



# **Professional Counseling Psychology Student Handbook Hybrid Program**

**11200 SW 8th Street Miami, FL 33199**

**Phone (305) 348-7076**

**Fax (305) 348-3879**

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## Professional Counseling Psychology: Faculty & Staff

Dana McMakin, Ph.D.  
Professor, Psychology Department Chair  
Email Address: [dmcmakin@fiu.edu](mailto:dmcmakin@fiu.edu)

### **Core Faculty**

Kristin A. Nichols-Lopez, Ph.D., LMHC  
Program Director, Associate Teaching Professor  
Email Address: [knichols@fiu.edu](mailto:knichols@fiu.edu)

Jessica Robb Mazzant, Ph.D.  
Assistant Program Director, Associate Teaching Professor, Online Field Placement Coordinator  
Email Address: [jrobb@fiu.edu](mailto:jrobb@fiu.edu)

Cristina T. del Busto, Ph.D.  
Assistant Professor, Hybrid Field Placement and Program Coordinator  
Email Address: [pcp@fiu.edu](mailto:pcp@fiu.edu); [cdelbust@fiu.edu](mailto:cdelbust@fiu.edu)

Meghan Owenz, Ph.D.  
Associate Professor, Hybrid Field Placement  
Email address: [mowenz@fiu.edu](mailto:mowenz@fiu.edu)

Maureen Kenny, Ph.D.  
Professor, Associate Chair of Academic Personnel and Diversity  
Email Address: [kennym@fiu.edu](mailto:kennym@fiu.edu)

Paulo Graziano, Ph.D.  
Professor  
Email Address: [pgrazian@fiu.edu](mailto:pgrazian@fiu.edu)

Yasmin Rey, Ph.D., LMHC  
Research Scientist, Center for Children and Families  
Email Address: [yrey@fiu.edu](mailto:yrey@fiu.edu)

Rachel Ritchie, Ph.D., LMHC  
Associate Teaching Professor, Director of Undergraduate Studies  
Email Address: [rritchie@fiu.edu](mailto:rritchie@fiu.edu)

Rosemary San Nicolas, LMHC, BCBA  
Assistant Teaching Professor  
Email Address: [sannicor@fiu.edu](mailto:sannicor@fiu.edu)

Elisa Trucco, Ph.D.  
Associate Professor  
Email Address: [etrucco@fiu.edu](mailto:etrucco@fiu.edu)

Paige Telan, Ph.D., LMHC  
Teaching Professor  
Email Address: [telanp@fiu.edu](mailto:telanp@fiu.edu)

### **Contributing Faculty**

Erica Musser, Ph.D.

Associate Professor

Email Address: [emusser@fiu.edu](mailto:emusser@fiu.edu)

Maria Reid, Ph.D., LMHC

Assistant Teaching Professor

Email Address: [mreid@fiu.edu](mailto:mreid@fiu.edu)

Belky Schwartz, Psy.D., LMHC

Adjunct Professor

Email Address: [beperez@fiu.edu](mailto:beperez@fiu.edu)

Robbert Langwerden, Ph.D.

Adjunct Professor

Email Address: [rlangwer@fiu.edu](mailto:rlangwer@fiu.edu)

### **Staff**

Jacqueline Pena

Psychology Department Office Manager

Email: [jmpena@fiu.edu](mailto:jmpena@fiu.edu)

Marta Torres

Director Program Administration, CASE Dean's Office

Email: [torremar@fiu.edu](mailto:torremar@fiu.edu)

# Professional Counseling Psychology: Introduction

The information contained in this Handbook is designed to guide students through the educational and clinical training experience requirements necessary for completing the master's degree in psychology with a specialization in counseling, and for obtaining eligibility for a license as a Mental Health Counselor as outlined in Florida Statute 491. The degree requirements for the Counseling Psychology Master's program are designed to be consistent with the state licensure requirements, however, the Board of Clinical Social Work, Marriage & Family Therapy and Mental health Counseling meets several times annually and may change the rules outlined in Chapter 491 at any meeting. It is recommended that all students obtain a copy of the Florida Statutes (Laws and Rules) governing the profession. Students should stay current with changes and new information by maintaining contact with the Florida Board.

Division of Medical Quality Assurance  
Board of Clinical Social Work, Marriage and Family Therapy and Counseling Psychology  
4052 Bald Cypress Way  
Tallahassee, Florida 32399-3258  
<http://floridasmentalhealthprofessions.gov>  
(850) 245-4474

It is recommended that Students join the Florida Mental Health Counselors Association (FMHCA), which offers important information regarding upcoming changes in the laws and rules as well as other vital information. Their website is <http://www.fmhca.org/>

It is also suggested that students planning to have a career in Psychology and Counseling join the American Counseling Association and the American Psychological Association. They both offer student memberships, many discounts, publications, etc. and they offer student liability insurance.

ACA Membership Services: 800-347-6647 x. 222; <http://www.counseling.org/>

APA Membership Services: 800-374-2721; <http://www.apa.org/students>

Student Liability Insurance can be obtained through, Healthcare Providers Service Organization: [www.HPSO.com](http://www.HPSO.com)

## **You are responsible for the material in this handbook**

Most of the counseling program policies and requirements are explained in the Student Handbook –please read all of it; you are responsible for all of it. You will be asked to sign a form, indicating that you have read all the materials and understand that you are responsible for knowing and complying with program requirements.

# Informed Consent

## Description of Course Expectations and Program Experiences

The course content and experiential activities in the Professional Counseling Program (PCP) are designed to afford students the opportunity to advance their personal, intellectual, and professional development. Throughout the program of study, you will be expected to receive and integrate feedback concerning your personal, academic, and professional strengths, limitations, and performance as a counselor.

The expectations of the counseling curriculum are that you will explore and recognize the effect that your personal beliefs, values, issues, emotions, and behaviors have on your ability to function as a counseling professional. Students in the Counseling Psychology Master's Program are encouraged to seek out experiences for personal growth and reflection (i.e., personal counseling), many of which are offered online, while in the program to assist in this self-reflective process. This service is offered free of charge for students at the FIU Counseling Center.

The various teaching methods, courses, practica, and internships will require that you develop and demonstrate your counseling skills as you work with other students in role-play scenarios and with clients in actual counseling sessions. You will be required to share audio and/or video tapes of these sessions with your supervisors, instructors, and peers for feedback. In addition to technical feedback about your developing counseling and interviewing skills, you will be asked to examine your behaviors, beliefs, and emotions consistently and systematically in relation to your counseling activities and experiences.

