

Graduate Program Requirements in the Clinical Mental Health Counseling, M.S. Program

Written by:

Dr. Angelea Panos, Assistant Professor

Dr. Paige Lowe, Assistant Professor

The Clinical Mental Health Counseling (CMHC) graduate program differs from undergraduate psychology programs by requiring, among other things, greater: depth of study; demands on student intellectual capacities; knowledge of the field's literature; and ongoing student engagement in research, scholarship, creative expression, and relevant professional practice.

While the undergraduate psychology program offers a broad spectrum of courses encompassing various subfields like abnormal psychology, developmental psychology, and social psychology, the CMHC program elevates the learning experience by delving into these subjects at a more advanced level. For instance, undergraduate students gain foundational knowledge about various mental health conditions and historical treatment approaches. While graduate CMHC students acquire and apply advanced insights such as assessing and diagnosing conditions and implementing specialized, evidence-based counseling interventions in classroom settings and community internships. In addition to in-depth clinical counseling knowledge and skills, the graduate CMHC classes require a depth of competence in conducting and analyzing research.

In undergraduate research, students receive close guidance and direction. At the graduate level classes, students continue to receive guidance and mentoring, they are also expected to possess the ability to critically evaluate existing research. Master's level students are further expected to undertake advanced original research projects and present their findings at conferences, thus making significant contributions to the advancement of knowledge within the field.

Overall, the progression from undergraduate to graduate psychology education, exemplified by programs like Clinical Mental Health Counseling, M.S., involves progressing from acquiring foundational knowledge to becoming a specialized clinician who meets professional licensure requirements in Utah. Furthermore, it encompasses actively engaging as a contributor to the academic and professional communities through research endeavors.