Mental Health Therapy (Master’s Level)

DESCRIPTION OF THE FIELD

Professional Counselors are graduate level (minimum Master’s Degree) mental health service providers. They are trained to work with individuals, families, and groups in treating mental, behavioral, and emotional problems and disorders. Counseling is the application of mental health, psychological or human development principles, through cognitive affective, behavioral, or systemic interventions, strategies that address wellness, personal growth, or career development, as well as pathology. The problems that these clients are facing will not be as severe as those who see a Clinical Psychologist. A Professional Counselor or Mental Health Therapist with have earned a Master’s Degree specializing in one of the following areas: Addiction Counseling, Career Counseling, Clinical Mental Health or Community Agency Counseling, Marriage, Couple and Family Counseling, School Counseling, Student Affairs and College Counseling, Gerontological Counseling, or Counselor Education and Supervision. A PhD is not necessary to practice; most practitioners are educated at the Masters-level. Rather, a PhD is for professionals who want to become expert Researchers, Educators, Supervisors, or Consultants. (Provided by the American Counseling Association)

CAREERS

Those with a Master’s Degree in Counseling practice in a variety of settings-

- Mental Health Clinics
- College and University Campus Health Clinics
- Human Resource Departments
- Non-profit organizations
- Private practice

RESOURCES

For more information, please visit the following websites:

American Counseling Association
https://www.counseling.org/

Council on Rehabilitation Education
http://www.core-rehab.org/

Council for Accreditation of Counseling and Related Educational Programs
http://www.cacrep.org/

National Board for Certified Counselors
http://www.nbcc.org/