WELCOME

to the

Department of Counseling

Information Session!

If you still have questions after doing the above, contact applymsc@sfsu.edu
Overview of this Information Session

- Introduction: Dr. Rebecca Toporek, Department Chair, Department of Counseling, SF State University (she/they pronouns)
- About our program, our mission and our aspirations
- Programs, courses, and internships
- Admissions process

QR Code for these slides on our website:

Department of Counseling, San Francisco State University
Acknowledgement

- San Francisco State University is located on the occupied Ohlone Ramaytush territories and we humbly acknowledge that our opportunity to live and work in what is now called the San Francisco Bay Area is only possible by the sacrifice of many indigenous people historically as well as their contributions today.

- We also acknowledge that we benefit from the many Black and Brown communities who have worked, often in unjust circumstances, to make the public university system possible in California as well as the U.S. as a whole.

“We are Still Here” Native American Community Mural at San Francisco State University
OUR MISSION

- To train the next generation of counselor leaders
- who recognize that the liberation of all communities is only possible when an
  intersectional, participatory, community-driven approach to counseling is practiced.
- Our training program is grounded in the belief that counseling, as a field of practice, affords professionals the
  knowledge and skills needed to carry out social justice work
- via strengths-based healing and wellness, advocacy, critical consciousness development, and action-oriented scholarship and research.

Department of Counseling, San Francisco State University
ABOUT THE DEPARTMENT

OUR SPECIALIZATIONS

- Career Counseling
- School Counseling
- Clinical Mental Health Counseling
- Marriage, Family and Child Counseling
- College Counseling
- Gerontological Counseling

*May choose a specialization and emphasis

Department of Counseling, San Francisco State University
3 DEGREES
6 SPECIALIZATIONS

- Master of Science in Counseling
  - Career
  - College
  - Gerontology
  - School Counseling

- Master of Science in Clinical Mental Health Counseling

- Master of Science in Counseling Concentration in Marriage, Family, and Child Counseling

https://counseling.sfsu.edu/academics

Department of Counseling, San Francisco State University
Specialization and Emphasis

Specializations:
• Career Counseling
• Clinical Mental Health Counseling
• College Counseling
• Gerontological Counseling
• Marriage Family Child Counseling
• School Counseling

Emphasis (optional):
• Career Counseling
• Clinical Mental Health Counseling
• College Counseling
• Gerontological Counseling
• School Counseling

• For emphases, take specialization + emphasis courses; and complete internship requirements for specialization and emphasis (in some cases requires 3 years of internship)

• Once in program, may request to add emphasis if not added during application
Which Specialization or Program is Right for You?

- Read about each specialization, the required classes, the specialization faculty bios

- What type of setting do you want to work in?
  - Look at job announcements and understand their requirements (do they require a license? If so, what types of license?)

- What populations you want to work with and in what way?

- If you are debating licensed work (mental health counseling) research differences on BBS website (CA Board of Behavioral Sciences)

- Compare what you have learned about our programs with what you learn about other programs

- If you are debating between counseling, psychology, social work, or other fields, talk to each program, read the BBS website, look at course requirements, and read job announcements
Professional Paths and Careers of Our Graduates

Department of Counseling, San Francisco State University
Career Counseling Specialization

**CAREER COUNSELING SPECIALIZATION**

Career Counselor (no license needed)

**CMHC EMPHASIS**

Complete post degree supervised hours and licensure exams

Career Counselor with LPCC license*

*{(combine mental health and career)}

**CAREER PRACTITIONER**

College and university career centers, employment agencies, non profits, private practice

Depending on setting, work with College students, HS, and adults of all ages

**LPCC LICENSE**

Holistic career counseling including mental health counseling: College and university career centers, employment agencies, non profits, private practice

OFTEN MAY ALSO DO COLLEGE COUNSELING EMPHASIS
College Counseling Specialization
MS in Counseling

College Counselor (no license needed)

COLLEGE COUNSELOR
Community colleges and universities, advisors, student retention specialists (e.g., EOPS), student affairs professionals, instructors, student resource centers, administrators
Work with adults; mostly 18-25 but also of all ages

