

**CLINICAL MENTAL HEALTH COUNSELING, M.A.**  
GRADUATE PROGRAM

Achieve More. Together.



# CLINICAL MENTAL HEALTH COUNSELING, M.A.

GRADUATE PROGRAM

Adult Clinical Mental Health Counseling | Child and Adolescent Clinical Mental Health Counseling |  
Advanced Training Program in Addiction Studies



# From the Department Chair

My philosophy as an educator is simple: to be a good teacher, one must be a good student. As a teacher educates, he/she is also being educated by the student. Thus, for the graduate student, educating oneself is a personal endeavor in which the graduate student takes on the responsibility to achieve his/her educational goals. I see the classroom as a learning environment to fulfill the graduate student needs by involving all to contribute to the wealth of knowledge to be learned.

Through lecture, I do much sharing of information but also encourage the student(s) to become actively involved through questions, perspectives, thoughts and discussions. I highly value education, especially graduate education. Through mentoring I attempt to instill in the graduate student to be the best student by working at their highest potential so that they will become an effective counselor and educator.

Initially educated and trained in the field of clinical psychology, I interned at the student counseling center of the University of Virginia. My interest in neuropsychology began during my internship and provided for me a 15 week rotation at a psychiatric hospital administering supervised neuropsychological evaluations. I furthered my education by obtaining an advanced certificate in clinical neuropsychology and became board certified.

Since 1990, I have worked in private practice, psychiatric hospitals, school districts and a correctional facility. As a practicing clinical psychologist, I am existential in theory and



**Dr. Tom Bristow**  
Department Chair

cognitive behavioral in treatment modality. However, it is neuropsychology where my roots are grounded, and from this perspective, all behavior is addressed as brain-behavior.

I wish you the best in your graduate program.

Sincerely,

A handwritten signature in black ink that reads "Tom Bristow, PsyD".

Tom Bristow, PsyD  
Department Chair

# Welcome

Thank you for your interest in our Master of Arts in Clinical Mental Health Counseling Program at Lewis University. Our program began in 1993 and has continued to grow rapidly since its inception. Approximately 100 students are enrolled in the program. Students come from a wide range of personal and professional backgrounds. Some students are currently in the mental health field, while others come to our program making a complete career change from a non-mental health field. Students are both full- and part-time and our program is designed to fit students' busy lives. We fully understand that students have family, career and personal responsibilities. Almost all of our courses are taught in the evenings with weekend workshops available for elective credit. We also have several fully online course offerings.

Our program has three areas of concentration allowing students to specialize. The Child and Adolescent Counseling Concentration is designed for students who want to work primarily with children and adolescents. This concentration has specialized courses designed to prepare students to work with this challenging population. The Adult Clinical Mental Health Counseling Concentration is designed for students who are most interested in working with adult clients. The Advanced Training Program in Addiction Studies allows students the opportunity to take specialized coursework and training in the addictions field.

In addition to teaching, our faculty currently work in the field in a wide range of settings (e.g. private practice, psychiatric hospitals, the Department of Corrections, counseling centers, community mental health, etc.) and have diverse areas of expertise. We model and teach specific counseling skills and share our own real world counseling experiences so that students can learn from both our mistakes and successes.

Our program does an excellent job of combining theory and practice in a practical, hands-on approach. Students leave Lewis well-prepared to begin a professional career in a wide range of counseling settings. Our program is designed to meet the education requirements for the Licensed Clinical Professional Counselor credential in the State of Illinois.

Finally, our program is designed to give each student personal attention. Students will get to know each of their professors well and our graduate faculty actively encourage mentoring relationships with students. Faculty take an active interest in each of our students and see it as a main part of our job to ensure that students are successful while in the program, as well as after graduation.

Thank you again for your interest in our program at Lewis. We look forward to helping you meet your personal and professional goals. This viewbook provides an overview of our Clinical Mental Health Counseling programs. I would be happy to answer any specific questions you may have. Information regarding admissions can be found on our Web site [www.lewisu.edu](http://www.lewisu.edu) or by contacting the Office of Graduate Admission at [grad@lewisu.edu](mailto:grad@lewisu.edu), or by phone at (815) 836-5610.



**Dr. Katherine Helm-Lewis**  
Professor and Graduate Program Director

"I am a counseling psychologist by training and I believe in using my experiences in the field and bringing them into the classroom so that students get real-world practical training.