## Student Responsibilities

It is the student's responsibility to know and follow the American Counseling Association Code of Ethics. According to the Code, counselors-in-training have a responsibility to adhere to the laws, rules, and policies that govern professional behavior at the placement setting. Furthermore, students have the same obligation to clients as those required of a professional counselor.

## Impairment and Remediation

If, in the professional judgment of a supervisor, instructor, or faculty member, a student's behavior is deemed substandard, unethical, illegal, and/or professionally unbecoming at any time during training, a student may be referred for faculty review and remediation. At that time the Faculty Review Committee will be called to review the performance evaluations, record, and behavior of the student and will make recommendations as to whether the student should refrain from providing counseling services and/or develop a plan for remediation (see appendix in manual for full explanation of policy).

The [2014 American Counseling Association Code of Ethics](#) provides the foundation for our ethical standards. Section F.9.b states that "Counselor educators do the following 1) assist students in securing remedial assistance when needed, 2) seek professional consultation and document their decision to dismiss or refer students for assistance, and 3) ensure that students have recourse in a timely manner to address decisions requiring them to seek assistance or to dismiss them and provide students with due process according to institutional policies and procedures."

## Attestation Statement

*I am willing to adhere to the principles, requirements, and student responsibilities as described. I have also read the description of course requirements and program experiences required in the curriculum for the program. I am willing to participate fully in the courses and requirements of the Professional Counseling Program. I further understand that a course grade of B- or better and a GPA of 3.0 or higher must be obtained to progress in, and graduate from, the program.*

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Student Name

---

Signature & Date

## PCP Terms and Conditions of the Program

This Agreement specifies the terms and conditions under which the School of Integrated Sciences and Humanity of Florida International University will offer a professional program for students seeking a Master of Science in Psychology with a concentration in Counseling Psychology. Each student participating in the program must accept the terms and conditions outlined below prior to starting their first semester.

### Cohort Integrity

1. The program structure is that of lockstep, cohort program. Students need to adhere to program schedule at all times.
2. The consequences for skipping or unsatisfactorily completing a course or program component include, but are not limited to:
  - a. one course forgiveness- proceed with the current cohort through determined course sequence and re-take the identified course (in addition to all other courses taken by the cohort) the next time it is offered. Forgiveness will only be allowed for one course. Unsatisfactory completion of more than one course will be cause for dismissal from the program.
  - b. one course forgiveness - withdraw from current cohort and join the students in the following year to repeat the failed course when the course is offered again, should the program be offered. Forgiveness will only be allowed for one course. Unsatisfactory completion of more than one course will be cause for dismissal from the program.
  - c. automatic dismissal from the program with an option to re-apply for the next admission term.

It is at the discretion of the Faculty Review Committee which of the delineated consequences will apply. Decisions are made on a case-by-case basis and will be communicated to the student in writing.

### Curriculum

- *Credits*. This is a 60-semester hour, lock-step graduate program. The program consists of 6 semesters (3-4 courses per term).
- *Clinical Experience Hours*. Students are required to complete clinical experience hours as outlined by the program. If a student is unable to complete these hours according to their semester requirements, the student will be considered non-compliant with program requirements and may be withdrawn from the program. Students must receive a passing grade in the clinical experience course(s) each semester before moving forward with each step in the clinical training process. This includes both Practicum and Internship courses.
- *Location and Scheduling of Course Offerings*. All of the program courses will be offered in hybrid or online formats. Some courses will be hybrid (meaning all students attend an online platform at the same time), some courses will be asynchronous (meaning students will do work flexibly, though there will be set content and assignment deadlines), and some courses will be a blend of the two approaches.
- *Maintenance of Good Standing*. To remain in good standing in the program students must maintain a 3.0 (out of 4.0) grade point average during their studies. Additionally, students must obtain a grade of B- or better in all their courses. If a student receives a failing grade (i.e. a grade of C+ or lower) the student may be placed on remediation or dismissed from the program (see section on cohort integrity). Students whose GPA falls below a 3.0 will be given a warning, probation, and/or dismissal as outlined below.
  - a) *Warning*: A PCP student whose cumulative GPA falls below 3.0 will be placed on warning

for the following term. Warning indicates academic difficulty.

- b) *Probation*: A PCP student on warning whose cumulative GPA remains below the 3.0 after the next term will be placed on probation. Such a student will have one semester to raise his/her cumulative GPA to 3.0 or above. Probation indicates serious academic difficulty.
- c) *Dismissal*: A graduate student on probation who does not improve his/her cumulative GPA above the 3.0 level during the next term will be automatically dismissed from the program. The dismissal is for a minimum of one year. After one year, the student may apply for readmission to the University in the same or different program.

### **Expectations for Student Professional, Personal, and Academic Development**

In addition to their academic performance, students will be evaluated throughout the program on three criteria:

1. Ability to understand and adhere to the counseling profession's professional and ethical standards of behavior;
2. Ability to demonstrate adequate counseling skills and competencies; and
3. Freedom from any barrier that affects the student's ability to provide effective professional counseling.

If at any time, one or more of these expectations are not being met, the student will be referred for Remediation (see Remediation Policy). Students deemed unable to complete the required coursework, practicum, and/or internship due to failed remediation efforts will be dismissed from the program.

### **Acceptance of Terms and Conditions**

*I, \_\_\_\_\_, have read, understand, and accept the terms and conditions stated above in this Agreement and in the accompanying Program Handbook. I understand that changes may be made based on changes in university policies and State of Florida laws, rules, and regulations.*

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Signature

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Date



# Student Survival Guide & Tips

## Contact Information: email, phones, and addresses

The Professional Counseling Program, and the psychology department in general, depend on e-mail as the main method of communication. You must use your active FIU e-mail account and have it registered with the Counseling Program Office, your Practicum/Internship site when applicable, and the Department Main Office. This email must be checked daily. It is your responsibility to ensure that you receive important communications. If your contact information changes at any time during the course of completing the program please fill out the contact information page found in the Program Forms, and turn into the following people:

PCP Program Coordinator

Practicum/Internship site (when applicable)

## Disability/Impairment Issues

If you have any impairment, including a temporary impairment, due to health, psychological, family, or personal reasons, understand that it is your responsibility to let those who supervise you know of your disability/impairment. Personal problems do not “excuse” you from conducting yourself in a professional manner (e.g. meeting clients on time, showing up for class, etc.). Faculty, instructors, and supervisors are willing to make reasonable accommodations, if they are consulted in a timely manner.

