# COUNSELING

What can I do with this graduate degree?

<table>
<thead>
<tr>
<th>AREAS</th>
<th>EMPLOYERS</th>
<th>STRATEGIES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MENTAL HEALTH</strong></td>
<td>Residential treatment facilities</td>
<td>Obtain a master’s degree in mental health counseling or related area.</td>
</tr>
<tr>
<td>Individual and Group Counseling</td>
<td>In/Outpatient psychiatric care units</td>
<td>Gain practical experience with children, families, and individuals with mental health issues.</td>
</tr>
<tr>
<td>Case Management</td>
<td>Mobile crisis units</td>
<td>Become familiar with government and community resources available for those in need.</td>
</tr>
<tr>
<td>Medication Monitoring</td>
<td>Hospitals</td>
<td>Volunteer with a local social service organization to test interest in working with different populations or presenting problems.</td>
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<tr>
<td>Crisis Intervention</td>
<td>Behavioral health programs</td>
<td>Conduct informational interviews or shadow professionals in a variety of fields.</td>
</tr>
<tr>
<td>Program Planning</td>
<td>Social service agencies</td>
<td>Participate in community events to become familiar with local organizations and community members.</td>
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<tr>
<td>Administration</td>
<td>Nonprofit organizations</td>
<td>Develop strong communication, listening, and organizational skills, along with a sense of empathy.</td>
</tr>
<tr>
<td>Counseling Therapy and Speciality Areas Include:</td>
<td>Religious and pastoral organizations</td>
<td>Learn to work well with different types of people.</td>
</tr>
<tr>
<td>Eating Disorders</td>
<td>Hospices</td>
<td>Cultivate multicultural and diversity competence.</td>
</tr>
<tr>
<td>Grief</td>
<td>Child guidance clinics</td>
<td>Develop the ability to work under pressure and manage stress.</td>
</tr>
<tr>
<td>Hypnotherapy</td>
<td>Family planning centers</td>
<td>Join professional organizations such as Chi Sigma Iota (CSI) or American Counseling Association (ACA) to learn about current issues in the field.</td>
</tr>
<tr>
<td>Animal-assisted</td>
<td>Adult service programs</td>
<td>Research government hiring procedures and state licensure regulations.</td>
</tr>
<tr>
<td>Equine</td>
<td>Group homes</td>
<td>Obtain national certification as a Mental Health Service Provider (MHSP) through the National Board for Certified Counselors (NBCC) and/or state dependent certification.</td>
</tr>
<tr>
<td>Expressive Arts:</td>
<td>Public and private schools</td>
<td>Many professional associations offer training and certification in specialty areas. Research your area of interest for opportunities.</td>
</tr>
<tr>
<td>Music</td>
<td>Local, state, and federal government including:</td>
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</tr>
<tr>
<td>Art</td>
<td>Armed Forces</td>
<td></td>
</tr>
<tr>
<td>Dance</td>
<td>Department of Child and Family Services</td>
<td></td>
</tr>
<tr>
<td>Play</td>
<td>Department of Corrections</td>
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</tbody>
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See other areas on the following pages
<table>
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<tr>
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</table>
| **SCHOOL COUNSELING/EDUCATION**  
**School Counseling**  
Elementary  
Middle School  
High School  
College/Career Planning  
Student Services | Public and private schools, K-12  
Departments of Education | 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. |
| **Education**  
Teaching  
Administration  
Student Support Services  
Program Development  
Program Evaluation | 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.  
Acquire an educational specialist (EdS) degree beyond a master's for further training within the field of education.  
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 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 | Colleges and universities  
Vocational schools  
Local, state, and federal government including:  
Armed forces  
One Stop Career Centers  
Employment offices  
Correctional facilities | 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. |
### CAREER COUNSELING CONTINUED

