



NEW YORK INSTITUTE OF TECHNOLOGY  
SCHOOL OF EDUCATION  
AND PROFESSIONAL SERVICES

# Mental Health Counseling

*The mission of the School Counseling program is to prepare professional mental health counselors and development/human relations specialists who can practice effectively with individuals across the lifespan.*





Mental Health Counselors and Development/Human Relations Specialists work with individuals to help them attain their goals, make choices, and develop their potential. The master's program in Mental Health Counseling provides a rich background in human development, personality, counseling and psychotherapy methodologies, marriage and family systems, individual and group processes, clinical assessment, leadership, advocacy, collaboration, legal and ethical issues, and coordination skills. In addition, the NYIT program integrates the use of technology in counselor practices so that graduates are fully able to make data-based decisions, communicate effectively, and offer individual and group counseling. Graduates are prepared to effectively work with clients from culturally diverse populations in a variety of human services and educational settings such as social services agencies, employment centers, mental health agencies, community counseling agencies, substance abuse programs, employee assistance programs and health related facilities. The Mental Health Counseling program is aligned with the standards of the Council for Accreditation of Counseling and Related Programs (CACREP). The program includes supervised field experience in appropriate field settings.





## The Mental Health Counseling program offers you:

- ✓ Preparation for New York State counselor licensure
- ✓ Extensive practica and internship experience (1000 hours total)
- ✓ Innovative practices and models for effective Mental Health Counseling
- ✓ Opportunity to develop skills in counseling, leadership, social justice, teamwork, advocacy, collaboration, consultation, and use of data to inform practice
- ✓ Expertise using technology as a support, research and management tool
- ✓ Unique cross-disciplinary approach that fosters understanding and collaboration






## Program of Study – 60 credits

### Foundations






-  Foundations of Counseling
-  Career Counseling and Lifestyles Development
-  Human Development
-  Theories of Personality

-  Theories of Psychopathology
-  Community Psychology
-  Clinical Assessment
-  Group Dynamics

### Professional Knowledge and Skills

-  Theories of Counseling and Psychotherapy
-  Group Counseling and Psychotherapy
-  Multicultural Issues in Counseling
-  Marriage and Family Counseling
-  Legal, Professional & Ethical Issues in Counseling

### Advanced Practica

-  Advanced Counseling & Psychotherapy Techniques
-  Research Methodology and Evaluation
-  Field Practicum
-  Internship Part I
-  Internship Part II

## 2 Elective Counseling Courses

*See other side.*

**Program Coordinator**

Dr. Carol Dahir

Old Westbury Campus

Manhattan Campus

Email

516.686.7777

212.261.1529

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**Admissions**

- Applicants are encouraged to contact the program coordinator and attend an information session. These are scheduled throughout the fall and spring semesters.
- New cohorts are formed each Fall and Spring
- College graduates with GPAs of 3.0 may enter from a variety of backgrounds including but not limited to: education, the helping professions, business, and industry.
- Admission to the program has two parts: an application to NYIT and a departmental admissions review based on an application portfolio. The portfolio includes a resume, specific reference forms, summary of related experience, a professional goals statement and other information related to candidate's qualifications. Additional information may be found on the NYIT website: [www.nyit.edu](http://www.nyit.edu)

**For an NYIT Bulletin and application packet, please contact:**

Ms. Alexandra Votava – Assistant Director

Office of Graduate Admissions

New York Institute of Technology

Northern Boulevard

Old Westbury, NY 11568-8000

516 686.1040 [avotava@nyit.edu](mailto:avotava@nyit.edu)**For Application Portfolio guidelines, please contact:**

Dr. Carol Dahir, Program Coordinator

School of Education and Professional Services

Wisser Library 3<sup>rd</sup> Floor

Northern Boulevard

Old Westbury, NY 11568

516.686.7777 (Old Westbury Campus)

or

Carol Pierce, Administrative Assistant

212.261.1529 (Manhattan Campus)