses specific to counseling programs: Licensed Marriage and Family Therapist (LMFT) and Licensed Professional Clinical Counselor (LPCC). These licenses allow individuals to independently practice therapy in the State of California. The California Board of Behavioral Sciences (BBS) oversees all associate and licensed designations.

10. Is accreditation required for licensure?

In order to be licensed in the State of California as either an LMFT or LPCC, individuals must graduate from a regionally-accredited university. Sacramento State University is accredited by WASC, which fulfills this requirement. Program accreditation is not required for licensure in the state of California. Therefore, a program does not need to be CACREP-accredited in order for its graduates to qualify for licensure in the state of California (this is not true for all states, as some states either require CACREP accreditation or CACREP alignment and/or COAMFTE accreditation or COAMFTE alignment for MFT licenses).

Our programs are both CACREP aligned; the MCFC is both CACREP and COAMFTE aligned; and the School Counseling program is CACREP and CTC aligned and the courses meet the standards set out by those programmatic accrediting bodies. If you are planning to leave California and seek licensure in other states, such as the case for service members/military members, reach out to faculty for guidance and/or look up state Board requirements.

All students who graduate with an M.S. in Counseling from Sacramento State University are eligible for licensure in the State of California. All specializations in the Counseling Program at Sacramento State University has been evaluated by the California Board of Behavioral Sciences (BBS), and graduates from any specialization are eligible to become an LPCC. Additionally, the Marriage Couple Family Counseling Specialization (MCFC) has been evaluated by the BBS, and graduates from the MCFC Specialization are eligible to become a Licensed Marriage and Family Therapist.

11. Is the Marriage, Couple, & Family Counseling Specialization different than the MFT?

Although the license in California for professionals in marriage and family therapy is called an LMFT (Licensed Marriage and Family Therapist), the degree earned at Sacramento State University is the M.S. in Counseling with a Specialization in Marriage, Couple, Family Counseling. The title of the degree complies with CACREP accreditation standards and embodies the focus on counseling in the program, as opposed to psychology or other helping professions. The degree title is approved by the BBS for eligibility towards licensure. All graduates from the Marriage, Couple, Family Counseling Specialization at Sacramento State University are eligible to become a LMFT in the State of California.



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12. What is the difference between the LPCC and the LMFT?

The LPCC allows counselors in the State of California to provide therapy to individuals. LPCCs who also complete six units of MCFC coursework and 500 supervised direct client hours may also provide therapy to couples and families. The LMFT allows counselors in the State of California to provide therapy to individuals, couples, and families. LPCCs and LMFTs may both work in a variety of settings, including private practice, nonprofit organizations, community agencies, and hospitals. For more information about these licenses visit www.bbs.ca.gov.

[The Counselor Education program at Sac State has been evaluated by the California Board of Behavioral Sciences \(BBS\)](#) as meeting the LPCC licensure requirements, pursuant to California Business and Professions Code (BPC) [§4999.33](#)

13. Is the GRE required?

No, we are not requiring the GRE but we will ask for a writing sample and have a writing prompt as part of the screening process. No, the GRE would not help with a GPA below 3.0.

14. When do applications open/close?

The University Application (through the Office of Graduate Studies) due by December 18, 2020 and all program supplemental application materials are due by January 8, 2021. Faculty will review all files from the initial screening process and invite eligible applicants to Interview Day scheduled for February 19, 2021. Applicants will receive an invitation to Interview Day by early February. This schedule changes slightly each year. For more information, visit the [2020-2021 Counselor Education Catalog](#).

15. Is there a Spring Admission?

No we do not offer Spring Admission, we only offer Fall Admission. You will apply by December for the next academic year, beginning the following fall semester. Applicants for fall 2020 must submit their application by December 18, 2020 (supplemental by January 8, 2021) for a Fall 2021 start.

16. Will you help with site placement for field study/internship?

Yes, your specialty Coordinator will work with you on site-placements as you enter into your third year. The Counselor Education programs have partnerships in the Sacramento, and some surrounding, communities for which you will have the option of working within your specialty. Many of these partnerships are long standing relationships, and others have been vetted to ensure they can provide the appropriate supervision and experience within the specialty. Each fall/spring the Counselor Education program holds an Advising Night, which will orient students to these processes. Additionally, each Spring Advising Night is accompanied by a Site Fair, which provides students the opportunity to meet site contacts and inquire about each site and its population.

17. Are field study site placements paid?

A few are paid field study/internships however the vast majority are not paid. The experience on site accompanies the EDC 480 Field Study course and allows students to build expertise under supervision of both site-supervisor and the university supervisor, pulling on the expertise of both.

18. Are there scholarships available?

There are some scholarships available through various organizations such as NBCC as well as campus scholarships. The program makes every effort to advertise available scholarships through the Counselor Education Cohorts Canvas page for accepted students. CACREP accreditation will bring some more options for scholarships within the larger national organizations, which is part of why we are excited for this programmatic accreditation.

19. Will there be opportunities for research?

YES! Absolutely, once accepted you will have the opportunity to work with faculty on research. Look through faculty profiles for research interests.

20. Will there be opportunities to participate in local, regional, national, or international professional organizations?



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YES! Our faculty are involved in leadership in local, national, and international organizations and actively involved in both research and presentation of research in professional organizations such as: California Association for Licensed Professional Clinical Counselors (CALPCC); The European Branch of the American Counseling Association (EB-ACA); California Association for Marriage and Family Therapists (CAMFT); and the Western Association for Counselor Education and Supervision (WACES) to name a few. Look through faculty profiles for leadership and research interests.

21. Do you have a Counselor Education and Supervision doctorate?

We have put forth a proposal for a joint Mental Health doctorate with Counselor Education and School Psychology that would have two tracks: Counselor Education and Supervision (CES) & Educational School Psychology. This proposal is awaiting approval of the CSU Chancellor and will require the approval of the California Legislature. We are hopeful it will come to fruition soon.

22. Can I take classes without being admitted into the program?

No, all MS Counseling courses (EDC) are only offered to classified students accepted into the counseling program within one of the specialties.

23. Do I need a 3.0 GPA?

The faculty review committee will view all applications even if it does not meet the program GPA requirement. We will view all applications and can make a determination based on viewing all applications and submitted materials holistically. The counseling programs are highly competitive, therefore it is recommended to bring up your GPA.

Beginning spring 2021, we will offer two courses through the CSUS College of Continuing Education, they are the two EDUC courses (EDUC 155 & 156) which may be worth investigating to raise a low GPA. These EDUC classes are undergraduate courses required for the Counseling minor.

24. Do you offer dual specialization? Can I do my MFT and PPS at the same time?

No, we do not currently offer dual specializations. Due to the nature of the specialization programs and field work requirements, the dual specialization is not practical and therefore not admitted. We are however, working on a dual specialization process that would meet all programmatic and specialization requirements.

We do offer a [PPS track](#) which consists of 15 units and is only offered to graduates of the counseling program that graduated in a specialization other than school counseling. For those other specializations that are wanting to pursue an MFT license will be required to take the appropriate courses necessary, the Specialty Program Coordinators will be able to advise students seeking these licensing or credentialing options.

25. Is the CBEST required for admission to the program?

California Basic Educational Skills Test (CBEST): Although evidence of passing the CBEST is NOT required for admission into the Pupil Personnel Services Credential programs, the CBEST must be successfully passed prior to receiving the Pupil Personnel Services Credentials.