# COUNSELING

## What can I do with this graduate degree?

<table>
<thead>
<tr>
<th>AREAS</th>
<th>EMPLOYERS</th>
<th>STRATEGIES</th>
</tr>
</thead>
</table>
| **MENTAL HEALTH**  
Individual and Group Counseling  
Case Management  
Medication Monitoring  
Crisis Intervention  
Program Planning  
Administration |  
Residential treatment facilities  
In/Outpatient psychiatric care units  
Mobile crisis units  
Hospitals  
Behavioral health programs  
Social service agencies  
Non-profit organizations  
Religious and pastoral organizations  
Hospices  
Child guidance clinics  
Family planning centers  
Adult service programs  
Group homes  
Public and private schools  
Local, state, and federal government agencies including:  
- Armed Forces  
- Department of Child and Family Services  
- Department of Corrections  
- Department of Human Services  
- Department of Mental Health  
- Department of Justice  
- Department of Veterans Affairs  
Private or group practices  
Employee Assistance Programs (EAP) |  
Gain practical experience with children, families, and individuals with mental health issues.  
Become familiar with government and community resources available for those in need.  
Volunteer with a local social service or non-profit organization to test interests.  
Conduct informational interviews or shadow professionals in a variety of fields.  
Participate in community events to become familiar with local organizations and community members.  
Develop strong communication skills and the desire to help others.  
Learn to work well with different types of people.  
Cultivate multicultural competence.  
Develop ability to work well under pressure and manage stress.  
Research government hiring procedures.  
Obtain certification as a Mental Health Service Provider (MHSP) and/or a Clinical Mental Health Counselor (CCMHC).  
Consult the National Board for Certified Counselors (NBCC) for state licensure requirements. |
| **MARRIAGE AND FAMILY THERAPY**  
Pre-marital Counseling  
Couples' Counseling  
Conflict Resolution  
Divorce Mediation  
Sexual Counseling  
Child/Spousal Abuse Counseling |  
Private or group practice  
Local, state, and federal government agencies  
Social service agencies  
Religious and pastoral organizations  
Hospitals |  
Gain practical experience with children and families.  
Acquire knowledge of group dynamics and stressors unique to families.  
Develop skills in conflict mediation.  
Cultivate multicultural competence and an understanding of how values may impact practice.  
Obtain certification as a Marriage and Family Therapist (MFT). |
### School Counseling/Education

**School Counseling**
- Elementary
- Middle School
- High School
- College/Career Planning
- Student Services

**Education**
- Teaching
- Administration
- Student Support Services
- Program Development
- Program Evaluation

**Areas**

<table>
<thead>
<tr>
<th>Public and private schools, K-12</th>
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<tbody>
<tr>
<td>Departments of Education</td>
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</tbody>
</table>

**Employers**

- Colleges and universities:
  - Academic departments
  - Student affairs units
  - Research centers
  - Counseling centers

**Strategies**

- Gain experience through mentoring, tutoring, or volunteering with a school-based organization.
- Acquire knowledge of stressors unique to children and families.
- Plan to collaborate with multidisciplinary teams including teachers, social workers, school administrators, therapists, and others.
- Become familiar with various assessments and evaluations utilized in educational settings.
- Obtain certification as a school counselor (NCSC). Consult ASCA for state certification requirements.
- Gain a PhD to teach in post-secondary schools.
- Specialize or take additional courses in college student personnel for student affairs positions.
- Complete an internship or graduate assistantship in a college setting to be competitive for jobs.
- Develop strong communication and writing skills.
- Assist faculty members with research projects.
- Develop strong background in statistics and research for higher education program development and evaluation.
- Join professional associations and attend relevant conferences.

### Career Counseling

**Individual and/or Group Counseling**
- Assessment
- Career Planning
- Job Searching
- Employee Evaluation
- Program Development
- Out Placement

**Large corporations**

<table>
<thead>
<tr>
<th>Colleges and universities</th>
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<tbody>
<tr>
<td>Vocational schools</td>
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<tr>
<td>Government agencies including:</td>
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<tr>
<td>Armed forces</td>
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<tr>
<td>One Stop Career Centers</td>
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<tr>
<td>Employment offices</td>
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<tr>
<td>Career development centers</td>
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<tr>
<td>Employee Assistance Programs (EAP)</td>
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<tr>
<td>Private practice</td>
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</table>