My teaching style is engaging, interactive and interpersonal. I work to combine theory, research, experiential activities and role plays in my training of students. Additionally, I emphasize the importance of ethical practice, self-awareness and multicultural understanding in student development. I have worked in an inpatient psychiatric hospital, community mental health centers, and university counseling center settings and work to bring these experiences alive in my training of students. Although I have diverse research, writing and clinical interests, I consider my primary professional responsibilities to be teaching and training of counseling psychology graduate students at Lewis."



## MASTERS OF ARTS

# Clinical Mental Health Counseling

**Do you have a desire to help people? If you see yourself in a position of counseling others, whether it be adults, teenagers, or children and families, Lewis University can help you fulfill your dreams with a Master of Arts in Clinical Mental Health Counseling.**

You will be challenged to question critically, search for truth, and generate new knowledge through scholarship and innovation. Respecting your need to balance career, personal life, and education, Lewis offers convenient evening classes for adults. As a Catholic university in the Lasallian tradition, our approach is values-based and student-focused. Expert dedicated faculty who are both scholars and practitioners will inspire and prepare you to assume active roles while responding ethically to the many complex issues in your profession and communities.

## Dr. Kimberly Duris Assistant Professor

“Welcome to Lewis University’s Clinical Mental Health Counseling program! I have over 14 years of professional work experience in the mental health field, including work with dually diagnosed adolescents, severe-chronically mental ill adults, my own private practice office, and community mental health work setting, consulting, and clinical supervision. My clinical experience provides me with the opportunity to bring real-life professional experiences into the classroom. One of the many attractive qualities of this program is that not only are the professors in the program skilled at teaching students the necessary academic materials, they are also trained clinicians who are able to integrate specific areas of counselor competencies in their classroom teaching. At Lewis, you will find that the professors are knowledgeable, approachable, and sincerely interested in training the next generation of professional counselors.”



## Admission Standards

Admission to the graduate program in psychology is based on academic and personal qualifications of the applicant. It is made without regard to race, color, religion, age, gender, irrelevant handicap, national or ethnic origin, or disability.

All students must present evidence of a baccalaureate degree awarded by a regionally accredited institution of higher education and a completed application which includes a personal statement of professional goals. Because this program is directed toward adults, it is expected that personal maturity and experience are prime indicators of success in the program. Although the Clinical Mental Health Counseling program does not require a criminal background check, applicants should be aware that many internship sites and potential employers will. There are three enrollment categories for students in the program.

## Full Admission

Students in this category have:

1. Completed at least 15 hours of psychology, including a course in statistics or research methods.
2. Submitted a completed application with an accompanying personal statement.
3. Submitted two letters of recommendation from professors, employers or supervisors.
4. Submitted an official transcript of all academic work previously attempted or completed. An applicant's GPA should equal a 3.0 Grade Point Average on a 4.0 scale.
5. The applicant's personal statement will be used as a writing sample.
6. Certified their proficiency in reading and writing English by achieving a 550 on the TOEFL written exam; 213 on the computerized exam; 79 on the Internet-based exam or IELTS score of 6.0. ELS level 112 completed. Step Eiken (Japan) Pre-1 is also accepted. (Applicable only if student is from a non-English speaking country.)
7. Received acceptance by the Graduate Council of the College of Arts and Sciences.

## Provisional Admission

In select cases, a student who does not meet the requirements for full admission may be granted provisional admission. Students may apply for full admission after resolving the admission deficiencies. If the student must satisfy the psychology course requirements explained above, those courses must be completed with a 3.0 Grade Point Average (GPA). Students may be allowed to take up to nine graduate credit hours as a provisionally admitted student. The student must maintain a GPA of at least 3.0 in these courses.



## Transfer Admission Procedures

Students may apply up to 12 semester hours of graduate-level work from other regionally accredited institutions to their program of psychology prior to their acceptance into the Clinical Mental Health Counseling program. A transfer student will follow the admission criteria described for full and provisional. The following conditions apply to the acceptance of transfer credit:

1. Only courses with a grade of B or better will be accepted.
2. Coursework must have been completed at an accredited graduate school.
3. Appropriateness of coursework will be decided by the Graduate Program Director at the time of the student's application to the program.
4. Courses from outside the United States will be considered if they are evaluated as graduate level by the Commission of Accreditation of the American Council on Education.

