**Supervising Interns from San Diego State University’s**

**Concentration in Clinical Rehabilitation Counseling (CLRC)**

**Rehabilitation Counseling Program**

**Program Description**

The Concentration in Clinical Rehabilitation Counseling (CLRC) is situated within the Rehabilitation Counseling Program (RCP) at San Diego State University (SDSU) and prepares graduate students to work competently with individuals with serious mental illness and other disabilities in community contexts. The degree prepares students for two professional credentials: the California Licensed Professional Clinical Counselor (LPCC), and the National Certified Rehabilitation Counselor (CRC). According to U.S. News and World Report, the RCP ranks fourth among rehabilitation counseling programs in the nation and is one of SDSU’s top-ranking programs.

The CLRC has been accredited by the Council for Accreditation of Counseling and Related Educational Programs (CACREP) since 2017. It is the only counseling program at SDSU with a specific focus on serious mental illness. In addition to in-depth study of psychiatric conditions and evidence-based practices, the program includes training in both vocational rehabilitation and psychiatric rehabilitation. Rehabilitation counseling coursework covers a range of topics that are crucial to the recovery of individuals with mental illness such as supported employment, career planning, human development, counseling theories and methods, group work, motivational interviewing, and multicultural sensitivity. In addition to intensive training in vocational rehabilitation, CLRC students receive specialized training in evidence-based, psychiatric rehabilitation services as well as clinical preparation in the treatment of co-occurring disorders, psychopharmacology, DSM-5 diagnosis, substance use, and trauma counseling.

**CACREP Accreditation**

CACREP accreditation provides evidence of the quality of training that CLRC students receive. Accreditation assures an enriched faculty-to-student ratio, appropriate professional training in counseling, and rigorous academic standards. According to the CACREP website:

The vision of CACREP is to provide leadership and to promote excellence in professional preparation through the accreditation of counseling and related educational programs. As an accrediting body, CACREP is committed to the development of standards and procedures that reflect the needs of a dynamic, diverse, and complex society. CACREP is dedicated to encouraging and promoting the continuing development and improvement of preparation programs and preparing counseling and related professionals to provide services consistent with the idea of optimal human development.[[1]](#footnote-1)

**What is a Licensed Professional Clinical Counselor (LPCC)?**

The LPCC offers treatment and counseling to those with mental health and substance use issues to develop strategies and skills to deal with symptoms and related distress and build on identified strengths. LPCCs trained in our program use evidence-based practices to assist individuals in recovery to achieve goals including gainful employment, independent living, and community integration.

The mission of the Concentration in CLRC is to change the face of mental health care through the rigorous preparation of LPCCs who are:

* Trained in the recovery model: instilling hope and facilitating the life goals of individuals with serious mental illness
* Versed in the use of psychiatric rehabilitation strategies including self-management, supported employment, integrated services, and community living

LPCCs are licensed through the California Board of Behavioral Sciences (BBS). In 2010 California became the 50th state to license LPCCs. In the U.S. there are 162,130 LPCCs, compared to 69,355 Licensed Marriage and Family Therapists (LMFT).

**Recovery Model**

The Concentration in CLRC is based on the recovery model which views recovery from psychiatric conditions as a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. Recovery provides the essential and motivating message of a better future—that people with mental illness can and do overcome the internal and external challenges, barriers, and obstacles that confront them. The CLRC plays a key role in fostering that hope as do peers, families, providers, and allies. Hope is the catalyst for the recovery process. In the words of one client: *“Recovery is possible when someone believes in you. The support from [my LPCC] helped me get a job and a place to live. I’m still amazed I’ve come so far!”*

**Benefits of Supervising Our Students**

The Concentration in CLRC provides work-ready practicum students and interns for top rehabilitation counseling and mental health providers including the Veterans Administration (VA), the California Department of Rehabilitation, San Diego County Behavioral Health, Community Research Foundation (CRF), Telecare, NAMI, Mental Health Systems, Second Chance, and Jewish Family Service.

Our students provide supervisors with the following benefits:

* Qualified caseload assistance
* An opportunity to craft the counselors of the future
* Access to current theory and practice
* Prospects for future employment

**Supervisor Requirements**

* Masters or Doctoral Degree
* Professional credential such as the LMFT, LCSW, LPCC, CRC, or doctoral licensure
* Two years pertinent counseling experience
* Completion of our online training

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Director of Concentration in Clinical Rehabilitation Counseling

Rehabilitation Counseling Program

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1. \*Clinical Rehabilitation Counseling and Clinical Mental Health Counseling-LPCC

 http://www.cacrep.org/about-cacrep/ [↑](#footnote-ref-1)