**Employers**

**Strategies**

- Obtain practical experience through part-time or summer jobs, internships, assistantships, or volunteering in a career center or employment agency.
- Learn to work well with different types of people.
- Develop strong communication skills.
- Acquire knowledge of effective interviewing and resume writing skills.
- Investigate a wide variety of careers, areas of study, and related assessment tools.
- Become familiar with government and community resources available for those in need.
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<th>AREAS</th>
<th>EMPLOYERS</th>
<th>STRATEGIES</th>
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<tbody>
<tr>
<td><strong>CAREER COUNSELING CONTINUED</strong></td>
<td></td>
<td>Seek certification on various assessments.</td>
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<td></td>
<td></td>
<td>Become familiar with government hiring procedures.</td>
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<td></td>
<td></td>
<td>Join the National Career Development Association and apply for Master</td>
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<td></td>
<td></td>
<td>Career Counselor (MCC) status.</td>
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<tr>
<td><strong>REHABILITATION</strong></td>
<td></td>
<td>Gain practical experience working with people who have physical</td>
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<tr>
<td>Individual and Group Counseling</td>
<td></td>
<td>disabilities, the elderly, children, and families.</td>
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<tr>
<td>Vocational Counseling</td>
<td></td>
<td>Become familiar with human development and issues specific to aging</td>
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<tr>
<td>Assessment</td>
<td></td>
<td>and disabilities.</td>
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<tr>
<td>Program Development</td>
<td></td>
<td>Volunteer with agencies providing services to these populations such</td>
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<tr>
<td>Program Evaluation</td>
<td></td>
<td>as Meals on Wheels, Project Live, etc.</td>
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<td></td>
<td>Hospitals</td>
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<td></td>
<td>Residential treatment facilities</td>
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<td></td>
<td>Drug and alcohol rehabilitation programs</td>
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<td></td>
<td>Correctional facilities</td>
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<td>Probation services</td>
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<td>Group homes</td>
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<td>Nursing homes</td>
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<td>Assisted living facilities</td>
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<td>Senior centers</td>
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<td>Adult service programs</td>
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<td></td>
<td>Therapeutic recreation centers</td>
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<td></td>
<td>College/university disabilities offices</td>
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<td></td>
<td>State and federal government including:</td>
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<td></td>
<td>Department of Social Services</td>
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<tr>
<td></td>
<td>Vocational Rehabilitation Agencies</td>
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<td></td>
<td>Veterans Affairs</td>
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<td></td>
<td>Gained practical experience working with people who have physical disabilities, the elderly, children, and families.</td>
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<td></td>
<td>Seek knowledge of assessment procedures and therapeutic recreational activities.</td>
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<td>Research government and community resources available for those in need.</td>
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<td></td>
<td>Expect to work on multidisciplinary teams.</td>
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<td></td>
<td>Obtain certification as a rehabilitation counselor (CRC) through the CRCC.</td>
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<td><strong>SUBSTANCE ABUSE</strong></td>
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<td>Addictions Counseling</td>
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<tr>
<td>Behavioral Disorders Counseling</td>
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<td>Program Development</td>
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<tr>
<td>Assessment</td>
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<td></td>
<td>Gained practical experience working with people who have alcohol and drug issues and/or behavioral disorders.</td>
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<td>Become familiar with assessment procedures and typical interventions.</td>
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<td>Volunteer with local hospitals, detox centers, or residential treatment facilities.</td>
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<td></td>
<td>Investigate government and community resources available for those in need.</td>
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<td>Attend community meetings such as AA or NA.</td>
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<td>Learn to work well with different types of people.</td>
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<td>Develop multicultural competence.</td>
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<td></td>
<td>Seek knowledge of psychopharmacology and dual diagnosis issues.</td>
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<td></td>
<td>Obtain certification as a Master Addictions Counselor (MAC).</td>
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GENERAL INFORMATION

• Many undergraduate majors serve as good preparation to enter counseling professions. Sometimes even seemingly unrelated majors, such as communication studies, can work. If pursuing a graduate degree, some programs require certain undergraduate coursework while other programs are open to any undergraduate degree. Research requirements at schools of interest.

• Graduate entrance exams are required for entry into a master’s or PhD program. Though most will require only the Graduate Record Exam (GRE), some may also require the GRE in Psychology.

• Graduate programs should be accredited by the Council for Accreditation of Counseling and Related Educational Programs (CACREP) in order to ensure a smooth transition towards licensure or certification.

• Most counseling PhD programs require a master’s degree in counseling or a related field and/or several years of experience for admission. However, many programs accept, if not require, bachelor's level applicants.

• Many counseling positions require credentials as a Licensed Professional Counselor (LPC) in order to provide services or to go into private or group practice. Licensure can require an additional 2-3 years of supervised experience after graduation depending upon state requirements.

• Additional credentials may be required for specialized fields such as Marriage and Family Therapy, Career Counseling, Substance Abuse Counseling, or School Counseling. Refer to the National Board for Certified Counselors (NBCC) and state licensure requirements to determine which credentials are needed.

• Employment opportunities are expected to grow in each of the counseling areas due to changing legislation, expansion of services, increasing student enrollment, improved reimbursement from managed care companies, and decreased stigma surrounding seeking professional help.

• It is important to join and utilize professional organizations such as the American Counseling Association throughout your studies, as well as when looking for employment. These organizations often advertise grants, promote networking, advocate for students and professionals, and provide resources and important information regarding professional issues.

SOCIAL SERVICES
Case Management
Program Development
Community Education
Administration
Advocacy
Community Relations
Mental Health Services
Volunteer Coordination
Research
Grant Writing

Child guidance clinics
Correctional facilities
Consulting firms
Non-profit and social service organizations
Research organizations
Hospitals: military, psychiatric, VA, or general
Health maintenance organizations
Nursing homes
Assisted living facilities
Federal, state, and local government including:
  Department of Child and Family Services
  Department of Corrections
  Department of Human Services
  Department of Justice
  Department of Mental Health
  Department of Veterans Affairs

Some graduates of counseling programs may choose social service roles in which they are not providing clinical counseling but perform other functions.

Volunteer with a local social service or non-profit organization to test interests.

Participate in community events to become familiar with local organizations and community resources.

Learn to work well with different types of people from varying socioeconomic, racial, ethnic, and religious backgrounds.

Develop a wide range of skills such as presenting, grant writing, and fund raising. Sometimes professionals in nonprofit organizations fill multiple roles in their jobs.

Become familiar with government hiring procedures.

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SOCIAL SERVICES

STRATEGIES

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