

PROFESSIONAL CLINICAL COUNSELING, M.A.

Program Description

Students earning a Master of Arts degree in Professional Clinical Counseling (PCC) will meet the education requirements in the state of Pennsylvania (and many other states) for licensure as Professional Counselors (LPCs). The PCC Master's Program is CACREP Accredited.

Mission

In keeping with this Lasallian tradition, the Professional Clinical Counseling Program strives to prepare professionals with the abilities and competencies requisite for the practice of mental health counseling. The curriculum emphasizes a conceptualization of the role of the counselor and what is needed to acquire the knowledge and skills necessary to practice effectively and ethically. Students are provided with coursework and clinical experiences, which encourages them to examine the complex interplay of all forces (scientific, interpersonal, emotional, mental and spiritual) that coexist within and exert influence on the individual. The goal is to prepare mental health counselors who will competently develop and implement comprehensive interventions, acquire a holistic perspective to health care, understand the complexity of addressing the overall, long-term well-being of individuals, evaluate and treat mental and emotional disorders, address a wide array of mental health issues that will best meet the needs of clients, and value professional diligence and continued learning throughout their professional career.

Program Goals

1. The program will create and structure learning opportunities so that students can demonstrate foundational knowledge in the field of counseling and be prepared to take the examination for licensure as a mental health counselor.
2. The program will emphasize clinical skill training and experiential learning, enabling students to develop therapeutic relationships, demonstrate clinical competency in their counseling skills, and effectively deliver counseling interventions.
3. The program will prepare students for employment in a culturally diverse and pluralistic environment by striving to recruit, admit, and retain a diverse student body and faculty instructors, and facilitating self-reflective learning experiences for students to understand how their own sociocultural identities are essential to providing culturally sensitive counseling.
4. While offering multidisciplinary learning opportunities to students, the program will maintain a counseling identity through students and faculty demonstrating their commitment to the counseling profession and one's own professional development.
5. The program will follow the Lasallian tradition of developing the whole person, encouraging students' professional and personal growth, and maintaining a faculty who demonstrate excellence in teaching and mentorship.

Degree or Certificate Earned

Master of Arts (M.A.)

Required for Program Completion

- Courses
 - 24
- Credits
 - 60
- GPA
 - 3.0

Student Learning Outcomes

The PCC Program Key Performance Indicators (KPIs) are explicit statements describing the knowledge and skills across the CACREP Core Curricular and Clinical Mental Health Counseling Standards you are expected to demonstrate by the end of the PCC Program. The following table lists the program's KPIs; course syllabus describe how they are assessed.

1. PROFESSIONAL COUNSELING ORIENTATION & PROFESSIONAL PRACTICE

- KPI 1.1 – *Knowledge*: Students will demonstrate foundational knowledge of professional counseling orientation and ethical practice.
- KPI 1.2 – *Skill*: Students will demonstrate working application of professional counseling orientation and ethical practice.

2. SOCIAL AND CULTURAL DIVERSITY

- KPI 2.1 – *Knowledge*: Students will demonstrate foundational knowledge of multicultural competencies.
- KPI 2.2 – *Skill*: Students will demonstrate working application of multicultural competencies.

3. HUMAN GROWTH AND DEVELOPMENT

- KPI 3.1 – *Knowledge*: Students will demonstrate foundational knowledge of development across the entire lifespan.
- KPI 3.2 – *Skill*: Students will demonstrate working application of development across the entire lifespan.

4. CAREER DEVELOPMENT

- KPI 4.1 – *Knowledge*: Students will demonstrate foundational knowledge of theories of models of career development, counseling, and decision making.
- KPI 4.2 – *Skill*: Students will demonstrate working application of strategies for facilitating client skill development for career, educational, and life-work planning and management.

5. COUNSELING AND HELPING RELATIONSHIPS

- KPI 5.1 – *Knowledge*: Students will demonstrate foundational knowledge of theories and models of counseling.
- KPI 5.2 – *Skill*: Students will demonstrate counselor characteristics and behaviors that influence the counseling process.

