

1. 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.

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. Is the program online?

- a. No, we are a face-to-face, in-person, program.

4. Can I attend part-time?

- a. No, at this time the program is a full-time, 3-year, fall/spring program with no summer classes.

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

8. 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.

9. 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.

10. 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

11. 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 <https://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

12. 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.

13. When do applications open/close?

- a. Application is open from October through January each year for fall admission. Our Interview Day is each February. Due to the competitive nature of our program, a select number of applicants from the primary screening are invited to Interview Day.

14. Is there a Spring Admission?

- a. No, we only admit each fall.

15. What is Interview Day?

- a. We have a holistic measure of applicant knowledge, skills, and dispositions. We have both a primary and secondary screening process to assess the measures. The secondary measure is in-person during our Interview Day. We do not offer virtual options, all selected applicants will need to be part of the Interview Day which is a day-long assessment process.

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

Yes, the Fieldwork 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 spring, as part of the Spring Symposium, the Counselor Education program holds an Orientation to Fieldwork and Site Fair. The Site Fair 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?

While the College of Education does have scholarships, the Sac State campus has many options available as well. Furthermore, there are some scholarships available through various organizations such as the National Board for Certified Counselors (NBCC) as well as Chi Sigma Iota (CSI) and program scholarships and grants. The program makes every effort to advertise available scholarships through the Counselor Education Cohorts Canvas page for accepted students.

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?

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); The American Counseling Association (ACA); 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 an Ed.D in Counselor Education and Supervision (CES). 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. 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.

25. Do you offer dual specialization?

We are in process of working on a dual specialization process but it will require extra courses and an additional fieldwork experience. More info to come soon!