

Master of Science in Clinical Mental Health Counseling (CMHC)

60 Graduate Credits | 8-Week Term Model | Low-Residency Design

Two-Year Completion Model (Illustrative)

- **Year 1 - Fall:** 12 didactic credits (4 courses)
- **Year 1 - Spring:** 12 credits (didactic and/or Practicum)
- **Year 1 - Summer:** Up to 12 credits (didactic and/or Practicum)
- **Year 2 - Fall:** 9 Internship credits + 3 didactic credits
- **Year 2 - Spring:** 9 Internship credits + 3 didactic credits

Program Term Schedule & Course Sequence

Term	Courses	Modality
Year 1 - Fall 1	MH501	Online Async (501, 503)
	MH503	
Year 1 - Fall 2	MH502	Online Async/Sync (504)
	MH504	In-Person Weekend Res (502)
Year 1 - Spring 1	MH505	Online Async/Sync (506)
	MH506	In-Person Weekend Res (505)
Year 1 - Spring 2	MH507	Online Async (507)
	MH508	Online Async/Sync (508)
Year 1 - Summer 1	MH510	In-Person Weekend Res (510, 511)
	MH511	
Year 1 - Summer 2	MH612	Online Async (612)
	MH690 Practicum	Clinical Placement (690)
Year 2 - Fall 1	MH619	In-Person Weekend Res (619)
	MH691 Internship*	Clinical Placement (691)

Term	Courses	Modality
Year 2 - Fall 2	MH691 Internship*	Clinical Placement (691)
Year 2 - Spring 1	MH618	Online Async (618)
	MH691 Internship*	Clinical Placement (691)
Year 2 - Spring 2	MH691 Internship*	Clinical Placement (691)
Year 2 - Summer	—	—

Clinical Experience Requirements

MH 690 Counseling Practicum (3 credits) requires a minimum of 100 supervised clock hours. Practicum provides structured, supervised clinical experience prior to internship. Practicum hours do not count toward the 900-hour internship requirement. Students may complete Practicum in the Spring or Summer of Year One, in consultation with the Program Director.

MH 691 Counseling Internship is a variable-credit course (3–9 credits per semester), repeatable, with 18 total credits required for degree completion.

Credit-to-Hour Structure & Internship Rules:

- **3 credits** = 150 clock hours
- **6 credits** = 300 clock hours
- **9 credits** = 450 clock hours
- **Total required internship hours: = 900 clock hours**

**Note: Students may enroll in up to 6 internship credits per 8-week term (maximum 9 credits per full semester).*

Course Directory

MH 501	Professional Orientation, Ethics & Maine Law
MH 502*	Counseling Theories & Skills
MH 503	Lifespan Development for Counselors
MH 504	Multicultural Counseling & Social Justice
MH 505*	Group Counseling & Group Work
MH 506	Assessment & Measurement in Counseling
MH 507	Research Methods & Program Evaluation

MH 508	Psychopathology, Diagnosis & Treatment Planning
MH 510*	Treatment Modalities in CMHC
MH 511*	Crisis Intervention & Acute Care Counseling
MH 612	Addictive Disorders & Co-Occurring Conditions
MH 618	Advanced Treatment Planning & Case Conceptualization
MH 619*	Counseling Children & Adolescents
MH 690	Counseling Practicum
MH 691	Counseling Internship I

Rotation and Modality Notes

- Courses marked with an asterisk (*) include required in-person weekend sessions focused on counseling skills, role-play, group facilitation, or clinical simulation.
- Weekend residencies may be scheduled during fall, spring, summer, January, or intensive Friday–Sunday formats to align with institutional breaks and student availability.
- Online courses are designed primarily for asynchronous delivery with limited synchronous components to support interaction and accessibility.
- Practicum and Internship placements occur in approved clinical settings with concurrent faculty supervision.