If you have a more extensive disability (e.g. Learning Disability, a physical or mental health condition) that may affect your academic, research, or clinical performance, you should consult with the Disability Resource Center. Reasonable accommodations can be made if a disability is documented but needs to be done “before” a problem occurs not after.

Contact information for the Disability Resource Center is as follows:

Modesto Maidique Campus GC 190

Phone: 305-348-3532

Fax: 305-348-3850

drc@fiu.edu Monday - Friday: 9:00 AM - 5:00 PM

## University Graduate School (UGS)

Florida International University's Graduate School assists both prospective and current graduate students in the pursuit of graduate-level programs of study.

At the UGS website you can find information and forms for many things, including but not limited to:

- Time limits for Graduation
- Transfer Credit Limits
- Leave of Absence
- Graduation
- Graduate Student Catalog
- Graduate Policies & Procedures

Please take some time to visit their website (<http://gradschool.fiu.edu/>), as you will find it useful for addressing many different issues. The UGS website also includes important deadlines for graduate students. All the information in this section is found in the Graduate Course Catalog. It is highly recommended that you review a copy of the Graduate Course Catalog.

## **Academic Calendar**

It is important that you stay up to date with university dates and deadlines. You can find all important University deadlines are available on the Academic Calendar. This is the same calendar that faculty, instructor, and administrators use to plan their courses. The academic calendar also includes dates in which the University is closed (i.e. holidays). You are responsible for obtaining a copy of the academic calendar and adhering to the university's deadlines for registration, drop/add, graduation application, etc.

## **Syllabi**

It is important that you keep all your syllabi from all your graduate courses!!! You may need to use your syllabi as evidence that you have covered a specific content area as part of one or more courses when applying for licensure. Thus, it is important to keep a copy of your course syllabi for ALL graduate level classes. You may need your syllabi when you register to become an intern with the State of Florida. You can also find brief descriptions of our courses in the graduate catalog, student program manual, and program website.

## **Emergency Information**

In the event of any type of emergencies, we would like our students to be prepared. Our main concern is the safety of our students! Please become familiar with the University's policies in cases of emergencies. FIU's Office of Emergency Management has information to help you personally prepare for emergencies (including hurricanes), as well as notify the university community about any emergencies. Please visit the Office of Emergency Management Website.

They will provide you with definitions of emergencies, notification procedures, and resources. Some quick resources include:

- FIU's emergency hotline : 305-348-HELP (available 24/7)
- FIU's emergency website: [www.fiu911.org](http://www.fiu911.org) (goes live as soon as the university has declared an emergency situation)
- FIU Alert is an emergency notification system used to notify the FIU community of any imminent or immediate threat to life safety. It is designed to reach as many people as possible in a timely manner while also maintaining redundancy should one or several of the methods fail. Students who are in cohort programs must log into <http://my.fiu.edu> (instructions) and provide their cell phone number to receive FIU Alerts.

## **Ethics**

Your professional training at FIU includes becoming socialized to the role of a counselor. As a counselor in training, you must conduct your clinical, and personal activities in a manner that is consistent with the American Counseling Association (ACA) ethics guidelines and standards. As a graduate student (effective immediately) you are required to know and abide by the ACA ethics guidelines and standards. You may download a free copy of the guidelines at any time by going to the ACA website.

## Professional Conduct

Counseling students are in a professional training program and are expected to behave in a professional manner throughout their training. Examples of unprofessional behavior include frequently arriving late for classes, supervision, clinical appointments with clients, or other professional meetings; inappropriate dress during clinical activities. Evidence of unethical behavior in research, clinical work, or classes (e.g. cheating on exams, or plagiarism, unethical or inappropriate behavior at practicum site) will be dealt with according to the policies of the university.

Students violating professional conduct policies may be referred for remediation, which could lead to dismissal from the program.

### PROFESSIONALISM EXPECTATIONS

#### *Professionalism during University Supervision*

- **Punctuality & Attendance**
  - Attend each supervision session and **be on time**.
  - Notify the class instructor **before class begins** if you must be absent by email or by cell phone. Follow-up with classmates regarding missed content
  - Submit all assignments by indicated due date.
- **Communication**
  - Initiate communication with supervisors using one modality (i.e., email, phone, or text) at a time.
  - Allow supervisors 24 *business* hours to respond to communications.
- **Email Communication**
  - Be professional in email communication, utilizing appropriate titles for the recipients, keeping emails polite and brief (avoid overcommunicating via email) be clear in your requests, use proper openings and closings, and proofread messages before sending.
  - Note all university emails can be audited and used as documentation in legal or remediation cases.
- **Presence in Supervision**
  - BE PRESENT, ATTENTIVE, AND ENGAGED during supervision.
  - Turn your cell phones off or set to an inaudible alert during group supervision to avoid distracting others. If you have a personal situation (e.g., a sick child) that may lead to you accepting a call during supervision, please let us know in advance.
  - Laptops **should not** be used during face-to-face supervision, except when a student is pulling up documentation or recordings for a case presentation.
- **Receptivity to Feedback & Multiple Perspectives**
  - Ask questions and seek out consultation as needed.
  - Be receptive and open to supervisor and peer feedback.
  - Be respectful of others' perspectives & opinions.
- **Adherence to Codes of Conduct**
  - Adhere to ACA Code of Ethics and APA Ethical Standards
  - Adhere to all Florida legal statutes related to counseling in a clinical or educational setting
  - Adhere to all FIU policies for graduate students.
  - Adhere to all policies and procedures outlined in the FIU Professional Counseling Psychology program Practicum & Internship Handbook.
  - Immediately notify Faculty Supervisor of violations of university policy and/or ethical concerns.