6. GROUP COUNSELING AND GROUP WORK

- KPI 6.1 – *Knowledge*: Students will demonstrate knowledge of theoretical foundations of group counseling and group work.
- KPI 6.2 – *Skill*: Student will demonstrate working application of knowledge of theoretical foundations of group counseling and group work.

7. ASSESSMENT AND TESTING

- KPI 7.1 – *Knowledge*: Students will demonstrate knowledge of the principles of assessment and diagnostic process, including the use of current assessment tools.
- KPI 7.2 – *Skill*: Students will demonstrate working application of the principles of assessment and diagnostic process, including the use of current assessment tools.

8. RESEARCH AND PROGRAM EVALUATION

- KPI 8.1 – *Knowledge*: Students will demonstrate foundational knowledge of the importance of research in advancing the counseling profession, including how to critique research to inform counseling process.
- KPI 8.2 – *Skill*: Students will demonstrate an ability to synthesize research information and apply empirical findings clinically.

CLINICAL MENTAL HEALTH COUNSELING

- KPI 9.1 – *Knowledge*: Students will demonstrate foundational knowledge of the diagnostic process, including differential diagnosis and the use of current diagnostic classification systems.
- KPI 9.2 – *Skill*: Students will demonstrate working application of the diagnostic process, including differential diagnosis and the use of current diagnostic classification systems.

Program Specific Information

Supervised Practical Training: Field Placement

All students are required to engage in supervised field training. The program has contracts with many mental health agencies and service providers; however it is up to the student to be accepted as an intern. The program prepares the student well to begin Practicum and Internship, and the student is responsible to demonstrate their preparedness when applying to sites in order to complete their Field Placement requirement. It is also up to the student to acquire a Practicum or Internship - with the assistance of the PCC Program Field Placement Coordinator – that is conducive to their academic and personal schedules.

PCC Program students complete a one-semester practicum (PCC 660 (<https://catalog.lasalle.edu/search/?P=PCC%20660>) Practicum) of at least 100 clock hours, 40 of which are direct client hours—the usual practicum placement requires eight to nine hours per week. While engaged in the practicum, students also attend a seminar (PCC 661 (<https://catalog.lasalle.edu/search/?P=PCC%20661>) Professional/Case Practicum Seminar). The internship sequence (PCC 680 (<https://catalog.lasalle.edu/search/?P=PCC%20680>) Internship I, PCC 681 (<https://catalog.lasalle.edu/search/?P=PCC%20681>) Internship II, PCC 682 (<https://catalog.lasalle.edu/search/?P=PCC%20682>) Internship III) for PCC students is a calendar year of at least 600 clock hours, 300 of which are direct client hours—the usual clinical internship placement involves 12 to 15 hours per week of on-site service. While engaged in the internship, students also attend a seminar sequence (PCC 690 (<https://catalog.lasalle.edu/search/?P=PCC%20690>) Professional Seminar I, PCC 691 (<https://catalog.lasalle.edu/search/?P=PCC%20691>) Professional Seminar II, PCC 692 (<https://catalog.lasalle.edu/search/?P=PCC%20692>) Professional Seminar III).

Requirements

In addition to the curricular and field placement requirements, students are required to pass the Written Comprehensive Examination and Oral Comprehensive Examination for graduation. Students must pass the Written Comprehensive Examination prior to applying for Practicum or Internship.

Preparation for Licensure

The Professional Clinical Counseling degree (60 credit hours) prepares students to become licensed Professional Counselors (LPCs) in the state of Pennsylvania and many other states.

