,



**2021-2022 Guidelines and Description**

**LPCC Concentration\***

**& Certificate in Psychiatric Rehabilitation**

Rehabilitation Counseling Program

Department of Administration, Rehabilitation and Postsecondary Education

5500 Campanile Drive, EBA 229

San Diego, CA 92182

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\* Concentration in Clinical Rehabilitation Counseling/Clinical Mental Health Counseling (LPCC)

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# Introduction

The field of vocational rehabilitation is experiencing a critical need for professional counselors to work effectively with clients who experience psychiatric disabilities. The Concentration in Clinical Rehabilitation Counseling/Clinical Mental Health Counseling (LPCC) as well as the Certificate in Psychiatric Rehabilitation prepare rehabilitation counselors to serve the unique needs of individuals with psychiatric disabilities. Formal classroom instruction and guided rehabilitation and clinical experiences foster the application of theory and practice for students, thus maximizing the participation of individuals with psychiatric disabilities in employment, education, and their community.

Psychiatric rehabilitation differs from traditional mental health services in significant ways. Clinical rehabilitation counselors and psychiatric rehabilitation practitioners are trained to focus on an individual’s recovery; that is, their capacity to self-manage symptoms and participate in community settings. They focus on strategies and skills and emphasize helping people attain their desired goals. The underlying assumption of such an approach is that individuals with psychiatric disabilities can live rich and full lives, engaging in employment, fulfilling relationships, and meaningful activities, even if they are experiencing symptoms. Accommodations and supports maximize opportunities and assure successful recovery.

The Psychiatric Rehabilitation Association (PRA) defines Psychiatric Rehabilitation as follows:

*Psychiatric rehabilitation promotes recovery, full community integration, and improved quality of life for persons who have been diagnosed with any mental health condition that seriously impairs their ability to lead meaningful lives. Psychiatric rehabilitation services are collaborative, person-directed and individualized. These services are an essential element of the health care and human services spectrum and should be evidence-based. They focus on helping individuals develop skills and access resources needed to increase their capacity to be successful and satisfied in the living, working, learning, and social environments of their choice.*

Within the context of psychiatric rehabilitation, the principle of **recovery** is viewed as central to all services and interventions. With skillful support and assistance, individuals with psychiatric disabilities can learn how to have productive and satisfying lives even in the presence of intermittent or ongoing symptoms. Moreover, by instilling hope and maximizing opportunities for success, psychiatric rehabilitation practitioners can assist individuals in the recovery process.

# LPCC Concentration\*

# \*Concentration in Clinical Rehabilitation Counseling/Clinical Mental Health Counseling Leading to Licensed Professional Clinical Counselor (LPCC)

In 2010, a law was passed in California that allows counselors from a variety of counseling disciplines to become licensed. The new credential is named the Licensed Professional Clinical Counselor (LPCC) and is monitored by the California Board of Behavioral Sciences (BBS). The Concentration in Clinical Rehabilitation/Clinical Mental Health Counseling (LPCC), hereafter referred to as the LPCC Concentration, was added to the MS in Rehabilitation Counseling Program in 2015. This option meets the requirements of the BBS for the LPCC as well as those of the Council for Accreditation of Counseling and Related Educational Programs ([CACREP](http://www.cacrep.org/wp-content/uploads/2017/07/2009-Standards.pdf)), the body that accredits masters and doctoral degree programs in counseling and its specialties. Beginning in 2017, CACREP accredited the program as a Clinical Rehabilitation Counseling/Clinical Mental Health Counseling specialization.

The LPCC Concentration prepares students to take both LPCC exams (the National Clinical Mental Health Counselor Examination (NCMHCE) and the California Law and Ethics Exam), commence the 3,000-hour post-graduate internship required for the LPCC, and also sit for the national Certified Rehabilitation Counselor (CRC) exam. The concentration is tailored for students who would like to work in the mental health arena as recovery and rehabilitation experts.

The LPCC Concentration provides students with all required coursework for the LPCC as well as the Advanced Certificate in Psychiatric Rehabilitation (see page 7). All LPCC Concentration students also complete all requirements for the Psychiatric Rehabilitation Certificate. Upon graduation, students submit Form B from the BBS’s LPCC application to the Graduate Division, who then verifies completion of all requirements for the LPCC Concentration and submits the form to the BBS. The BBS then sends the graduate an intern number. The graduate may begin accruing 3,000 supervised internship hours once the intern number is received. It is the responsibility of the student/graduate to locate appropriate employment and a licensed supervisor to complete the required hours for licensure. Students should consider carefully whether the LPCC is critical to their careers due to the internship and exam requirements. The Psychiatric Rehabilitation Certificate may be a better option for most students in the majority of rehabilitation settings. However, licensure is essential to advancement for graduates who want to pursue a career in mental health settings.