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<tr>
<th>AREAS</th>
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<tbody>
<tr>
<td>Probation services</td>
<td>Career development centers</td>
<td>Acquire knowledge of effective interviewing and resume writing skills.</td>
</tr>
<tr>
<td>Career development centers</td>
<td>Large corporations</td>
<td>Investigate a wide variety of careers, areas of study, and related assessment tools.</td>
</tr>
<tr>
<td>Employee Assistance Programs (EAP)</td>
<td>Private practice</td>
<td>Become familiar with government and community resources available for those in need.</td>
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### MARRIAGE AND FAMILY THERAPY

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<tr>
<th>AREAS</th>
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<tbody>
<tr>
<td>Pre-marital Counseling</td>
<td>Private or group practice</td>
<td>Obtain a master's degree in marriage and family therapy or related graduate degree.</td>
</tr>
<tr>
<td>Couples' Counseling</td>
<td>Local, state, and federal government</td>
<td>Gain practical experience with children and families.</td>
</tr>
<tr>
<td>Conflict Resolution</td>
<td>Social service agencies</td>
<td>Acquire knowledge of group dynamics and stressors unique to families.</td>
</tr>
<tr>
<td>Divorce Mediation</td>
<td>Nonprofit organizations</td>
<td>Develop skills in conflict mediation.</td>
</tr>
<tr>
<td>Sexuality Counseling</td>
<td>Religious and pastoral organizations</td>
<td>Cultivate multicultural competence and an understanding of how values may impact practice.</td>
</tr>
<tr>
<td>Sexuality Education</td>
<td>Hospitals</td>
<td>Obtain certification as a Marriage and Family Therapist (MFT).</td>
</tr>
<tr>
<td>Child/Spousal Abuse Counseling</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></td>
<td></td>
<td>Consult the Association of Marital and Family Therapy Regulatory Board (AMFTRB) for more information on state licensure regulations.</td>
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**AREAS**

### REHABILITATION
- Individual and Group Counseling
- Vocational Counseling
- Assessment
- Program Development
- Program Evaluation
- Advocacy/Intervention
- Administration

### SUBSTANCE ABUSE
- Addictions Counseling
- Behavioral Disorders Counseling
- Individual and Group Counseling
- Case Management
- Program Development
- Program Evaluation
- Assessment

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**EMPLOYERS**

### REHABILITATION
- 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

### SUBSTANCE ABUSE
- 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
  - Juvenile correctional facilities
  - Probation services
- Group homes
- Community mental health organizations
- Private or group practices

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**STRATEGIES**

### REHABILITATION
- 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).

### SUBSTANCE ABUSE
- 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).
### 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.

### AREAS

<table>
<thead>
<tr>
<th>SOCIAL SERVICES</th>
<th>EMPLOYERS</th>
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<tbody>
<tr>
<td>Case Management</td>
<td>Child guidance clinics</td>
<td>Some graduates of counseling programs may choose social service roles in which they are not providing clinical counseling but perform other functions.</td>
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<tr>
<td>Program Development</td>
<td>Correctional facilities</td>
<td>Volunteer with a local social service or non-profit organization to test interests.</td>
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<tr>
<td>Community Education</td>
<td>Consulting firms</td>
<td>Participate in community events to become familiar with local organizations and community resources.</td>
</tr>
<tr>
<td>Administration</td>
<td>Non-profit and social service organizations</td>
<td>Learn to work well with different types of people from varying socioeconomic, racial, ethnic, and religious backgrounds.</td>
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<tr>
<td>Advocacy</td>
<td>Research organizations</td>
<td>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.</td>
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<tr>
<td>Community Relations</td>
<td>Hospitals: military, psychiatric, VA, or general</td>
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<tr>
<td>Mental Health Services</td>
<td>Health maintenance organizations</td>
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<tr>
<td>Volunteer Coordination</td>
<td>Nursing homes</td>
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<tr>
<td>Research</td>
<td>Assisted living facilities</td>
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<tr>
<td>Grant Writing</td>
<td>Local, state, and federal government including:</td>
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<td></td>
<td>Department of Child and Family Services</td>
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<td>Department of Corrections</td>
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<td>Department of Human Services</td>
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<td>Department of Justice</td>
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<td>Department of Mental Health</td>
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### EMPLOYERS

- 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
- Local, state, and federal 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

### STRATEGIES

- 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.