Academic Requirements

Code	Title	Credits
Required Courses		
PCC 500	Introduction to Counseling and Psychotherapy: Theories and Interventions	3
PCC 501	Professional Orientation and Ethical Practice of Counseling ¹	3
PCC 502	Counseling Laboratory I ¹	3
PCMF 503	Psychopathology	3
PCMF 504	Human Behavior: A Developmental Perspective ¹	3
PMFT 505	Systems and Systemic Thinking	3
PCMF 506	Basic Principles of Research Design, Statistics, Program Development, and Evaluation ¹	3
PCC 509	Psychological Assessment I: Assessment in Clinical and Career Counseling ¹	3
PCC 512	Addictions Counseling	3
PCC 601	Grief, Loss and Trauma Counseling	3
PCMF 602	Advanced Counseling Laboratory	3
PCC 612	Group Processes in Counseling and Psychotherapy ¹	3
PCMF 619	Multicultural Counseling and Therapy ¹	3
PCC 644	Career Counseling ¹	3
PCC 660	Practicum ¹	2
PCC 661	Professional/Case Practicum Seminar	1
PCC 680 & PCC 681 & PCC 682	Internship and Internship and Internship ¹	6
PCC 690 & PCC 691 & PCC 692	Professional/Case Seminar and Professional/Case Seminar and Professional/Case Seminar	3
Additional Credits		
Students must choose one of the following electives:		3
PMFT 608	Therapeutic Approaches for Children and Adolescents	
PCC 610	Cognitive-Behavioral Approaches in Counseling & Psychotherapy	
PCC 611	Insight-Oriented Approaches in Counseling and Psychotherapy	
PCMF 607	Graduate Research	
Open Elective		
Any PCC, PCMF, or PMFT course		3
Total Credits		60

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Required for NBCC Licensure Examination.

Course Sequence

Progression through the Program

Students take a total of 60 credits, as specified in the Requirements tab of this catalog.

- 15-21 credits—Theories and processes in Professional Clinical Counseling
- 15-27 credits—Advanced training in specific approaches
- 12 credits—Supervised practical training through practicum, internships, and professional seminar

Students are provided with a Plan of Study when accepted into the program based on their preference to complete the program full-time (2 years, 1 semester) or part-time (3 years or 4 years). Students meet with the program's Graduate Advisor upon enrollment to select their plan of study.

Students in the Professional Clinical Counseling program take Prof Clinical Counseling (PCC), Marriage Family Therapy (MFT), and Prof Counsel/Marriage Family (PCMF) courses as part of their plan of study. Please refer to the course sequence page to see the list of specific required courses for the degree.

Course Descriptions

Marriage Family Therapy

PMFT 502 Counseling Laboratory I

This laboratory course is designed to develop the basic counseling and therapy skills that enables students to understand the client/s, develop a trusting relationship with the client/s, and to facilitate the client/s' self-exploration. Case conceptualization, treatment planning, and progress notes will be covered. Personal safety concerns for the counselor/therapist is discussed and covered. Restriction(s): PCC majors register for PCC section; MFT majors register for MFT section

PMFT 505 Systems and Systemic Thinking

This course provides the student with an overview of systemic concepts and systemic functioning. It includes structure, development, health, and dysfunction from traditional systemic theoretical constructs and approaches. Particular emphasis is placed on acquiring a systems perspective and applying that perspective to families and other systems.

PMFT 516 Ethical, Legal, and Contemporary Issues for Systemic Therapists

This course examines current ethical and legal issues for couple and family therapy practice and the most current AAMFT Code of Ethics. The course covers ethical, legal, and personal safety considerations for traditional in-person treatment, the use of technology in clinical practice, and systemic teletherapy.

PMFT 603 Human Sexuality

This course examines the variety of ways that human sexuality is expressed in attitudes, beliefs, and behaviors in the context of the interplay between social, physiological, and psychological factors. Methods of studying sexual behavior, concepts of variation and difference, psychosexual development in life stages, and sexual dysfunctions and treatment are addressed.

PMFT 608 Therapeutic Approaches for Children and Adolescents

This course is designed to provide an understanding of working with children, adolescents, and their families. It will focus on treating a variety of presenting issues, as well as provide several theoretical perspectives for working with families with children and/or adolescents. We will explore many clinical interventions for working with youth of varying ages, and the course will include play therapy. Students will have many experiential opportunities to learn about play therapy techniques and interventions. Careful attention will be paid to ethical issues, laws regarding mandated reporting, duty-to-warn, when treating children and adolescents, as well as cultural and diversity issues will be addressed. Prerequisite(s): PCC/PMFT 500 and PCC/PMFT/PCMF 502