## MASTER OF ARTS

# Clinical Mental Health Counseling

Degree Offered: **Master of Arts**

Total Credit Hours Required: **60**

## Objectives

The Master of Arts in Clinical Mental Health Counseling program is designed for those who are seeking to develop or refine job-related psychological skills and knowledge. There are three concentrations within the program. The first, the Adult Clinical Mental Health Counseling Concentration, is a traditional counseling track, preparing students for work in the mental health field with adult populations. The second, the Child and Adolescent Clinical Counseling Concentration, is designed to train students to provide counseling services to children, adolescents, and families in both public and private settings. Both concentrations apply theory and research to practical problems of human adjustment and development. Goals for the program follow the recommendations of the American Counseling Association and meet the State of Illinois requirements so that students can sit for counseling licensing exams. The third concentration, Advanced Training Program in Addictions Studies, has been developed to:

- Provide a knowledge base in relevant areas of psychology and counseling, including personality, psychopathology, therapy, multicultural issues, and evaluation and assessment.
- Expand student skills in interviewing, assessment and techniques of therapy.
- Create student understanding of client uniqueness, multicultural sensitivity, and student attitudes of flexibility in their work with clients.
- Endorse student development of appropriate ethics and professional identification.

## Concentration A:

### Adult Clinical Mental Health Counseling

#### I. CORE COURSES (57)

50500	Research in Counseling
51100	Individual Appraisal
51200	Interviewing Skills
51400	Introduction to Clinical Mental Health Counseling
52000	Advanced Developmental Psychology
52200	Career Development Theory
54100	Psychopathology
55200	Clinical Psychopharmacology
55300	Crisis Intervention and Treatment of Trauma
56500	Group Dynamics and Counseling
56700	Treatment of Substance Abuse
57300	Counseling Theories: I
57700	Counseling Theories: II
57500	Family Dynamics and Counseling
57800	Professional and Ethical Issues in Counseling
57900	Multicultural Issues in Counseling
58000	Models and Theories of Clinical Supervision in Mental Health
58500	Practicum in Counseling
59000	Internship in Counseling

#### II. ELECTIVE (3)

Three credit hours may be chosen from graduate psychology, education, criminal/social justice, business, nursing, or leadership courses. Three one-credit workshops may take the place of this elective course.

## Concentration B:

### Child and Adolescent Clinical Mental Health Counseling

#### I. CORE COURSES (57)

50500	Research in Counseling
51200	Interviewing Skills
51300	Individual Appraisal: Child Emphasis
51400	Introduction to Clinical Mental Health Counseling
52000	Advanced Developmental Psychology
52200	Career Development Theory
54300	Psychopathology: Child Emphasis
55200	Clinical Psychopharmacology
55300	Crisis Intervention and Treatment of Trauma
56500	Group Dynamics and Counseling
56700	Treatment of Substance Abuse
57300	Counseling Theories: I

#### OR

57700	Counseling Theories: II
57400	Counseling Theories: Child and Adolescent Psychotherapy
57500	Family Dynamics and Counseling
57800	Professional and Ethical Issues in Counseling
57900	Multicultural Issues in Counseling
58000	Models and Theories of Clinical Supervision in Mental Health
58500	Practicum in Counseling
59000	Internship in Counseling

#### II. ELECTIVE (3)

Three credit hours may be chosen from graduate psychology, education, criminal/social justice, business, nursing, or leadership graduate courses. Three one-credit workshops may take the place of this elective course.

## Concentration C:

### Advanced Training Program in Addiction Studies

**Add the following three courses to your curriculum to include the Addiction Studies component in your degree.**

53300	Introduction to Addictions
53400	Special Populations in Addictions
53500	Internships in Addictions (Replaces Internship in Counseling)

### Optional Addiction Studies Component

Lewis is the first in Will County to offer an advanced training program in Addiction Studies. By adding three courses to your curriculum, you will be prepared to take the examination for Licensed Professional Counselor, Certified Alcohol and Drug Counselor or both to help those battling alcohol and substance issues. The required supervision and work experience is embedded in this accredited advanced training program.

### Career Opportunities

**A degree from Lewis University can prepare you for the following careers:**

- Community Agency Counselor
- Residential Treatment Center Counselor
- Hospital Counselor
- Child and Adolescent Counselor
- Private Practitioner ... and many others!

# Apply Today

## Applying to Lewis University is simple:

- Complete the Graduate Application at [lewisu.edu/apply](http://lewisu.edu/apply).
- Submit the necessary transcripts or supporting documents for your program. Some programs have special requirements.
- Submit the \$40 application fee online.

