# COUNSELING

## What can I do with this graduate degree?

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<th>AREAS</th>
<th>EMPLOYERS</th>
<th>STRATEGIES</th>
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| **MENTAL HEALTH**  
Individual and Group Counseling  
Case Management  
Medication Monitoring  
Crisis Intervention  
Program Planning  
Administration  
Counseling Therapy and Specialty Areas Include:  
   Eating Disorders  
   Grief  
   Hypnotherapy  
   Animal-assisted  
   Equine  
   Expressive Arts:  
      Music  
      Art  
      Dance  
      Play  
See other areas on the following pages | Residential treatment facilities  
In/Outpatient psychiatric care units  
Mobile crisis units  
Hospitals  
Behavioral health programs  
Social service agencies  
Nonprofit 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 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  
   Correctional facilities  
   Private or group practices  
   Employee Assistance Programs (EAP) | Obtain a master’s degree in mental health counseling or related area.  
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 organization to test interest in working with different populations or presenting problems.  
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, listening, and organizational skills, along with a sense of empathy.  
Learn to work well with different types of people.  
Cultivate multicultural and diversity competence.  
Develop the ability to work under pressure and manage stress.  
Join professional organizations such as Chi Sigma Iota (CSI) or American Counseling Association (ACA) to learn about current issues in the field.  
Research government hiring procedures and state licensure regulations.  
Obtain national certification as a Mental Health Service Provider (MHSP) through the National Board for Certified Counselors (NBCC) and/or state dependent certification.  
Many professional associations offer training and certification in specialty areas. Research your area of interest for opportunities. |
### 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

**Employers**
- Public and private schools, K-12
- Departments of Education

**Strategies**
- Earn a master’s degree in school counseling.
- 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 National Certified School Counselor (NCSC) through the National Board of Certified Counselors (NBCC).
- Join professional organizations such as American School Counselor Association (ASCA) to learn more about the field.

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

- Obtain a PhD to teach in post-secondary schools.
- Specialize or take additional courses in college student development 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.
- Join professional associations such as Association for Counselor Education and Supervision (ACES) or ASCA and attend relevant conferences.

### CAREER COUNSELING

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

**Employers**
- Colleges and universities
- Vocational schools
- Local, state, and federal government including:
  - Armed forces
  - One Stop Career Centers
  - Employment offices
  - Correctional facilities

**Strategies**
- Obtain practical experience through part-time or summer jobs, internships, assistantships, or volunteer work in a career center or employment agency.
- Learn to work well with different types of people.
- Develop strong communication skills.
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<td>CAREER COUNSELING CONTINUED</td>
<td>Probation services</td>
<td>Acquire knowledge of effective interviewing and resume writing skills.</td>
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<td>Career development centers</td>
<td>Investigate a wide variety of careers, areas of study, and related assessment tools.</td>
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<td>Large corporations</td>
<td>Become familiar with government and community resources available for those in need.</td>
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<td>Employee Assistance Programs (EAP)</td>
<td>Seek certification on various assessments.</td>
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<td>Private practice</td>
<td>Obtain a master's degree with a special emphasis in career counseling to increase marketability (not required but preferred).</td>
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<td>Become familiar with government hiring procedures.</td>
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<td>Join the National Career Development Association (NCDA) and apply for Master Career Counselor (MCC) or Master Career Development Professional (MCDP) status.</td>
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<td>MARRIAGE AND FAMILY THERAPY</td>
<td>Private or group practice</td>
<td>Obtain a master's degree in marriage and family therapy or related graduate degree.</td>
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<td>Pre-marital Counseling</td>
<td>Local, state, and federal government</td>
<td>Gain practical experience with children and families.</td>
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<td>Couples' Counseling</td>
<td>Social service agencies</td>
<td>Acquire knowledge of group dynamics and stressors unique to families.</td>
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<td>Conflict Resolution</td>
<td>Nonprofit organizations</td>
<td>Develop skills in conflict mediation.</td>
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<td>Divorce Mediation</td>
<td>Religious and pastoral organizations</td>
<td>Cultivate multicultural competence and an understanding of how values may impact practice.</td>
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<td>Sexuality Counseling</td>
<td>Hospitals</td>
<td>Obtain certification as a Marriage and Family Therapist (MFT).</td>
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<td>Sexuality Education</td>
<td>Family planning centers</td>
<td>Join professional organizations such as American Counseling Association (ACA) and/or American Association for Marriage and Family Therapy (AAMFT) to learn more about the field.</td>
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<td>Child/Spousal Abuse Counseling</td>
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<td>Consult the Association of Marital and Family Therapy Regulatory Board (AMFTRB) for more information on state licensure regulations.</td>
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<tr>
<td>REHABILITATION</td>
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<tr>
<td>Individual and Group Counseling</td>
<td>Hospitals, Residential treatment facilities, Drug and alcohol rehabilitation programs, Correctional facilities, Probation services, Group homes, Nursing homes, Assisted/independent living facilities, Senior centers, Adult service programs, Therapeutic recreation centers, College/university disabilities offices, Local, state, and federal government including: Department of Social Services, Vocational Rehabilitation Agencies, Department of Veterans Affairs, Nonprofit organizations</td>
<td>Gain practical experience working with people who have physical disabilities, the elderly, veterans, adolescents, and families. Become familiar with human development and issues specific to aging and disabilities. Volunteer with agencies providing services to these populations such as Meals on Wheels, Project Live, etc. Seek knowledge of assessment procedures and therapeutic recreational activities. Obtain a master’s degree in rehabilitation counseling to increase marketability. Research government and community resources available for those in need. Expect to work on multidisciplinary teams. Obtain certification as a rehabilitation counselor (CRC) through the Commission on Rehabilitation Counselor Certification (CRCC).</td>
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<td>SUBSTANCE ABUSE</td>
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<td>Addictions Counseling</td>
<td>Hospitals, Residential treatment facilities, Drug and alcohol rehabilitation programs, Outpatient facilities, Employee Assistance Programs (EAP), Local, state, and federal government including: Department of Social Services, Vocational Rehabilitation Agencies, Department of Veterans Affairs, Correctional facilities, Juvenile detention facilities, Probation services, Group homes, Community mental health organizations, Private or group practices</td>
<td>Gain practical experience working with people who have alcohol and drug issues and/or behavioral disorders. Become familiar with assessment procedures and typical interventions. Volunteer with local hospitals, detox centers, or residential treatment facilities. Investigate government and community resources available for those in need. Attend community meetings such as Alcoholics Anonymous (AA) or Narcotics Anonymous (NA). Learn to work well with different types of people. Develop multicultural competence. Seek knowledge of psychopharmacology and dual diagnosis issues. Obtain certification as a Master Addictions Counselor (MAC) through the National Board of Certified Counselors (NBCC).</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.

• 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. Since licensure is state specific, most counselors choose to also pursue licensure as a National Certified Counselor (NCC) through the National Board of Certified Counselors (NBCC).

• 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 NBCC or NCDA (for career counseling) 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.