## ***Professionalism On-Site***

- **Punctuality & Attendance**
  - Treat your site as you would an employer.
  - Demonstrate punctuality and attendance. Be on site during agreed upon hours with Site Supervisor.
  - Notify your Site Supervisor in a timely manner via their preferred contact method if you must take time off from the site due to illness, emergencies, vacations, or other reasons.
  - Note you are responsible for making up any missed hours to meet the hours requirements by the end of the semester.
  - Cancel client sessions as needed, again notifying clients in a timely manner and rescheduling their sessions as soon as possible.
  - Submit all course documentation and client records in a timely manner.
- **Communication**
  - Initiate communication with supervisors and placement site staff using one modality (i.e., email, phone, or text) at a time.
  - Allow supervisors and staff 24 *business* hours to respond to communications.
- **Email Communication**
  - Be professional in email communication, utilizing appropriate titles for the recipients, keeping emails polite and brief (avoid overcommunicating via email) be clear in your requests, use proper openings and closings, and proofread messages before sending.
  - Note emails can be audited and used as documentation in legal or remediation cases.
- **Presence on Site**
  - When on site, you should be engaged in activities related to your clinical placement experience. Do not complete homework or outside activities while on site.
- **Receptivity to Feedback & Multiple Perspectives**
  - Ask questions and seek out consultation as needed.
  - Be receptive and open to supervisor and peer feedback.
  - Be respectful of others' perspectives & opinions.
- **Adherence to Codes of Conduct**
  - Adhere to ACA Code of Ethics and APA Ethical Standards
  - Adhere to all Florida legal statutes related to counseling in a clinical or educational setting.
  - Familiarize yourself with and adhere to the placement site's policies and procedures.
  - Immediately notify Faculty Supervisor of violations of university policy and/or ethical concerns.

## **USE OF SOCIAL MEDIA**

Use good judgment when utilizing social media at any point during your practicum and internship. Your actions and statements can impact not only yourself but also others in the Professional Counseling program, your clinical placement site, and FIU. Please bear in mind that posts on social media may be replicated quickly, be taken out of context, and will remain public for an indeterminate amount of time. (Adapted from

Stanford University Communications). Students are expected to adhere to the ACA Code of Ethics section H.6. regarding social media usage throughout Practicum & Internship.

# Program Curriculum

## Description of Curriculum

**Goals:** To prepare students for the independent and licensed professional practice of mental health counseling.

Our program focuses on providing students with a solid foundation in Counseling Psychology, and opportunities for specializing in a range of clinical problems and diverse populations.

## Objectives:

- To offer courses that emphasize an evidence-based structure for customizing the therapeutic relationship (ESR's) and treatment methods (EST's) to individual clients.
- To offer courses and clinical training that fulfill the master's degree requirements for a Florida license in Mental Health Counseling.
- To facilitate students' growth toward a professional identity that focuses on development of counselor competencies, cultural awareness, and ethical standards in line with the and ACA Codes of Ethics.
- To offer students an opportunity to specialize in a particular clinical problem and specific population through faculty guided research and selected clinical training experiences.
- To facilitate students' recognition of what qualifies as evidence of effective "best practice" through the instruction of, and exposure to, methods of outcome research designed to
  - tailor the therapeutic relationship
  - develop appropriate treatment goals,
  - implement effective evidence-based treatment and
  - measure treatment outcome.
- To provide instruction & skills training to enable students to utilize applied behavioral science and counseling theories, and evidence-based methods and techniques, for the purpose of
  - describing,
  - preventing, and treating psychological problems, *and*
  - enhancing mental health and human development.

## COURSEWORK

All coursework is completed in sequence following an eight-semester academic plan.

### CLINICAL TRAINING (15 credit hours)

**Requirements for the completion of the 840 hours of clinical experience follow the CACREP guidelines for practicum and internship and CACREP standards for clinical instruction.**

- 240 hours of practicum
- 600 hours of internship
- Forty percent of clinical work is in direct client contact.
- Trainees must receive 1 hour of individual supervision per week (typically provided by site supervisor) and
- 1 ½ hours of group supervision per week (typically provided during class by a faculty supervisor) by a qualified mental health professional.
- Formal evaluation of student's performance.

#### **CLP 6945 Clinical Practicum (3)**

##### **Prerequisite: Admission to program**

This is the first semester of supervised experience in clinical techniques and methods. Topics include basic overview of ethics, professional identity, basic interviewing skills, and group supervision. Assessment, clinical interviewing and case presentation methods skills are covered.

#### **CLP 6943 Advanced Clinical Practicum (6)**

##### **Prerequisite: Completion of CLP 6945**

This is the second and third semester of the supervised clinical practicum where students are given the opportunity to sharpen basic counseling skills through their work with clients. Tapes & transcriptions of counseling sessions are shared for peer review and feedback during group supervision. Counselor counter transference issues are introduced and reviewed.

#### **CLP 6948 Clinical Internship (3)**

##### **Prerequisite: Completion of CLP 6945 and CLP 6943**

Supervised Clinical experiences in which students are engaging in individual, group, and family counseling/ psychotherapy sessions. Course focus is on the development of a professional identity through individual and group exercises designed to promote self-awareness and insight pertaining to becoming a professional counselor/therapist.

#### **CLP 6949 Advanced Clinical Internship (3)**

##### **Prerequisite: Completion of CLP 6948.**

Advanced supervised clinical experiences in which students are engaging in individual, group, and family counseling/psychotherapy sessions including treatment planning and implementation. Students will have the opportunity to develop an in-depth case study and advanced case conceptualization based on a specific client and clinical problem, thereby demonstrating the development of a treatment plan and implementation, application of a clinical intervention or treatment of the problem, and treatment outcome.

**Location of Practicum and Internship.** Students will complete their practicum hours at FIU's Center for Children in Families during Year 1. Students will ultimately be responsible for interviewing for and securing an internship site(s) in year 2 at which they will receive their supervised clinical training experience. Students will be provided with a listing of approved affiliated internship placement sites as a starting point. Additional sites identified by the student will be vetted by the program administration and the University affiliation agreement must be executed before placements are finalized. The student will be invited to work with the PCP program administration on identifying a practice site(s) and will attend two interviews at sites selected by the program. Practicum and Internship sites must have an identified, licensed supervisor who agrees to provide the required, weekly supervision (minimum 1 hour), and the site must agree to allow therapy sessions to be recorded. It is advised that students complete both their internship experience at the same practice or site; however, if there is compelling reason why the student should have different experiences, then this may be approved by the faculty supervisors of the respective courses and Program Director. Students will typically interview with an identified site to determine fit, acceptance, and site alignment with program requirements. Ultimately, it is the decision of the site to accept a student intern. Prior to beginning the supervised clinical experience, a signed agreement among the PCP program, the student and the site supervisor must be executed. The requirements of this agreement will be continually evaluated during clinical training to ensure that a high-quality experience that meets requirements is being experienced by all parties. Further guidance and specifics will be provided as the student approaches the time for this program requirement.