PMFT 614 Working with Families

This course covers the basic principles, techniques, applications, uses, and contra indicators of the major family therapy systems models. Specifically, the intersystems interface among intrapsychic, interpersonal, and family systems dynamics is addressed. Assessment techniques and intervention rationales are covered along with the role of the therapist and the therapist as person. The concepts of family-of-origin, family functioning, structure, strength, and narratives will be studied through an experiential and didactic approach. Application of theory and research to practice is discussed. Prerequisite(s): PMFT 505

PMFT 616 Contextual Family Therapy

This course provides an exploration of the convictions, concepts, strategies, and techniques of contextual therapy, a resource-oriented, trust-based modality of healing interventions for individuals, couples, and families. Prerequisite(s): PMFT 505

PMFT 624 Marital and Couples Therapy

This course is designed to provide the student with an understanding of the issues typically addressed in couples' therapy and the ethical considerations when working with couples. Role playing is used to illustrate couples' treatment dynamics and intervention strategies from initial contacts through the treatment process. Special issues in couples therapy, such as the relationship history, communication patterns, sexual intimacy, and the "couple" relationship vs. the "parenting" relationship, are addressed. Prerequisite(s): PMFT 505

PMFT 628 Understanding Relationships

This course examines human relationships with particular reference to their various forms, functions, and patterns of development. The processes of attachment, separation, individuation, and differentiation are highlighted and are used in a contextual (systemic) framework to examine each relationship. Special emphasis is placed on the clinical applications of this knowledge to couples and families. The student is required to complete a study of one of his/her primary dyadic relationships. Prerequisite(s): PMFT 505

PMFT 634 Addictions and the Family

This course focuses on an understanding of how addictive processes interact with social and family contexts. This allows more effective treatment interventions to be designed. The current research on family dynamics and treatment of codependence, adolescent substance abuse, and children of addicts will also be reviewed. Prerequisite(s): PMFT 505

PMFT 646 Sex Therapy

This course examines the variety of ways that human sexuality is expressed in attitudes, beliefs, and behaviors in the context of the interplay between social, physiological, and psychological factors. Methods of studying sexual behavior, concepts of variation and difference, psychosexual development in life stages, and sexual dysfunctions and treatment will be addressed. Models of sexual response, general theories of sex therapy, and modes of sex therapy will also be explored. Students will learn to take detailed sexual histories, sexual assessments, and applications of sexuality within a clinical framework with consideration of multicultural diversity. Prerequisite(s): PCC/PMFT 502 and PMFT 603

Prof Clinical Counseling**PCC 500 Introduction to Counseling and Psychotherapy: Theories and Interventions**

This course examines major theories of counseling and psychotherapy and the interventions based on those theories. It includes an emphasis on knowledge, skills, and ethical standards needed to provide direct counseling and psychotherapeutic interventions for individuals, families, and groups.

PCC 501 Professional Orientation and Ethical Practice of Counseling

This course instructs the student on the history and philosophy of the counseling profession; in it the student will gain an understanding of the role, function, and interactions counselors engage in with other human service providers. Additionally, the counselors' role and responsibility with regard to emergency, crisis, and trauma-causing events is examined. Self-care of the counselor, supervision practices and models, overview of professional organizations, advocating for the profession, and advocating for the success of clients is also covered. Personal safety concerns for the counselor is discussed and covered. Throughout the course there is a focus on the ethical standards of the professional organizations, credentialing bodies, and licensing as well as legal issues as related to the professional counselor.

PCC 502 Counseling Laboratory I

This laboratory course is designed to develop the basic counseling and therapy skills that enables students to understand the client/s, develop a trusting relationship with the client/s, and to facilitate the client/s' self-exploration. Case conceptualiza

PCC 509 Psychological Assessment I: Assessment in Clinical and Career Counseling

This course addresses the basic concepts in the construction, selection, administration, scoring, and interpretation of assessment procedures commonly used in psychology. It uses major reference works for selecting and evaluating assessment procedures and

PCC 510 Advanced Research Methods

This course provides students with background on higher level research methods topics and statistical techniques that are useful to students in their roles as consumers and producers of research. Specific topics include the use of statistical methods to e