## Purpose

The purpose of the LPCC Concentrationis to fully prepare future recovery-oriented counselors for the LPCC by providing all required LPCC coursework within a 63-unit program. The ability to offer all required courses for both the LPCC and the Certified Rehabilitation Counselor (CRC) certification is achieved through coordination and course sharing with two additional MS programs in the College of Education: Counseling and School Psychology (CSP) and Child and Family Development (CFD).

## Academic Requirements

To meet the requirements for both the LPCC and the CRC, students must successfully complete the 60 units of coursework described. Following is a list of LPCC Concentration courses by catalog number, title and units, as well as the total number of units in each category:

**Core Content Areas (39 units):**

ARP 660 Theory and Process of Counseling in Rehabilitation 3

ARP 708 Human Development & Disability 3

ARP 645B Assessment in Rehabilitation (Careers) 3

ARP 648 Group Dynamics in Rehabilitation 3

ARP 645A Assessment in Rehabilitation (Assessment) 3

ARP 615 Seminar in Multicultural Dimensions in Rehabilitation 3

ARP 608 Seminar in Principles of Psychiatric Rehabilitation (DSM-5) 3

ED 690 Methods of Inquiry 3

ARP 684 Rehabilitation Foundations 3

CSP 694 Psychopharmacology 3

CSP 687 Family & Systemic Treatment of Substance Abuse 3

CSP 650 Trauma & Crisis Counseling 3

ARP 601 Seminar in Best Practices in Psychiatric Rehabilitation 3

 **Advanced coursework (15 units):**

ARP 685A Medical & Psychological Aspects of Disability 3

ARP 685B Medical & Psychological Aspects of Disability 3

ARP 687 Job Development with Individuals with Disabilities 3

ARP 744 Practicum in Rehabilitation 3

ARP 755 Governance & Policy Development 3

**Practicum & Internship (6 units)**

ARP 745 Internship in Rehabilitation 6

*A minimum of 100 hours of practicum and 600 hours of internship are required.*

***Total units: 60***

## How to Apply

Applicants must apply online through the CSU Mentor system when initiating an application to the LPCC Concentration. In order to be considered for the LPCC Concentration, please follow these steps.

1) Apply to the university, the LPCC Concentration *and* the Rehabilitation Counseling Program

2) Arrange to take the GRE

3) Provide the program advisor with:

(a) A three-page essay describing why you would like to be included in the specialization
i.e., your prior experiences, what you hope to gain through completing the program, and how you will use your new knowledge and skills)

(b) Unofficial transcripts

(c) Your current resume. Students must be interviewed individually by the program advisor.

## Fieldwork Requirement

All students must complete fieldwork as part of their program. Internship students in the LPCC Concentration will be mentored with a faculty to student ratio of no more than 1:12.

***Supervision.*** All students must complete their internship under the agency supervision of an individual who has at least two years of experience and who has completed his or her master’s degree which included counseling practicum and internship experiences equivalent to those in a CACREP-accredited program.

Site supervisors must have the following qualifications: (1) A minimum of a master’s degree in counseling or a related profession with equivalent qualification, including appropriate certifications or licenses such as the Certification in Rehabilitation Counseling (CRC). (2) A minimum of two years of pertinent professional experience in clinical rehabilitation counseling or clinical mental health counseling. (3) Complete the Supervisor Training PowerPoint that highlights the program’s expectations, requirements, and evaluation procedures for students.

***Practicum supervision.*** Students must complete supervised practicum experiences that total a minimum of 100 clock hours over a minimum 16-week academic term. Each student’s practicum includes weekly individual supervision with the site supervisor that averages one hour per week. Each student’s practicum also includes an average of 1.5 hours of group supervision throughout the practicum by a program faculty member.

***Internship supervision.*** Students must complete supervised practicum experiences that total a minimum of 600 clock hours over a minimum 16-week academic term. Each student’s practicum includes weekly individual supervision with the site supervisor that averages one hour per week. Each student’s practicum also includes an average of 1.5 hours of group supervision throughout the practicum by a program faculty member.

