



M.A. in Clinical Rehabilitation and Mental Health Counseling



Director:

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As people become familiar with their illness, they recognize their own unique patterns of behavior. If individuals recognize these signs and seek effective and timely care, they can often prevent relapses. However, because mental illnesses have no cure, treatment must be continuous.

Individuals who live with a mental illness also benefit tremendously from taking responsibility for their own recovery. Once the illness is adequately managed, one must monitor potential side effects.

The notion of recovery involves a variety of perspectives. Recovery is a holistic process that includes traditional elements of mental health and aspects that extend beyond medication. Recovery from serious mental illness also includes attaining, and maintaining, physical health as another cornerstone of wellness.

The recovery journey is unique for each individual. There are several definitions of recovery; some grounded in medical and clinical values, some grounded in context of community and some in successful living. One of the most important principles is this: recovery is a process, not an event. The uniqueness and individual nature of recovery must be honored. While serious mental illness impacts individuals in many ways, the concept that all individuals can move towards wellness is paramount.

National Alliance on Mental Illness (NAMI)



About the Program

The M.A. in Clinical Rehabilitation and Mental Health Counseling program at Salve Regina University is a 60 credit program designed to prepare professional counselors for licensure and assist people with disabilities to achieve their goals in regard to employment, independent living and participation in the community. Consistent with the mission of Salve Regina University, the graduate program in clinical rehabilitation and mental health counseling is committed to offering a professional program in counseling that encourages students to seek wisdom through study as well as service and to promote universal justice. The program was created based on the core beliefs that opportunities for people with disabilities should equal those of other individuals; all individuals are vital resources for the betterment of society; and it is important to have professionals who have the skills, knowledge, and attitudes necessary to providing clinical rehabilitation and mental health counseling services to individuals with physical, mental, and/or emotional disabilities.

Our program is accredited by the Council on Rehabilitation Education (CORE), certifying that it meets national standards. In addition, our faculty and instructors are comprised of full-time faculty as well as working rehabilitation counselors, clinical counselors and psychologists. We work closely with professionals in the field to insure we are providing our students with up-to-date, hands-on training that prepares them to work with current rehabilitation populations in a vast array of settings.

Graduates of the program are eligible to sit for the national Certified Rehabilitation Counseling examination through CORE and the national certification exam for counselors through the NBCC. Today, there are more than 35,000 Certified Rehabilitation Counselors practicing in the U.S. Employers look for this certification to ensure rehabilitation counseling workforce with competent professional counselors who understand the impact of co-occurring disabilities and chronic illnesses and the mental health and quality of life for people with disabilities. Students are expected to take the CRC exam upon graduation or during their final year in the program. Information about the CRC application process can be found at the Commission on Rehabilitation Counselor Certification. Students are also expected to take the NBCC licensing exam as soon as they are eligible to apply upon completion of the MA degree.

Visit our webpage: www.salve.edu/graduate-studies/rehabilitation-counseling/ma-clinical-rehabilitation-and-mental-health-counseling/

M.A. Clinical Rehabilitation and Mental Health Counseling

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., at our Center for Adult Education in Warwick, R.I. and online.



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Visit us online: www.salve.edu/graduate-studies

Program Objectives

To develop a clinical rehabilitation and mental health counselor identity and to master the professional knowledge and skills necessary to meet the divergent counseling and advocacy needs of people with disabilities and a multicultural society. This is accomplished by

- Demonstrating knowledge of the history and philosophy of rehabilitation and mental counseling, including the laws and policies related to a broad range of disability and mental health issues;
- Applying ethical and legal considerations to the practice of clinical rehabilitation and mental health counseling;
- Having a strong identity and commitment to the profession;
- Demonstrating knowledge of principles and theories of clinical rehabilitation and mental health counseling including prevention, intervention, consultation, education, advocacy and orientation to wellness;
- Applying knowledge of the etiology, diagnosis, treatment and referral for clients with disabilities to the onset, progression, duration and functional limitations and their effect on the human body;
- Demonstrating the appropriate use of assistive technology principles to enhance the quality of life for individuals with disabilities;
- Demonstrating an understanding of the social and cultural context of relationships, issues and trends in a multicultural society;
- Applying knowledge of the nature and needs of people at all developmental levels and in multicultural contexts to the counseling process and crisis intervention;
- Applying career development theory, disability and related life factors, functional assessments, decision-making models, knowledge of assessment instruments and labor market information to career planning and counseling, job placement strategies and work-related supports;
- Developing proficient interviewing and counseling skills to encourage behaviors that influence the clinical rehabilitation and mental health helping process, including crisis intervention and suicide prevention models;
- Demonstrating knowledge of the dynamics, theories and methods of group process as they apply to people with disabilities and a multicultural society;
- Applying knowledge of individual and group assessment to assist in case conceptualization, selecting appropriate therapeutic interventions, and in rehabilitation/ treatment planning for people with disabilities and a multicultural society;
- Demonstrating the importance and application of research studies in clinical rehabilitation and mental health counseling to inform best practices and to develop measurable outcomes for programmatic and therapeutic interventions.

Core Curriculum (60 credits required)

RHB500: Research Methods	3 credits
RHB505: Foundations for Clinical Rehabilitation and Mental Health Counseling	3 credits
RHB508: Human Growth and Development	3 credits
RHB510: Couples and Theory and Family Therapy	3 credits
RHB516: The Psychology of Group Process	3 credits
RHB523: Cultural and Psychosocial Aspects of Disability	3 credits
RHB527: Substance Abuse Counseling and Rehabilitation	3 credits
RHB535: Career Development: Work and Disability Issues	3 credits
RHB540: Medical and Psychological Aspects of Disability	3 credits
RHB542: Evaluation and Assessment	3 credits
RHB550: Vocational Rehabilitation, Case Management and Employment	3 credits
RHB 605: Counseling and the Mental Health Professional:	3 credits
RHB 603: DSM V Psychopharmacology for Mental Health Professionals	3 credits

Clinical classes:

RHB520: Rehabilitation Counseling Practicum I (150 hours)	3 credits
RHB521: Rehabilitation Counseling Practicum II (150 hours)	3 credits
RHB570: Rehabilitation Counseling Internship and Seminar (600 hours)	6 credits
RHB 608: Advanced Seminar and Internship I: DBT focus (500 hours)	3 credits
RHB 609: Advanced Seminar and Internship II: Trauma-informed care (500 hours)	