PCC 512 Addictions Counseling

This course focuses mainly on chemical substance abuse but considers the etiology and manifestations of other addictions as well. Attention is given to the occurrence of addiction in the family with particular reference to the physical, behavioral, and at

PCC 601 Grief, Loss and Trauma Counseling

This course will provide students with an advanced understanding of grief, loss, trauma, and related counseling interventions for children, adults, and families. The basics of grief and bereavement will be explicated, as will specific disorders related to trauma. This course is designed to help students identify needs, resources and assets available to clients coping with grief and/or trauma related disorders, and research supported methods in improving client functioning. Prerequisite(s): PCC 500 and PCC/PMFT 502

PCC 610 Cognitive-Behavioral Approaches in Counseling & Psychotherapy

This is a clinical skills course that focuses on the initial problems addressed in the process of therapeutic intervention, namely the self-regulation of thoughts, feelings, and actions. Training is in a broadly conceived cognitive behavior therapy that i

PCC 611 Insight-Oriented Approaches in Counseling and Psychotherapy

A clinical skills course that focuses on the issues addressed in those counseling and psychotherapy approaches that see the gaining of insight as a significant goal in the change process. Key concepts identified with these specific approaches will be presented along with general process issues for working with individuals. Techniques specific to a number of insight-oriented approaches will be explored and students will be encouraged to gain both an understanding of these skills and the ability to utilize them. Prerequisite(s): PCC 500, PCC/PMFT 502

PCC 612 Group Processes in Counseling and Psychotherapy

This course combines experiential and didactic approaches. The student learns the major theoretical approaches to group counseling and psychotherapy and also participates in group counseling sessions on issues presented by the classroom group. This experi

PCC 644 Career Counseling

This course offers an opportunity to help adapt a student's clinical skills to the critical area of career development. It also relates career success and satisfaction to mental health and life fulfillment, considers theories of career development and the process of career counseling, and utilizes career assessment, career resource information, and job placement requirements. Additionally, it includes career counseling with special populations. Prerequisite(s): PCC 500

PCC 660 Practicum

This is a practicum at an approved field placement site for a minimum of 100 clocked hours observing and/or practicing clinical skills with individuals, couples, families, and/or groups under the direction of an approved supervisor. The practicum must be

PCC 661 Professional/Case Practicum Seminar

This course examines professional and ethical issues, with particular reference to the everyday issues of practice, in a peer consultative format. The student is encouraged to develop a "critically examined" personal style and stance with which to address

PCC 662 Prof/Eth Iss in Counseling II**PCC 670 Special Topics****PCC 677 Special Topics****PCC 680 Internship**

An internship takes place in a supervised experience at an approved field placement site for approximately 200 hours per term. By the conclusion of the internship, PCC students are required to accrue a minimum of 600 clock hours, half of which are direct

PCC 681 Internship

An internship takes place in a supervised experience at an approved field placement site for approximately 200 hours per term. By the conclusion of the internship, PCC students are required to accrue a minimum of 600 clock hours, half of which are direct client contact. MFT students are required to accrue a minimum of 700 clock hours, 500 of which are direct client contact. Prior to beginning Internship, students must have completed PCC/PCMF 502, 602 and one additional skills course; PCC students must also have completed PCC 660; and practice in clinical skills with individuals, couples, families, and/or groups. Includes on-campus case seminar. (Continued with PCC 681, 682 or PCMF 681, 682, 683. Each semester is two credits.) Prerequisite(s): Completion of 24 credit hours, including successful completion of written comprehensive examination.; PCC Students: PCC 660 Corequisite(s): PCC/PCMF 680 taken with PCC/PCMF 690, PCC/PCMF 681 taken with PCC/PCMF 691, PCC/PCMF 682 taken with PCC/PCMF 692 and PCMF 683 taken with PCMF 693.