### **Comprehensive Exam**

In addition to coursework and clinical training requirements, students are required to receive a passing score on the Counselor Preparation Comprehensive Examination (CPCE), and each individual subtest, to become eligible for graduation. A passing score is defined as within one standard deviation (SD) of the mean on each subtest and on the overall score. The CPCE exam is a 160-question multiple choice exam administered by the National Board for Certified Counselors (NBCC). If a student scores below 1 SD on 3 or fewer content areas, they will be required to submit an assignment to demonstrate mastery of each content area with a low score. If the student scores below 1 SD on 4 or more content areas, the exam must be repeated at the student's expense. If the student does not pass on the second attempt, then the program will require the student to enroll in independent study to initiate a comprehensive examination of any and all areas deemed below passing. This course will be created by program and/or departmental content experts and graded by program faculty. Failure to pass the independent study will result in termination from the program. Passing the comprehensive exam in a timely manner is the responsibility of the student, and any delay in graduation is a natural and logical consequence of unsuccessful completion of the aforementioned exam(s).

## Course Descriptions

### **PCO 6206 Principles & Practices of Counseling & Psychotherapy (3):**

**License Content Area:** *Counseling Theories and Practice*

This course reviews counseling theories and advanced practice with a focus on patient assessment, case conceptualization, treatment planning, and measurement of treatment outcome. This course will also guide students through the development of an advanced case conceptualization and a personal approach to counseling and psychotherapy based on methods of psychotherapy integration.

### **CYP 6536: Principles & Methods of Psychological Consultation (3):**

Core Psychology Course

This course provides an introduction to basic counseling skills and theories and looks at variables of the counselor- client relationship and the stages of counseling and psychotherapy. The course will help students develop an understanding of how theoretical perspectives of counseling and psychotherapy approaches can be applied to patients' presenting problems, the development of treatment goals and therapeutic intervention (e.g., basic strategies and techniques).

### **PCO 6945: Case Conceptualization for Counselors (3):**

Core Psychology Course

This course will provide instruction and guidance for completing the advanced case conceptualization. The project for this course will result in a paper and formal presentation of a clinical case the student has treated at the Internship Site. A formal evaluation of the Written Content, Oral Communication, and Content Knowledge will be completed by faculty. Students will develop literature reviews, identify evidence-based assessments and interventions used to treat a particular clinical problem, develop treatment plans, and be able to measure and evaluate treatment outcomes of a clinical case while identifying ethical and cultural considerations involved with treatment.

### **DEP 5068 Applied Lifespan Developmental Psychology (3):**

**Licensing Content Area:** *Human Growth and Development*

This course surveys contemporary and classic themes and issues in developmental psychology that are relevant to front-line clinicians in the practice of mental health counseling. Application of developmental theories, and principles of learning and personality development will be covered to assist students in assessing clients from a developmental perspective, and to facilitate an understanding of how theory and research can be translated into professional "best-practice" clinical intervention. Several domains of development including social, emotional, neural, and cognitive development across the lifespan from early childhood through adulthood will be explored in the context of cultural and systemic influences on human growth and change. Developmental psychopathology will be examined along with some specific evidence-based interventions used to treat emotional and behavioral problems. Research-based knowledge applied to the facilitation of optimal development and wellness over the lifespan will also be addressed.

### **CLP 5166 Advanced Psychopathology (3):**

**Licensing Content Area:** *Psychopathology*

In this course students will gain knowledge and understanding of psychopathology, its symptoms, diagnosis, and treatment. Students will become familiar with the DSM-IV-TR, used to describe psychological disorders. Cultural and medical issues will be covered as relevant to the diagnosis of a particular disorder. Students will learn to classify psychopathology using the DSM-IV-TR, and gain an understanding of cultural variants in diagnosis and treatment.



**CLP 6498 Diagnosis & Treatment of Sexual Disorders (3):**

**Licensing Content Area:** *Human Sexuality*

This course focuses the recent theory and research pertaining to sexual disorders and treatment. The course will offer an in-depth clinical examination of sexual functioning, emphasizing disorders of gender identity, paraphilias and other dysfunctions of intimacy problems.

**CYP 5534 Groups as Agents of Change (3):**

**Licensing Content Area:** *Group Theories*

This course provides an overview of theoretical concepts and research findings relevant to group psychotherapy. The course covers therapist issues, patient election criteria, group structuring, and basic therapeutic techniques. Students will acquire basic skills in leading group therapy sessions and dealing with difficult situations through experiential exercises.

**CLP 6436 Introduction to Psychological Assessment (3):**

**Licensing Content Area:** *Individual Evaluation and Assessment*

This course provides an overview of the principles and methods underlying the administration, construction and evaluation of psychological tests and measures. Students will become familiar with the instruments available for assessment and measurement along with strategies for selecting, administering, and interpreting assessment and evaluation instruments. Ethical and legal considerations will also be reviewed.

**CLP 6449 Career Development in Adolescence & Adulthood (3):**

**Licensing Content Area:** *Career and Lifestyle Assessment*

This course provides an overview of career development and other life factors relevant to adolescence and adulthood. From a lifespan developmental perspective. Issues related to research and proven strategies for working with clients in all stages of their career will be reviewed. Career and lifestyle assessment instruments and techniques will also be presented. The interrelationships among and between work, family, and other life roles and factors including the role of diversity and gender in career development will also be examined.

**CYP 6526 Psychology Research Methods and Program Evaluation (3):**

**License Content Area:** *Research*

This course provides an overview of the methods and principles of psychological research methods and program evaluation of human service programs. It surveys the methods available for clinical research (e.g., random clinical trials, single case design) and the application of the basic principles of such methods. Student will become familiar with conceptualizing, designing, consuming and writing a research and program evaluation project.

**CYP 6766 The Psych of Cross-Cultural Sensitization (3):**

**Licensing Content Area:** *Social and Cultural Foundations*

This course will offer a series of weekly seminars to increase student sensitivity to working with clients from different cultural backgrounds to: (1) to facilitate awareness of cultural differences and their impact on social and human service delivery, services (2) identify students own personal biases and values and (3) to help students develop culturally appropriate intervention skills.

**CYP 6936 Current Issues in Community Psychology (3):**

**Licensing Content Area:** *Counseling in Community Settings*

This course provides an in depth examination of research and practice in the area of community psychology with issues related to preventing mental health disorders and promoting mental health and wellness. The

course will look at the design and implementation methods used to implement program and policies that build and strengthen communities. Topics include prevention, change strategies, social support, empowerment of client populations, self-help and non-professional helpers, outreach, social justice, and social policy.

**PSB 6247 Biological Basis of Behavior (3):**

Core Psychology Course

Emphasizes the biological dimension of human behavior and demonstrates the need for counselors to have a knowledge of biological mechanisms of human behavior. Explains how certain biological structures and disorders are related to specific behavioral problems and presents implications for the counseling profession.

