



M.A. in Holistic Counseling



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“Our post-modern era of rapid change, specialization, and fragmentation demands a program that fosters integration; of the personal and professional; of the traditional and the evolutionary; of body, mind and spirit. If you are interested in being part of the solution to the crisis and confusion of our times, consider an education in holistic counseling at Salve Regina University.”



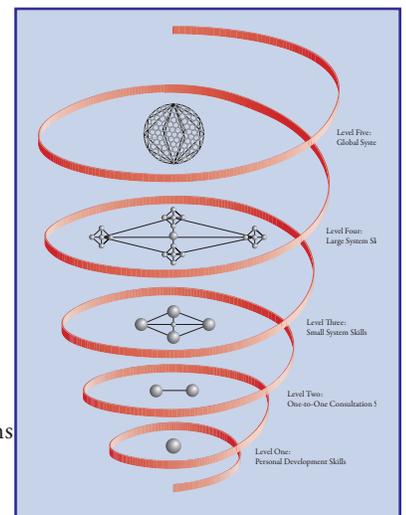
About the Program

The holistic graduate program in counseling is designed to prepare professional counselors with a variety of professional counseling skills, utilizing a holistic approach to their work. Consonant with the mission of the University, the holistic counseling program seeks to help students learn and understand how to observe, evaluate, and incorporate the integration of body, mind, and spirit into their personal and professional lives. The program defines integration and wholeness as an essential expression of personal and system well-being, compassion, and social justice.

Based on the program vision of a five-level helix model, we integrate the following perspectives into our program philosophy and course curriculum:

- Level 1: Personal Development Skills
- Level 2: One-to-One Consultation Skills
- Level 3: Small System Skills
- Level 4: Large System Skills
- Level 5: Global System Skills

Holistic counselors in training are presented with the idea that personal and system wholeness depends upon connectedness with the human community and with the natural world that supports it. They are taught that many of today’s mental, physical, and social challenges stem from a lack of integration, resulting in persons and systems dissociated from themselves, the community, and the environment.



In recognition of our interconnectedness, courses address approaches through the body, the cognitive emotional and the spirit. Emphasis is on wellness, with symptoms seen as calls to self-realization and system wholeness.

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About Salve Regina

Salve Regina University is an independent, coeducational institution serving approximately 2,500 men and women from 35 states and 16 nations. Its 80-acre oceanfront campus is in the Ochre Point historic district of Newport, Rhode Island, and includes 48 new and adapted buildings. The University is accredited by the New England Association of Schools and Colleges (NEASC).

Admissions requirements

Salve Regina University evaluates the total application package. Individuals with a bachelor's degree in any undergraduate major from a regionally accredited college or university (or an equivalent degree from an accredited institution outside of the United States) are qualified to apply.

To apply to the master's program

You must submit the following supporting materials to the Office of Graduate Admissions:

- Completed graduate application form
- Official transcripts from all degree-granting institutions attended
- Personal statement
- Two professional letters of recommendation

Courses are offered on campus in Newport, R.I. and online.

This program is designed to train future practitioners to be excellent counselors and agents of healing for individuals, groups, and whole systems in times of change. The primary goal is to develop well-trained master's level counseling practitioners capable of working effectively in ways that reflect the program's philosophy, our University's mission and our changing world. The holistic counseling program facilitates student mastery of counseling theory and practice.

Curriculum

Students completing a master's degree in holistic counseling take a minimum of 48 credits (42 required and six elective courses).

HLC504: Foundations of Counseling and Leadership Theory From a Holistic Perspective

HLC505: Interpersonal Helping Skills

HLC507: The Body/Mind Connection

HLC508: Human Growth and Development

HLC509: Theories of Counseling

HLC512: Evaluation Research

HLC513: Couple and Family Counseling

HLC515: Assessment and Treatment Planning

HLC516: Group Process

HLC530: Practicum in Counseling: Part I

HLC531: Practicum in Counseling: Part II

HLC540: Psychological Health and the Search for Meaning

HLC570: Internship and Seminar I

HLC571: Internship and Seminar II

Electives

Electives strengthen counselor's abilities to serve specific client populations by fostering personal growth, adding skill depth and opening professional vistas. The number of electives students take depends on their plan of studies and the number of required courses that may have been waived.

HLL519: Introduction to Holistic Leadership Perspectives

HLL520: Leading Holistically

HLC523: Foundations of Substance Abuse

HLC525: Clinical Language Skills

HLC575: Healing

HLC579: Grief Counseling

HLC581: Special Topics (offered periodically throughout the year)

HLC582: Introduction to the Expressive and Creative Arts as Transformation

HLC584: Movement, Creativity and Consciousness

HLC587: Gender Issues in Counseling

HLC588: Working with Young People

HLC578: Body and Personal Myth: A Jungian Perspective



Salve Regina University

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