***Supervision contract.*** Supervision contracts for each student are developed to develop the roles and responsibilities of the faculty supervisor, site supervisor, and student during practicum and internship.

# Certificate in Psychiatric Rehabilitation

The Certificate in Psychiatric Rehabilitation is targeted to current and future professionals who are, or intend to become, providers of recovery and rehabilitation services for individuals with psychiatric disabilities. Managers within San Diego County Behavioral Health, the Department of Rehabilitation and the Veterans Administration have affirmed the critical need for counselors who can work effectively with individuals who have psychiatric disabilities. Moreover, other organizations that serve the educational and employment needs of people with psychiatric disabilities can also benefit from hiring those who have completed this program, including for-profit and not-for-profit mental health and rehabilitation agencies, public and private mental health providers, services for students with disabilities in community colleges and universities, and “generic” service agencies.

## Purpose

The purpose of the Psychiatric Rehabilitation Certificate is to educate rehabilitation counselors and those in related professions to provide effective rehabilitation interventions that will result in greater community participation and integration of individuals with psychiatric disabilities. This academic certificate is designed for current and aspiring counselors in a variety of rehabilitation settings, including public and private mental health programs, supported and competitive employment programs, postsecondary education (community college, university), out-patient hospital programs, state/federal departments of rehabilitation, private rehabilitation agencies, and other projects funded through private or government resources that serve individuals with psychiatric disabilities. To this end, courses are offered that provide intermediate training in best and evidence-based practices in psychiatric rehabilitation, proven counseling skills, training in providing integrated services to individuals with co-occurring disorders, supported employment, housing, self-management, and crisis management. Students receive an overview of clinical issues including substance abuse, psychopharmacology, diagnosis, and trauma.

## Academic Requirements

Students in the certificate program will complete 12 units of formal coursework and 3 units of internship unless the program advisor approves alternative courses. The courses are:

ARP 601 Best Practices in Psychiatric Rehabilitation 3

ARP 608 Principles of Psychiatric Rehabilitation 3

ARP 648 Group Dynamics in Rehabilitation 3

ARP 660 Theory and Process of Counseling 3

ARP 745 (3) Internship 3

Major assignments in all courses will focus on rehabilitation and recovery, and the culminating assignment will be a comprehensive portfolio of work completed during the certificate. Students must maintain a minimum grade point average of 3.0 in all certificate coursework, with no less that a grade of “C” in any course. Only three units of coursework with a grade of “C” will count towards the certificate. A maximum of three units of coursework can be repeated. Courses in the certificate program may be applied to a master’s degree if applicable.

**Required Psychiatric Rehabilitation courses.** The specialization and certificate in PsyR are comprised of four academic courses (12 units) and a 300-hour internship (3 units), for a total of 15 academic units as follows:

**ARP 601**: **Best Practices in Psychiatric Rehabilitation** (3 units). Evidence-based practices in psychiatric rehabilitation. Community experiences, training in counseling, and guest lectures by local psychiatric rehabilitation experts.

**ARP 608**: **Principles of Psychiatric Rehabilitation** (3 units). Recovery model of mental health to include mental illnesses, treatments, assessment, historical aspects, neurology, protection, and advocacy

**ARP 648**: **Group Dynamics in Rehabilitation** (3 units). Theory, dynamics, process and leadership function as applied to group work in rehabilitation. Development and application of group leadership skills/techniques for adjustment, support, skill training, self-directed groups, organizational problem solving and team-building groups in rehabilitation.

**ARP 660**: **Theory and Process of Counseling in Rehabilitation** (3 units*).* Counseling theories, approaches to and techniques for counseling, and research concerning counseling effectiveness.

1. **ARP 745**: **Internship in Rehabilitation: Psychiatric Rehabilitation** (3 units). Supervised internship in rehabilitation setting which involves application of rehabilitation counseling experiences. Maximum credit of nine units applicable to a Master of Science degree in rehabilitation counseling or enrollment in the Rehabilitation Administration Certificate.

## How to Apply

Interested students can apply for the certificate in one of two ways.  The program is required for LPCC Concentration students. It is also available to students in the general Rehabilitation Counseling Program, and to professionals who are working with individuals who have psychiatric disabilities and would like to complete the certificate as a free-standing credential.