PCC 682 Internship

An internship takes place in a supervised experience at an approved field placement site for approximately 200 hours per term. By the conclusion of the internship, PCC students are required to accrue a minimum of 600 clock hours, half of which are direct client contact. MFT students are required to accrue a minimum of 700 clock hours, 500 of which are direct client contact. Prior to beginning Internship, students must have completed PCC/PCMF 502, 602 and one additional skills course; PCC students must also have completed PCC 660; and practice in clinical skills with individuals, couples, families, and/or groups. Includes on-campus case seminar. (Continued with PCC 681, 682 or PCMF 681, 682, 683. Each semester is two credits.) Prerequisite(s): Completion of 24 credit hours, including successful completion of written comprehensive examination.; PCC Students: PCC 660 Corequisite(s): PCC/PCMF 680 taken with PCC/PCMF 690, PCC/PCMF 681 taken with PCC/PCMF 691, PCC/PCMF 682 taken with PCC/PCMF 692 and PCMF 683 taken with PCMF 693.

PCC 683 Internship IV**PCC 690 Professional/Case Seminar**

Prerequisite(s): Completion of 24 credit hours, including successful completion of written comprehensive examination Corequisite(s): Taken with PCC 680

PCC 691 Professional/Case Seminar

Corequisite(s): Taken with PCC 681

PCC 692 Professional/Case Seminar

Corequisite(s): Taken with PCC 682

PCC 693 Professional/Case Seminar**PCC 694 Professional Case Seminar****Prof Counsel/Marriage Family****PCMF 503 Psychopathology**

This course discusses the major categories of psychological disorders, as well as theory and research regarding etiology, diagnosis, prevention, and treatment. Introduction to the use of the DSM.

PCMF 504 Human Behavior: A Developmental Perspective

This course addresses principles of human development and family processes that form the context for the study of human behavior. Special emphasis will be given to grand theories that have made important contributions, both historically and currently, to the study of human development, as well as recent discoveries in developmental science. Issues of separation, individuation, and integration in life patterns will be studied within the context of these major theories.

PCMF 506 Basic Principles of Research Design, Statistics, Program Development, and Evaluation

This consumer-oriented course focuses on broad concerns common to all forms of social research. Criteria for evaluation and interpretation of various statistical techniques and research designs are covered.

PCMF 602 Advanced Counseling Laboratory

This course builds on the basic skills practiced and developed in the first counseling laboratory—PCMF 502. It provides the student with an intermediate experience and opportunity (prior to field placement) to develop a range of additional counseling skills and strategies, with particular attention given to distinguishing between the content and the process of therapy. While it emphasizes those skills and techniques common to many, if not most, approaches, it also highlights those emphasized and represented in the respective concentrations of the program. Students are assigned to sections of this course according to their concentration. Case conceptualization, treatment planning, and progress notes will be covered. Personal safety concerns for the counselor/therapist is discussed and covered. Prerequisite(s): PCC/PMFT 502; MFT Students: PCMF 505; PCC Students: PCC 501

PCMF 607 Graduate Research

This course is designed to provide an opportunity for students to engage in research. Students will be required to complete a literature review and design and complete a research project. Restriction(s): Offered as an Independent Study with approval of Director and sponsored by a faculty member Prerequisite(s): PCMF 506

PCMF 619 Multicultural Counseling and Therapy

This course explores multicultural counseling theory as well as culture-specific counseling strategies for culturally diverse clients. It is designed to help students develop their multicultural counseling competence and increase their ability to work effectively and ethically in a complex and diverse social world.

PCMF 648 Professional/Skill Development

This course is individually designed by a faculty member for a student who has been recommended for enhanced professional or skill development. The intent of the course is to assist the student in improving their academic ability, clinical skills, and professionalism in order to be successful in the overall program. The student must agree to the professional or skill development plan once it has been established, and continue in the course until it has been determined by the faculty member that the student has passed with a B grade or higher. Students may have to take this course for more than one semester. Restriction(s): This course is only available to students by recommendation from committee and approval of the Director.

Faculty

Core Faculty: LeeAnn Cardaciotto, Ph.D.; Gregory Roth, PhD, LPC, NCC

Field Placement Coordinator: Denise Maida, PsyD, LPC

Graduate Advisor: Sue Morano

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