**PCO 5311 Theory, Research, & Treatment of Addictive Behavior (3):**

**Licensing Content Area:** *Substance Abuse*

This course provides an overview of the latest theory and research findings that pertain to the process and development of addictive behavior and the stages and mechanisms of change. The course focus is on providing a practical and comprehensive overview of the evidence-based interventions used to treat substance abuse with adolescents, families, and adults.

**CLP 5931 Ethical Code in Psychological Practices (3):**

**Licensing Content Area:** *Legal, Ethical, and Professional Standards*

This course provides an overview of ethical theory and its practical applications to psychotherapy and mental health counseling. The course will cover the APA and ACA Codes of Ethics as well as issues related to Florida Statute 491, Rule Chapter 64B4, F.A.C., legal issues and professional identity.

# Counselor Preparation Comprehensive Examination (CPCE)

## EXIT REQUIREMENT

### WHAT STUDENTS NEED TO KNOW

The comprehensive exam is an exit examination required of all PCP students at Florida International University.

The purpose of the exam is to assess the student's knowledge of counseling to ensure minimum competence in the field. The CPCE will also provide collective feedback that can be used by the program in developing/adapting curriculum.

### BENEFITS OF USING THE CPCE

- Provides a master's program comprehensive exam that meets high psychometric standards.
- Gives programs an objective view of the knowledge level of their students.
- Allows programs to examine student functioning in various curricular areas.
- Promotes longitudinal self-study.
- Compares a program's results to national data.
- Stimulates student integration of knowledge learned in separate courses.
- Gives students comparative strength and weakness feedback.

Please note that the CPCE is NOT a licensure exam.

### DEVELOPMENT OF THE CPCE

The CPCE is researched, developed, and distributed by both the Research and Assessment Corporation for Counseling (RACC) and the Center for Credentialing and Education (CCE), two affiliate corporations of the National Board for Certified Counselors (NBCC). The item writing committee was selected from master's and doctoral level professionals. The committee compiled a comprehensive listing of texts used in counselor education programs. Each question was developed based on information found in the most commonly used textbooks.

### CONTENT OF THE CPCE

The CPCE covers the eight Council for Accreditation of Counseling and Related Educational Programs (CACREP) common-core areas as defined by their *Standards for Preparation*:

1. *Professional Counseling Orientation and Ethical Practice* - studies that provide an understanding of all aspects of professional functioning.
2. *Social and Cultural Diversity* - studies that provide an understanding of the cultural context of relationships, issues, and trends in a multicultural society.
3. *Human Growth and Development* - studies that provide an understanding of the nature and needs of persons at all developmental levels and in multicultural contexts.

4. *Career Development* - studies that provide an understanding of career development and related life factors.
5. *Counseling and Helping Relationships* - studies that provide an understanding of the counseling process in a multicultural society.
6. *Group Counseling and Group Work* - studies that provide both theoretical and experiential understandings of group purpose, development, dynamics, theories, methods, skills, and other group approaches in a multicultural society.
7. *Assessment and Testing* - studies that provide an understanding of individual and group approaches to assessment and evaluation in a multicultural society.
8. *Research and Program Evaluation* - studies that provide an understanding of research methods, statistical analysis, needs assessment, and program evaluation.

These eight core areas serve as the primary theoretical basis for the examination. It is through these areas that the CPCE is associated with accepted professional standards.

## **FORMAT OF THE CPCE**

The CPCE is a knowledge-based exam that consists of approximately 160 items with 20 items per CACREP area. Of the 20 items per section, 17 will be scored; the remaining three will be pretest items that are not identified to the student. The purpose of imbedded pre-testing is to generate actual score performance data on items. This allows CCE to select items for future test construction that have the most desirable psychometric attributes. Scores for each section and a total score will be reported for each student. The CCE will provide statistics on the program's students as well as national data. Students are allowed four (4) hours to complete the examination. After each examination, the student is responsible for reporting their score to the program. Once all students have completed the exam and reported their scores, the program will notify each individual student of the final results.

## **STUDY RESOURCES AND TIPS**

Listed below are three resources representative of the study materials available that offer preparation materials.

**The Program does not endorse any one set of preparation materials.**

1. Mastering the National Counselor Examination (NCE) and the counselor preparation comprehensive examination (CPCE) by Bradley T. Erford.
2. Encyclopedia of Counseling, Fourth Edition by Howard Rosenthal.
3. The Study Guide for the National Counselor Examination and CPCE by Dr. Andrew Helwig.

The following extremely useful tips are from [Counselor Exam Prep](#).

1. In preparing to study for the exam, do a pretest, if possible. Determine what your areas of strength and weakness are to help you develop a plan of attack for studying.
2. Starting with the second week of study, you need to go back and review the material you studied the first week so you don't lose it. Each subsequent week, you need to keep reviewing material<sup>16</sup>

studied earlier. This re-review should be fairly rapid although you may want to add a few new concepts to that content area you had not studied before. Of course, if you have scheduled yourself for the exam and you have less than two months before you test, you will need to adjust your study schedule accordingly.

3. For most of your study hours, try to use quality daytime hours when you are rested and alert. Schedule study hours on your cell phone or in your day timer. Your late night study hours, after the house is finally quiet, may be less effective because of your fatigue.
4. Don't overwhelm yourself with tons of materials to study that you have gathered from all over including study guides, textbooks, course notes, etc. Use one comprehensive source (such as the study guides provided above).

### **EXAMPLE PROCEDURES FOR THE EXAM FROM PREVIOUS SEMESTERS**

Students will need to schedule their own exam with a local proctoring site. You can do so by going online and setting up an account and registering for an available testing site: <http://www.pearsonvue.com/CPCE/>

The program will provide you with voucher numbers and additional instructions so that you can register for the exam at least one month in advance of the due date for the exam.

1. You will be given a timeline, in advance, like the timeline that appears below. You must complete the exam by the deadline provided to you by the PCP program. Please make sure to do the following: Schedule the exam and send us an email with your day and time by date provided by the PCP program. Any student who has not reported their exam date will not be confirmed for graduation.
2. Complete the exam by the deadline provided to you by the PCP program.
3. Report your exam score by date provided by the PCP program via email. Send a scan or picture of your unofficial score report.
4. Students will be notified if they have passed or failed the exam by an indicated date.
5. If a student fails the exam, they will have to reschedule, provide confirmation, and complete the exam and report their score by the date determined by the PCP program. Any student who has to re-take the exam will have to pay for the exam out of pocket.