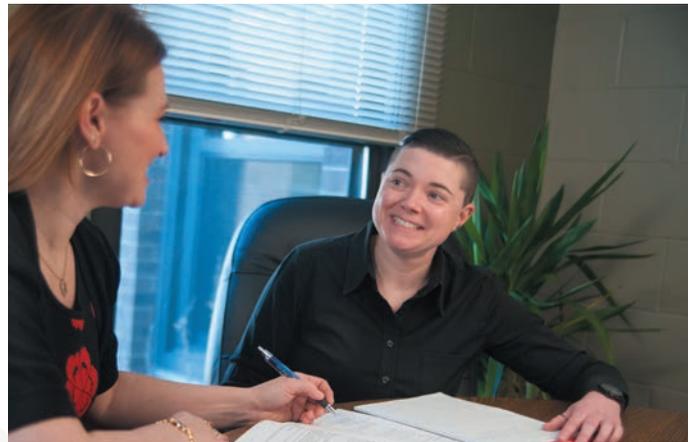
Start taking your career to the next level today!

## Why more graduate students choose Lewis

Take a closer look at Lewis and you'll find more than someplace to get your degree. You'll find a values-based, ethically-focused approach to education from faculty who are experts in their fields. You'll find faculty and staff who understand your need to balance work, family and education and work with you to accomplish your goals.

## Program Highlights

- Lewis University offers three concentrations of the Clinical Mental Health Counseling master's program to best tailor your classes to your goals.
- Small classes to enable the professors to give personal attention and form mentoring relationships.
- Professors are experienced and respected in the field of psychology.
- The classes at Lewis University prepare students for the Licensed Clinical Professional Counselor and Licensed Professional Counselor state examinations.
- Lewis University has a reputation for excellence backed by the success of its graduates.
- Students at Lewis University feel as though they belong, with a willingness to help and encourage each other.
- Lewis University has a strong commitment to multicultural issues and non-discrimination.
- Lewis University offers convenient evening courses throughout the entire year.
- Select courses are available online. See a counselor for details.



## Let us talk with you about funding your education

We're dedicated to making your degree as affordable as possible. That's why Lewis offers transfer-friendly credit policies, employer tuition discounts and tuition deferral plans. You might also qualify for Federal Stafford Loans, veterans' benefits or scholarships. Put all those pieces together and you'll find that we're one of the most affordable private universities in the Chicago area. To apply for financial aid:

- Submit your application at [lewisu.edu/apply](http://lewisu.edu/apply).
- Complete the Free Application for Federal Student Aid (FAFSA) at [fafsa.ed.gov](http://fafsa.ed.gov) and use 001707 for Lewis' school code.
- If your FAFSA application is selected for verification, Lewis will request additional documentation (IRS tax transcript, verification of child support, etc.). The IRS Data Retrieval process provides the easiest way to meet these requirements.
- Within two weeks upon acceptance to Lewis and completion of the FAFSA, notification of financial aid eligibility will be mailed to your address on file. Simply follow the steps outlined in the packet.
- If you're awarded financial aid, you must complete the Entrance Counseling and Direct Stafford Loan Promissory Note (MPN) upon receiving your Financial Aid Award Letter.

If you have any questions about the types of financial aid you may qualify for, contact our Financial Aid Office at (815) 836-5135.

## Questions?

Call **(815) 836-5610** or e-mail [grad@lewisu.edu](mailto:grad@lewisu.edu)





**Convenient Campus Locations Close to Home and Work**

**Main Campus**

One University Parkway  
 Romeoville, IL 60446  
 (815) 838-0500

**Oak Brook Campus**

1111 W. 22nd Street,  
 Suite 700  
 Oak Brook, IL 60523  
 (630) 573-1740

**Hickory Hills Campus**

9634 S. Roberts Road  
 Hickory Hills, IL 60457  
 (708) 233-9768

**Tinley Park Campus**

18501 Maple Creek Dr. Suite 200  
 Tinley Park, IL 60477  
 (708) 444-3180

**For More Information**

[grad@lewisu.edu](mailto:grad@lewisu.edu)

(815) 836-5610

Fax (815) 836-5578

*Note: Not all programs are offered at all campuses. See your counselor or academic advisor for details.*



**Office of Graduate Admission**  
 One University Parkway  
 Romeoville, IL 60446-2200  
 (815) 836-5610