OFTEN MAY ALSO DO CAREER COUNSELING EMPHASIS

CMHC EMPHASIS

Complete post degree supervised hours and licensure exams

LPCC LICENSE
Holistic college counseling in colleges and universities including mental health counseling; College and university mental health and wellness, psychological services, non profits, private practice

College student mental health
Gerontological Counseling Specialization
MS in Counseling

Gerontological Counselor

GERONTOLOGICAL COUNSELING SPECIALIZATION

CMHC EMPHASIS

Complete post degree supervised hours and licensure exams

Gerontological Counselor with license*

*focus on mental health counseling

GERONTOLOGICAL COUNSELOR
Work with elders in non-profits, community mental health, health care settings, often under the supervision of a licensed provider

LPCC LICENSE
Work with elders in non-profits, community mental health, health care settings, private practice, and other mental health provision.

*focus on mental health counseling
School Counseling Specialization

MS in Counseling

**SCHOOL COUNSELING SPECIALIZATION**

- **School Counselor (PPS Credential)**
  - K-12 settings, public, private and charter, school counselors and administrators in districts around the Bay Area
  - Work with children, adolescents, young adults, teachers, parents, community members

**CMHC EMPHASIS**

- Complete post degree supervised hours and licensure exams

**SCHOOL COUNSELOR**

- Often add career counseling emphasis

**LPCC LICENSE**

- K-12 settings, public, private and charter, school counselors and wellness center counselors/therapists

**School Counselor with license and PPS***

*Focus on mental health counseling
Clinical Mental Health Counseling Specialization (CMHC)

MS in Clinical Mental Health Counseling

**CLINICAL MENTAL HEALTH COUNSELING SPECIALIZATION (CMHC)**

OFTEN MAY ALSO DO CAREER, COLLEGE, OR GERONTOLOGICAL COUNSELING EMPHASIS

Complete post degree supervised hours and licensure exams

**LICENSED CLINICAL MENTAL HEALTH COUNSELOR (LPCC)**

Licensed counselors in community mental health, private practice, health care settings, integrative behavioral health

Work with a wide
Marriage, Family and Child Counseling Specialization (MFCC or MFT)
MS in Counseling with Concentration in Marriage, Family and Child Counseling

LICENSSED MARRIAGE AND FAMILY THERAPIST (LMFT)
Private practice, non profit mental health, college student mental health, school wellness centers, health care settings

CMHC EMPHASIS
Licensed counselors in community mental health, private practice, health care settings, integrative behavioral health

FOR EXPERTISE IN CAREER OR COLLEGE COUNSELING, MAY DO EMPHASIS

OPTIONAL: CMHC COUNSELING EMPHASIS IF ALSO PURSUING LPCC

Complete post degree supervised hours and licensure exams
LICENSES, CREDENTIALS AND CERTIFICATIONS AVAILABLE

- **State of California**
  - Licensed Marriage Family Therapist (LMFT)
  - Licensed Professional Clinical Counselor (LPCC)
  - Pupil Personnel Services (PPS) Credential

- **National Certifications**
  - National Certified Counselor (NCC)
  - Certified Career Counselor (CCC)
  - Certified Mental Health Counselor (CMHC)
  - Certified Rehabilitation Counselor (CRC)
Licensure and Credential Requirements

- **License in Professional Clinical Counseling (LPCC)**
  - Master’s degree in Counseling with clinical counseling training. In our program is Specialization or Emphasis in CMHC
  - Total 3000 hours of supervised experience after completing master’s program
  - Licensure exams (post degree and after required hours are completed)

- **License Marriage, Family Therapy (LMFT)**
  - Master’s degree in MFCC or MFT
  - Total 3000 hours of supervised experience (some of which can be completed as part of master’s program)
  - Licensure exams (post degree and after required hours are completed)

- **Pupil Personnel Services Credential (PPS)**
  - Master’s degree in School Counseling
  - State mandated forms and health clearances (see DoC website for details)