Student must receive a passing score. Students who fail the exam must take it again within one week of receiving notice of failure in order to graduate on time. A subsequent failure will postpone graduation. Students who fail the exam two (2) times should consult with the Program Director to devise an individual independent study in order to graduate.

# Graduation Information

## Eligibility

To be eligible for the Master’s of Science in Psychology, Counseling Psychology Specialization, the student must meet the following requirements:

1. Satisfactory completion of all required courses in the curriculum (60 credit hours)
2. Receive a passing score on the CPCE Exam

## Application for Graduation

**Step 1.** The student must complete and submit an Application for Graduation Form (found online at my.fiu.edu). The application for graduation must be submitted by the deadline established by the University during the beginning of the final semester of studies. Students who do not graduate during that semester must re-submit an Application for Graduation for the semester in which they plan to graduate.

**Step 2.** Complete the Alumni Data Form provided to you via email and submit to program coordinator.

## Alumni Data Form

Name: \_\_\_\_\_ Date of Graduation: \_\_\_\_\_ (semester) of 20\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

Place of Employment: \_\_\_\_\_

Are you planning to register with the Florida Board as a Mental Health Intern:

If so, when do you plan to do this?

Where are you planning to accumulate your post-masters hours?

May we contact you in the future regarding the program, employment opportunities, and request for updated information? \_\_\_\_\_

May we add you to our Alumni Database that available to students?

\_\_\_\_\_  
What information do you allow us to have available to students?

# Graduation Checklist

## Counseling Psychology Master's Program

### 45 CREDIT HOURS OF COURSEWORK

**Psychology Core Courses (9 credits):** A grade of B- or better needed

CYP 6526 Psychology Research Methods and Program Evaluation (3)

CLP 6436 Intro to Psychological Assessment (3)

PSB 6247 Biological Basis of Behavior (3)

**Counseling Psychology Area Courses (36 credits):** A grade of B- or better needed

CYP 6536 Principles & Methods of Psychological Consultation (3)

CLP 5931 Ethical Code in Psychological Practices (3)

CYP 6766 The Psychology of Cross-Cultural Sensitization (3)

PCO 6206 Principles & Practices of Counseling & Psychotherapy (3)

CYP 5534 Groups as Agents of Change (3)

CLP 5166 Advanced Psychopathology (3)

PCO 5311 Theory, Research, & Treatment of Addictive Behavior (3)

CYP 6936 Current Issues in Community Psychology (3)

PCO 6945 Case Conceptualization for Counselors (3)

CLP 6449 Career Development in Adolescence & Adulthood (3)

CLP 6498 Diagnosis & Treatment of Sexual Disorders (3)

DEP 5068 Applied Lifespan Developmental Psychology (3)

### 15 CREDIT HOURS OF CLINICAL TRAINING (Must receive a P in all courses)

CLP 6945 Clinical Practicum (3)

CLP 6943 Advanced Clinical Practicum (6)

CLP 6948 Clinical Internship (3)

CLP 6949 Advanced Clinical Internship (3)

### EXIT REQUIREMENT

Passing score on Comprehensive Exam

## **Policy & Procedure for Remediation**

All students will read and sign the Informed Consent Form during New Student Orientation. This form is intended to notify students of the program description, student responsibilities, and procedures for dealing with student remediation.

If, in the professional judgment of a supervisor, instructor, or faculty member, a student's behavior is deemed substandard, unethical, illegal, and/or professionally unbecoming at any time during training, a student may be referred to the faculty review committee for remediation. Remedial interventions may include, increased supervision, the repetition of academic and clinical coursework, additional assignments, and student restrictions within the program.

### **Procedure**

The student will be notified in writing by the Program Director or Faculty Clinical Supervisor that deficiency in the student's performance has been noted, and that his or her record is under review by the Faculty Review Committee. A Notification of Review Form will be provided to the student indicating that they were informed of the initiation of this process.

The Faculty Review Committee (made up of a sub-committee of the counseling program faculty) will meet to review and discuss the student's performance evaluation, records, and behavior.

An Individualized Remediation Plan will be initiated by the committee to identify the competency areas that fall below standard range.

The Faculty Supervisor will meet with the student to further develop the Individualized Remediation Plan, based on the identified competency areas that need remediation, with corresponding goals to address each area.

The Remediation Plan will be reviewed throughout the semester to determine the student's readiness to progress in the program. At this time, (1) a further plan for remediation will be developed, (2) a decision will be made to advance the student in the practicum or internship, or (3) the student will be dismissed from the program.

When the student has satisfactorily met the goals of the Remediation Plan, then the student will receive notification from the program indicating that they have successfully completed the remediation. Should academic or professional concerns arise in the future that necessitate the implementation of another remediation plan, this may constitute grounds for dismissal from the program.

**Copies of the Informed Consent, Notification of Review, and Individualized Remediation Plan will be provided to the Student, Program Director, and Clinical Faculty Supervisor (if applicable). Copies will be placed in the student's file. In addition, the Director of Graduate Studies and the Department Chair may be consulted.**



## **Notification of Review**

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

This is to notify you that you are under faculty review for remediation for the due to the following concerns:

- 1.
- 2.
- 3.
- 4.
- 5.

The faculty will hold a meeting with you to develop an Individualized Remediation Plan to address these issues.

## INDIVIDUALIZED REMEDIATION PLAN (IRP)

NAME: \_\_\_\_\_ SEMESTER: \_\_\_\_\_

Students will work together with the Faculty Supervisors to:

- Outline performance concerns
- Identify specific remedial goals related to the concerns
- Outline specific methods to achieve the goals
- Identify evaluation procedures

### **PERFORMANCE CONCERNS:**

### **REMEDATION GOALS:**

### **METHODS TO ACHIEVE GOALS:**

### **EVALUATION PROCEDURES:**

### **SIGNATURES:**

Student: \_\_\_\_\_ Date: \_\_\_\_\_ Faculty Supervisor: \_\_\_\_\_ Date: \_\_\_\_\_

Faculty Supervisor: \_\_\_\_\_ Date: \_\_\_\_\_

## Licensing Information

The following information is intended to provide you with some basic guidelines for obtaining a license in Mental Health Counseling.

The PCP Program consists of 60 credit hours of graduate study that leads to a Master's of Science in Psychology (M.S. in Psychology) and eligibility to become a Licensed Mental Health Counselor (LMHC) in the state of Florida. Note that State requirements undergo annual review and change. Therefore, it is the applicant's responsibility to ensure that they meet the requirements current at the time they apply for licensure. For information concerning the most recent requirements for all licensed professions (including the MHC license), please visit the Florida licensing requirements website.

