



# M.A. in Holistic Clinical Mental Health Counseling



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Help others to grow. Become a professional mental health counselor.



## About the Program

Through a holistic, social justice, and developmental perspective, this 60-credit Master of Arts program prepares students to sit for the licensure exam for Licensed Mental Health Counselors. The program trains students to work in various settings utilizing traditional counseling techniques and systems thinking with awareness of neuroscience and evidence-supported integrative practices.

Students in the Holistic Clinical Mental Health Counseling Program 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. The program seeks to help students learn and understand how to observe, evaluate, and incorporate the integration of body, mind and spirit into their professional lives.

To earn this degree, students complete pre-master's courses in counselor education and holistic studies along with a 300-hour practicum and a 700-hour year-long internship and seminar.

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### About Salve Regina University

Salve is an independent, coeducational institution serving approximately 2,700 undergraduate and graduate students from across the U.S. and around the world. 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 this program, students must submit the following supporting materials to the Office of Graduate Admissions:

- Completed graduate application form
- Official transcripts from each college or university attended
- Personal statement
- Two professional letters of recommendation
- Resume

Courses are offered in Newport, R.I., at the Center for Adult Education in Warwick, R.I. and online.

### Curriculum

Students must successfully complete 60 credits to qualify for the M.A. in Holistic Clinical Mental Health Counseling, which includes 55 credits of core courses and an additional five elective credit options.

#### Core Courses: 55-credits total

HLC504 Holistic Foundations  
HLC505 Interpersonal Helping Skills  
HLC506 Professional Orientation and Ethics  
HLC507 The Body Mind Connection  
HLC508 Human Growth and Development  
HLC509 Theories of Counseling  
HLC510 Cultural Awareness in Counseling  
HLC512 Evaluation Research or HLC 500 Research Methods  
HLC513 Couple and Family Counseling  
HLC515 Assessment and Treatment Planning  
HLC516 Group Process  
HLC517 Career Counseling  
HLC518 Appraisal  
HLC528 Understanding Trauma in Counseling  
HLC540 Integrating Meaning  
HLC550 Advanced Helping Skills  
HLC551 Practicum and Seminar (300 hours)  
HLC590 Internship and Seminar I  
HLC591 Internship and Seminar II

#### Elective Options: 5-credits total\*

HLL519 Introduction to Holistic Leadership Perspectives  
HLL520 Leading Holistically  
HLL522 Creative Intervention Skills I  
HLL523 Creative Intervention Skills II  
HLC523 Foundations of Substance Abuse  
HLC524 Identification of Special Populations within the Context of Substance Abuse  
HLC525 Clinical Language Skills  
HLC535 Introduction to Expressive Sound  
HLC575 Healing and Transformation  
HLC578 Body and Personal Myth: A Jungian Perspective  
HLC579 Grief Counseling  
HLC582 Introduction to the Expressive & Creative Arts as Transformation  
HLC584 Movement, Creativity & Consciousness: an Introduction  
HLC587 Gender and Human Sexuality in Counseling  
HLC588 Working with Young People  
HLC592 Arts, Nature and Eco-Consciousness

\*Elective courses may be substituted with appropriate courses from other graduate programs (i.e. rehabilitation counseling, applied behavioral analysis, etc.) as applicable to a student's learning goals and with approval from program director.



### Salve Regina University

#### Graduate Studies and Continuing Education

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Newport, Rhode Island 02840-4192

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Online: [salve.edu/graduatestudies](http://salve.edu/graduatestudies)



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