Department of Counseling, San Francisco State University
OUR ACCREDITATION

- Western Association of Schools and Colleges (WASC)
- Council for the Accreditation of Counselor and Related Education Programs (CACREP)
- The California Commission on Teacher Credentialing (CTC)

https://counseling.sfsu.edu/content/program-assessment-and-accreditation

Department of Counseling, San Francisco State University
OUR FACULTY

• 10 full time faculty and 20+ part time faculty
• Committed to student success and developing effective and competent counselors
• Practicing counselors and therapists, researchers, writers
• Internationally and nationally recognized scholars and professional leaders
• See our website for bios of all of our faculty

https://counseling.sfsu.edu/people

Department of Counseling, San Francisco State University
UP NEXT:
BEING A STUDENT IN THE PROGRAM

- Course load
- Internships
- Time to graduation
- Opportunities for community building
- Resources
- Professional training program with professionalism expectations

Department of Counseling, San Francisco State University
Courses and Load

60 units of coursework required for degree
(minimum with one specialization required)

- Core classes
- Specialization and emphasis classes
- Internship classes

Classes- Each class meets 3 hours 1x week (Monday – Thursday)

- Will have required classes 9am – 12noon; 1 – 4pm, 4 – 7pm; 7 – 10pm (varies by semester)
- For full-time expect to take courses 2-3 days/week
- Some courses may be offered only day, some only night
- Majority of classes are in person; only a few are offered online

Part-time or Full-time

- Approx. 50-75% complete courses in 2 years

Department of Counseling, San Francisco State University
### Time to Graduation

<table>
<thead>
<tr>
<th>Specialization and/or emphasis?</th>
<th>Minimum Units Required</th>
<th>Full-time (15 units) or Part-time (9-12 units)</th>
<th>Estimated time to degree*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Specialization only</td>
<td>60 units</td>
<td>Full time</td>
<td>2 years</td>
</tr>
<tr>
<td>Specialization only</td>
<td>60 units</td>
<td>Part-time</td>
<td>3+ years (depends on number of units)</td>
</tr>
<tr>
<td>Specialization and emphasis</td>
<td>63-72</td>
<td>Full-time</td>
<td>2-3 years (depends on which specialization and emphasis; some combinations require 3 internships)</td>
</tr>
<tr>
<td>Specialization and emphasis</td>
<td>63-72</td>
<td>Part-time</td>
<td>3+ years (depends on which specialization and emphasis; some combinations require 3 internships)</td>
</tr>
</tbody>
</table>

*Students who are required to take HSS 700 to meet Graduate Writing Standards—Add an additional semester or take 18 units at least one semester or summer session

Department of Counseling, San Francisco State University
Internships

- Internship provides training at master’s level counseling skills; more than 200 approved sites
- Minimum 2 years of internship in specialization setting (in 2 different sites); some combinations of specialization and emphasis may require 3+ years of internship
  - First year internship 12-16 hours/week
  - Second year internship 16-20 hours/week
- Internships weekday-daytime hours
- Supervised by professional counselor
- Must enroll in practicum or internship courses concurrently while doing internship
- A few sites may offer stipend; most internships are not paid
- Current jobs not generally approved as internship site

https://counseling.sfsu.edu/practicum-and-internship

Department of Counseling, San Francisco State University
Support for students finding internships

- All internships must submit an application and are reviewed by the DoC to ensure they provide appropriate experience and supervision for students.
- Sites that meet DoC, BBS, CCTC (for PPS) and CACREP standards are pre-approved by Department (students may only choose pre-approved site).
- Students have access to master list of all sites.
- Internship fair for incoming students at orientation; internship fair for continuing students in February.
- Support people: internship coordinator, faculty advisor, and specialization coordinator.
- Once in internship, student’s internship instructor is also a liaison to their internship site and supervisor.
Opportunities for Community Building

Faculty advisors, Internship Coordinator, Department Chair, Staff
Specialization cohort
Student Organizations: Counseling Student Association (CSA) First Gen Counseling Student Association
Peer Mentoring Project

Department of Counseling, San Francisco State University
Resources for Students

- Disability Programs and Resource Center (DPRC)
- Equity and Community Inclusion
- Graduate Studies
  - Funding your education (tuition, fees, financial aid, etc.)
  - Off Campus Housing
  - International students/applicants
- Counseling and Psychological Services
- Food+Shelter+Success
- Student Health