**Application requirements: MS plus Psychiatric Rehabilitation Certificate option.** To be considered for the Psychiatric Rehabilitation Certificate applicants should follow these steps:

1) Apply to the university and the Rehabilitation Counseling Program

2) Arrange to take the GRE

3) Provide program advisor with

(a) A three-page essay describing why you would like to be included in the specialization i.e., your prior experiences, what you hope to gain through completing the program, and how you will use your new knowledge and skills)

(b) Unofficial transcripts; and

(c) Your current resume.

**Application process: Psychiatric Rehabilitation Certificate-Only option***.* In order to be eligible to complete an advanced certificate at San Diego State University, all candidates must have a bachelor’s degree from an accredited university with at least a 2.5 GPA. Interested candidates should follow the same steps outlined above, with the exception of the GRE, which is not required for the certificate program. Applicants should provide

(a) A three-page essay describing why you would like to be included in the specialization (i.e., your prior experiences, what you hope to gain through completing the program, and how you will use your new knowledge and skills)

(b) Unofficial transcripts

(c) Your current resume.

## Fieldwork Requirement

All students complete 300 hours of their fieldwork (practicum and internship), working with people who have psychiatric disabilities. Acceptable sites include those that serve people with psychiatric disabilities exclusively as well as agencies such as the California Department of Rehabilitation, the Veteran’s Administration, or the Regional Center which serve people with psychiatric and other disabilities.

# Requirements for Both the LPCC Concentration (LPCC) and the Psychiatric Rehabilitation Certificate

## Advisement

The program advisor for both the LPCC Concentration and the Certificate in Psychiatric Rehabilitation meets with each clinical and certificate student to design an individualized program of study based on the student’s educational background and professional experience. LPCC Concentration students must complete all requirements for the Certificate in Psychiatric Rehabilitation. However, students may complete the Certificate in Psychiatric Rehabilitation without completing LPCC requirements. Students may enroll in the Certificate program and the master’s degree in Rehabilitation Counseling concurrently. Contact Department Coordinator Kelly Sakai at ksakai@sdsu.edu for further information.

## Portfolio Requirement

In order to earn the Psychiatric Rehabilitation Certificate, students must complete and submit a written portfolio which will then be presented orally (known as a defense) to a panel including the program advisor and at least one additional examiner. The purpose of the portfolio and defense is to demonstrate a thorough understanding of theory and practice in psychiatric rehabilitation. The portfolio is submitted and defended in the student’s final semester, as follows.

**Written Portfolio Instructions**

The portfolio must provide a thorough overview of student learning and will contain a compilation of the student's quality work/documents which focus on psychiatric disability. The portfolio will consist of:

1. **Title page**
2. **Table of Contents**
3. **Executive Learning Summary** (5 pages) in which you specify and describe the items in the portfolio, addressing how this body of work demonstrates mastery in each of the following knowledge content areas:
	1. understanding of psychiatric disability
	2. multicultural knowledge and sensitivity
	3. community integration and employment
	4. counseling and communication with individuals who have psychiatric disabilities, and
	5. implication for systems change
4. Your **Mission,** which encompasses how you see yourself and your future as a psychiatric rehabilitation practitioner. How are you going to make a difference in the lives of people with psychiatric disabilities? (1-page maximum)
5. Your **Vision** for the field of psychiatric rehabilitation and recovery. If you had the power to make changes to the existing mental health system, what would services look like?
(1-page maximum)
6. **Professional Growth and Development Plan** How you will use the learning obtained in the psychiatric rehabilitation curriculum to be a positive agent for change and how do you plan on continuing your learning? (3-5 pages)
7. **Four Examples** of quality work you have produced in the program, with a 1-2-page summary for each example, that links your learning to one or more growth areas identified in item #3, Executive Summary. These papers will all be relevant to psychiatric rehabilitation and recovery and will be products from ARP 601, 608, 648, 660, 684, and 687 unless otherwise arranged with the program advisor.

**Oral Defense Instructions**

1. Student emails the portfolio in pdf format to examiners one week in advance of defense.
2. Examiners read the portfolio and prepare questions.
3. Student meets with examiners to defend their portfolio by presenting highlights in a PowerPoint presentation (20 minutes).
4. Examiners then ask questions based on the portfolio and oral defense (20 minutes).
5. Examiners ask the student to leave the room while they confer.
6. Examiners invite the student back into the room to announce their decision: pass, pass with revisions, or fail.

Note: For those completing the certificate in conjunction with the MS in Rehabilitation Counseling, this requirement does not substitute for the CRC exam, the comprehensive exam, or thesis requirement.