

Appendix 6

Year 1 and 2 Time Estimates and Obligations

The first two years of the CMHC program contains a majority of their academic coursework. During the first two years there is also a focus on building clinical skills and establishing the foundation for the skills needed in Practicum and Internship.

The average time commitment for each semester in **Year one** is as follows:

- Summer: MHC 6501 Strategies of Counseling I and MHC 6505 Ethics & Practices of Clinical Mental Health Counseling
 - Class Meetings
 - Role Plays
 - Group Assignments/ Projects
 - Readings
 - **ESTIMATED WEEKLY HOURS = 15-20**

 - Fall: MHC 6402 Human Development and MHC 7605 Counseling Diverse Populations
 - Class Meetings
 - Group Assignments/ Projects
 - Readings
 - **ESTIMATED WEEKLY HOURS = 15-20**

 - Spring: MHC 6401 Theories of Counseling, MHC 6502 Strategies of Counseling II
 - Class Meetings
 - Group Assignments/ Projects
 - Readings
 - MHC 8094 Psychopharmacology for Counselors 1 credit course
 - **TOTAL ESTIMATED WEEKLY HOURS = 15-20**
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The average time commitment for each semester in **Year Two** is as follows:

- Summer: MHC 7501 Family Counseling and MHC 7806 Methods of Research & Program Evaluation
 - Class Meeting
 - Research Proposal
 - Group Assignments/ Projects
 - Readings
 - **TOTAL ESTIMATED WEEKLY HOURS = 20-25**

- Fall: MHC 7202 Group Counseling and MHC 6901 Diagnostic Treatment of Psychopathology
 - Class Meetings Note MHC 7202 will have additional meeting times.
 - Group Assignments/ Projects
 - Seminar Elective Course Class and Assignments
 - Readings
 - **TOTAL ESTIMATED WEEKLY HOURS = 20-25**

- Spring: MHC 8020 Addictions Counseling, MHC 7805 Appraisal Techniques
 - Class Meetings
 - Role Plays
 - Group Assignments/ Projects
 - Seminar Elective Course Class and Assignments
 - Readings
 - **TOTAL ESTIMATED WEEKLY HOURS = 20-25**