Department of Counseling, San Francisco State University
Scholarships, Grants and Opportunities

- **Scholarships and Financial Aid**
  - Financial Aid Office (see website)
  - Dept of Counseling Scholarships and Training Grants (see website)

- Training grants
- Internships generally are not paid, or pay a small amount
- Instructor mentee program (working with an undergraduate instructor’s class) – small stipend ($500)
- For SF State staff—there is a fee waiver program
- Rare to have paid research or graduate assistant positions
Professional Training Program with Professionalism Expectations

- Commitment to multicultural and social justice values
- Accountability, participation and attendance
- Collegial student behavior
- Maintain communication with advisor and instructors
- Look ahead to ensure reasonable load and balance of responsibilities
- Be prepared for class
- Seek help when needed
- Final capstone project - Culminating Experience Project

Department of Counseling, San Francisco State University
About our students and program outcomes

CHECK OUT THE DEPARTMENT OF COUNSELING WEBSITE FOR:

- **ANNUAL PROGRAM PERFORMANCE REPORT** (demographics, program evaluation, student assessment)

- **VITAL STATISTICS REPORT** (demographics, time to graduation, employment of graduates, etc.)
NEXT UP: ADMISSIONS
Recommended **(not required)** Preparatory Courses

- COUN 690 – Field of Counseling*
- Coun 691 – Multicultural Human Relations*
- Theories of personality
- Lifespan developmental psychology
- Abnormal psychology
- Ethnic studies or multicultural relations

- GRE not required

*offered only at SF State through the Dept of Counseling

Department of Counseling, San Francisco State University
ONLINE APPLICATION

Personal Information
Academic History
Supplementary Program Materials:
  - Resume
  - Personal Statement (must be authored by applicant)
  - Unofficial Transcripts
  - Experience Summary: 1) Counseling Experience; 2) Other Experience (paid and volunteer)

2 Letters of Recommendation (academic and/or professional sources)

TONS of detailed information at https://counseling.sfsu.edu/admissions

Department of Counseling, San Francisco State University
Deadline: Jan 15
for the following Fall Admit (no spring admits)

- **Online application** becomes available on October 1
- Letters of recommendation – CalApply emails your recommenders. System notifies you when your recommender submits their letter. Letters MUST be submitted through CalApply. Hardcopies of letters will not be accepted.
- Processing Fee = $25.00 (in addition to university application fee). Information about submitting the fee online is in the Application Instructions available on our website.
- Some specializations may select applicants for an interview before making final admission decision
- All applications are reviewed after the deadline

Department of Counseling, San Francisco State University
Pre-Admission Writing Assessment

- University requires a pre-admission writing assessment
- GRE **not** required
- The writing assessment will be based on the personal statement submitted in the application. **You will be required to sign an affidavit that you are the original author of your personal statement.**
- HSS 700, Graduate Level Writing Course, is required for students who have been accepted into the program and whose writing indicates a need for improvement to meet graduate standards.

Department of Counseling, San Francisco State University
FOR FALL 2023 ADMISSIONS:

- Received 581 completed applications
- Specialization Acceptance Rates:
  - Career 25%
  - CMHC 7%
  - College 25%
  - MFCC 6%
  - School 17%
- Applicants being recommended for admissions are typically notified by late March
Additional Q&A

- Just a few summer classes are offered depending on needs of students
- Examples of work vs. volunteer counseling related experience
- See Vital Statistics Report and Annual Performance Reports for demographics, graduation and licensure rates, and more

Additional Zoom events (see website for zoom link):

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, Oct 24</td>
<td>7-8 p.m.</td>
<td>Becoming a Professional Counselor: Graduate Counseling Student Panel</td>
</tr>
<tr>
<td>Wednesday, Oct 25</td>
<td>6:30-7:30 p.m.</td>
<td>Working as a Professional Counselor: Alumni Panel</td>
</tr>
</tbody>
</table>
NEED MORE INFORMATION ABOUT THE PROGRAM?

- Our Website
  - https://counseling.sfsu.edu

- Always check instructions on the online application packet for answers.

- If the answer is not on the website, email questions to applymsc@sfsu.edu

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