



# Sacred Heart UNIVERSITY



## Lead From the Heart

*Master of Arts in*  
**Clinical Mental Health Counseling**

### KEY FACTS

**2-3 years to complete | 60 credit hours | \$800 per credit hour**

### Program Overview

Sacred Heart University's online Master of Arts in Clinical Mental Health Counseling program is designed to prepare students to make a difference. With careful attention to the comprehensive standards set forth by CACREP, SHU's Clinical Mental Health Counseling program is designed in a way that focuses on integrity, respect, and the ethical care of our students and those they choose to serve. The Clinical Mental Health Counseling program embodies the mission, vision, and values of SHU. In the spirit of whole person wellness, the philosophical tenants of counseling align well with the University's deep commitment to the dignity and worth of all people and welcomes people from all faiths and culture. The program strongly supports SHU's goal of preparing educational leaders to "personally and professionally make a difference in the global community." Specifically, the program is committed to excellence, actively pursuing truth and knowledge through teaching and scholarship of its faculty and students, and finding the common good of society by addressing significant (and growing) societal issues. It explicitly recognizes the dignity and worth of every human being by focusing on prevention, resilience, and holistic well-being.

For a list of Program Outcomes, please visit <http://onlineprograms.sacredheart.edu>.

### Career Outlook

The professional field of mental health is growing steadily at a pace of 22% each year. The Bureau of Labor Statistics reports that this growth rate will create more than 68,000 new positions for mental health counselors by 2028.

**Job Growth for Mental Health Counselors Between 2018 and 2028: 21%<sup>1</sup>**

**Job Growth for Substance Abuse and Behavioral Disorder Counselors Between 2018 and 2028: 24%<sup>1</sup>**

#### Sources

<sup>1</sup> "Substance Abuse, Behavior Disorder, and Mental Health Counselors." Occupational Outlook Handbook. U.S. Bureau of Labor Statistics, April 10, 2020.  
<https://www.bls.gov/ooh/community-and-social-service/substance-abuse-behavioral-disorder-and-mental-health-counselors.htm>.

Sacred Heart University is accredited by the The New England Commission of Higher Education (NECHE).



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**(877) 791-7181**  
[onlineprograms.sacredheart.edu](http://onlineprograms.sacredheart.edu)

# Master of Arts in Clinical Mental Health Counseling

## Course List

Counseling Core Courses		Credits
COU 500	Introduction to the Counseling Profession & Introduction to Ethics	3
COU 510	Human Development	3
COU 520	Skills in Helping Relationships - Residency I	3
COU 530	Counseling Theories	3
COU 540	Social & Cultural Foundations	3
COU 550	Assessment & Assessment Techniques	3
COU 560	Psychopathology, Diagnostic Systems, & Advanced Assessments	3
COU 570	Career Counseling	3
COU 580	Research Methods & Program Evaluation	3
COU 590	Substance Use Disorders & Process Addictions	3
COU 600	Crisis & Trauma Assessment & Treatment	3
COU 610	Group Counseling	3
COU 620	Advanced Helping Skills - Residency II	3

Clinical Mental Health Counseling Core Courses		Credits
CMH 630	Professional Issues, Laws & Advanced Ethics in Clinical Mental Health	3
CMH 640	Treatment Planning & Integrative Models of Care	3
CMH 650	Practicum in Clinical Mental Health Counseling	3
CMH 660	Internship in Clinical Mental Health Counseling	3
CMH 670	Advanced Internship in Clinical Mental Health Counseling	3

### Elective Courses

*Specific electives are determined by the Intended State of Licensure. Choose 2 electives from the following list:*

	Credits	
CMH 680	Advanced Internship II in Clinical Mental Health Counseling	3
COU 565	Counseling Couples, Families & Children	3
COU 575	Human Sexuality	3
COU 585	Counseling Special Populations	3
COU 665	Psychopharmacology & Advanced Psychopathology	3
COU 675	Consultation & Organizational Administration in Counseling	3

## Faculty Bios

### Franc Hudspeth

**PhD, NCC, LPC-S (MS & AR), ACS, RPT-S, RPh, CPC**

Program Director and Associate Professor



Dr. Franc Hudspeth received his Bachelor of Science in Pharmacy, Bachelor of Arts in Psychology & French, Master of Education in Community Counseling, and Doctorate in Counselor Education & Supervision all from The University of Mississippi. He is currently an Associate Professor and Program Coordinator of Counseling at Sacred Heart University. Dr. Hudspeth has been a counselor educator for almost 11 years, has nearly 20 years of experience working in the mental health field, and over 30 years of experience as a pharmacist. He has spent much of his counselor education career designing and leading online counseling programs. His research specializations

include play therapy, neuroethics, neuroscience influences on counseling, trauma's impact on brain development, and psychopharmacology. Dr. Hudspeth is Editor of the International Journal of Play Therapy and Journal of Counselor Preparation and Supervision. He serves as Chair of the Foundation Board of Directors for the Association for Play Therapy, President-Elect of the Association for Creativity in Counseling, and Treasurer of the Military and Government Counseling Association.

### Rebekah Byrd

**PhD, LPC, (TN), LCMHC (NC), NCC, RPT-S, ACS**

Coordinator of Clinical Experiences and Associate Professor



Dr. Rebekah Byrd received her Bachelor of Arts degree from the University of North Carolina at Asheville. Both her master's and her PhD in Counselor Education from Old Dominion University and is currently an Associate Professor of Counseling and the Clinical Experiences Coordinator at Sacred Heart University. Dr. Byrd has been a counselor educator for almost 10 years and has almost 20 years of experience working in the mental health field in varying capacities and settings. Her research specialization falls primarily in issues pertaining to children and adolescent, play therapy, school counseling, social justice/multicultural concerns, self-injury, women's

wellness and Adlerian theory. She has edited a book on common encounters in school counseling and written many refereed journal articles and multiple book chapters. Dr. Byrd is a Licensed Professional Counselor (TN), a Licensed Clinical Mental Health Counselor (NC), a Licensed School Counselor (NC), an Approved Clinical Supervisor, a Nationally Certified Counselor, and a Registered Play Therapy Supervisor.



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