The program does not guarantee eligibility for licensure in states other than Florida, though students may be license eligible in several states. It is the student's responsibility to research licensure requirements in other states to determine if any additional coursework or training is needed to be license eligible in that particular state.

Florida is a member of the Counseling Compact. The Counseling Compact is an interstate compact, or a contract among states, allowing professional counselors licensed and residing in a compact member state to practice in other compact member states without the need for multiple licenses. During the 2022 Legislative Session, House Bill 1521 passed into law, making Florida the 8th state to enact the Interstate Counseling Compact. Member states have nominated their commission delegates and the commission will officially convene for its first meeting in October 2022 to draft the rules and bylaws of the compact. Continue to follow the State website for updates on when applications for Counseling Compact privilege to practice will become available. You can learn more by visiting the Counseling Compact's website at <https://counselingcompact.org/>.

For specific up to date details governing the profession, students should consult the website of the [Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling](#). Florida statute 491, Rule Chapter 64B4, of the Florida Administrative Code describes the rules for licensure as an LMHC. These rules can be changed by the Florida Legislature at any time.

The American Counseling Association provides a listing of licensure requirements by state that can be found [here](#) for your reference. As stated on their website, "Every effort has been made to ensure the accuracy of the information presented here, but, due to the complexity of laws and regulations, and the frequency with which state regulations can and do change, we cannot guarantee that this report is completely without error."

## Practicum & Internship Verification Form

When applying to become a Registered Intern, the Board will request that a letter be sent from the University verifying your practicum and internship experience (i.e., the 840 hours of Clinical Training Experience) was completed in accordance with the CACREP and/or MPCAC state licensing standards.

Please fill out the information below and email the form to the program assistant at [pcp@fiu.edu](mailto:pcp@fiu.edu) so that the program can prepare and send the letter to the Board.

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_  
File Number \_\_\_\_\_

Please complete this form and return to the Program Coordinator when you are preparing to apply to the Board as a Registered Intern.

	Semester taken	Site Name	# of hours completed
CLP 6945 Clinical Practicum	_____	_____	_____
CLP 6943 Ad. Clinical Practicum	_____	_____	_____
CLP 6948 Clinical Internship	_____	_____	_____
CLP 6949 Ad. Clinical Intern	_____	_____	_____

## Obtaining a License in Mental Health Counseling in Florida

\_\_\_ Complete a master's degree from a program related to the practice of mental health counseling that includes a practicum and internship and consists of at least 60 credit hours in the 12 required content areas.

\_\_\_ Register with the Board as a MHC Intern by completing all sections of the Intern Registration Application which can be [completed fully online](#) or obtained as a PDF [online](#) or

Application sections include:

- General Information
- Educational Worksheet
- Submit Official Transcripts
- Practicum/Internship Field Placement Verification (complete the Verification Form (next page) and turn in to the Program Coordinator to be sent to the Board).
- Return the application with the appropriate fee.

\_\_\_ Begin the two-years post-degree clinical experience in mental health counseling. Make sure to use the following guidelines:

- Two years' experience is defined as 1500 direct client contact hours and 100 hours of supervision.
- The hours must be completed over two years, no less than 100 weeks (i.e. they may not be completed in one year but may be completed in more than 2 years).
- These hours must be completed in a mental health setting where there is a licensed mental health counselor (or the equivalent) on staff.
- You must obtain supervision for this experience by someone who is a Qualified Supervisor (as defined by Rule 64B4). This person may or may not be on staff at place of employment.
- You must document one hour of supervision for every 15 client contact hours.
- Fifty percent of supervision hours may be completed in group supervision (defined as a max of six persons) as opposed to individual supervision (defined as no more than two persons).

\_\_\_ Complete an eight-hour Laws and Rules course and submit the original certificate of completion to the Board.

\_\_\_ Complete a two-hour Prevention of Medical Errors course and submit a copy of the certificate of completion to the Board.

\_\_\_ Complete an application for licensure.

\_\_\_ Register for and take the National Clinical Mental Health Counseling Examination. A Preparation guide can be found at the website maintained by the [National Board for Certified Counselors](#).

**\*Everyone should obtain a copy of the current Laws and Rules governing the profession. These can be ordered from the Department or downloaded from their website <http://floridasmentalhealthprofessions.gov>.**

**Education Worksheet**  
 MENTAL HEALTHCOUNSELING  
 (FL Licensure Requirements for LMHC's)

<b>Content Area</b>	<b>Course Number</b>	<b>Course Title</b>
Counseling Theories and Practice	PCO 6206	Principles & Practices of Counseling & Psychotherapy
Human Growth and Development	DEP5068	Applied Lifespan Development:
Psychopathology	CLP 5166	Advanced Psychopathology
Human Sexuality	CLP 6498	Diagnosis & Treatment of Sexual Disorders Group Theories:
Group Theories	CYP 5534	Groups as Agents of Change
Individual Evaluation/Assessment	CLP 6436	Intro to Psychological Assessment
Career and Lifestyle Assessment	CLP 6449	Career Dev. In Adolescence & Adulthood
Research	CYP 6526	Psychology Methods of Research and Program Evaluation
Social and Cultural Foundations	CYP 6766	The Psych of Cross-Cultural Sensitization
Counseling in Community Settings	CYP6936	Current Issues in Community Psychology
Substance Abuse	PCO 5311	Theory, Research, & Treatment of Addictive Behavior Legal, Ethical and
Ethical and Professional Standards	CLP 5931	Ethical Code in Psychological Practice

To qualify for mental health counseling intern registration, an applicant must have completed a minimum of 7 of the above required course content areas, one of which must be a course in psychopathology or abnormal psychology. Please see s.491.005(4)(c), Florida Statutes.

## FAQ's: FL Mental Health Counseling License

**1. Can I sit for the National Examination before I finish my post-master's hours?**

*Yes.*

**2. Do I have to be finished with my supervised experience before I can take the laws and rules course and the medical errors course?**

*No. You can take these courses anytime.*

**3. As a registered intern, am I required to obtain continuing education?**

*No, however, you may choose to take the HIV/AIDS and Domestic Violence requirements for initial Licensures while you are a registered intern.*

**4. I've just submitted my application for intern registration. Can I begin counting my hours now?**

*No. Chapter 491.0045, F.S. requires that you register as an intern **prior to commencing and counting the hours towards the post-master's experience.***

**5. Can I complete my hours in less than 2 years?**

*No.*