I. INTRODUCTION

The faculty at Illinois Institute of Technology believes that Clinical Mental Health and Clinical Rehabilitation Counseling are specialized areas of professional counseling practice. Rehabilitation and Mental Health Counseling offers a variety of exciting career options. Graduates of the Mental Health and Rehabilitation Counselor education programs are well positioned to obtain excellent jobs in a variety of professional counseling and human service settings. Frequently, the Rehabilitation and Mental Health Counselor works as part of a team of physicians, psychologists, psychiatrists, social workers, physical and occupational therapists, educators, as well as various other professionals. These teams work together with the individual who has a mental illness or other disability or chronic illness to assess the individual's assets, limitations and preferences to assist in the planning of services intended to maximize the client’s functioning and independence. A major goal for the rehabilitation counselor is to assist a person with a disability or chronic illness move from a position of psychological and economic dependence to one of independence.

II. MISSION AND OBJECTIVES OF THE TRAINING PROGRAM

The mission of the Rehabilitation and Mental Health Counseling Program (RMHCP) at IIT is to offer a student-focused and evidence-based rehabilitation and mental health counseling curriculum that prepares students to become professional counselors trained to assist a diverse group of people who experience a mental illness, other disability and chronic illness across the lifespan. The RMHCP prepares prospective clinical rehabilitation and clinical mental health counselors for employment in numerous settings including mental health agencies, private counseling practice, public/private rehabilitation agencies, hospitals, correctional institutions, public schools, rehabilitation centers, social service agencies, and other organizations serving individuals with chronic illness and disability. It also provides advanced training for individuals presently employed in agencies and facilities offering professional counseling services to individuals with chronic illness or disabilities.

The mission of the program is accomplished by training future professional counselors in knowledge most relevant to the practice of clinical rehabilitation and clinical mental health counseling. Before students can graduate, they must have demonstrated learning and competence in the following foundational areas:

a. History, philosophy and trends of rehabilitation and mental health counseling;

b. Professional, ethical and legal considerations that influence the practice of rehabilitation and mental health counseling;

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c. Intake, assessment and evaluation skills;

d. Diagnosis of mental disorders;

e. Rehabilitation and mental health counseling theory and evidence-based interventions;

f. Role and function of clinical rehabilitation and mental health counseling within the context of a variety of clinical practice settings;

g. Employment trends, career counseling, and job demands in a dynamic 21st century workforce;

h. Medical and psychological implications of chronic illness and disability including substance abuse, dependence and the potential for coexistence with other disorders;

i. Case management skills including the utilization of community resources and multidisciplinary team approaches in multiple clinical settings;

j. Multicultural counseling competencies;

k. Professional organizations, preparation standards and credentials relevant to the practice of clinical rehabilitation and clinical mental health counseling

l. Crisis, disaster and trauma assessment, intervention and emergency preparedness;

m. Research methodology including program evaluation;

n. Critical evaluation of research and the ability to incorporate the evolving fund of knowledge in the professional literature into clinical counseling practice.

III. PROGRAM OF STUDY

Currently, IIT offers one 60-hour program of study in the rehabilitation and mental health counseling M.S. program. The Full-Time Program is designed for individuals entering the Clinical Rehabilitation and Clinical Mental Health Counseling field. The Working Professionals Program (WPP) is also a 60-credit hour program designed specifically for individuals currently working in a mental health or disability-related field and because of their work schedule are unable to attend classes on a full-time basis.

IV. ACCREDITATION

The Rehabilitation and Mental Health Counseling Program (RMHCP) has been in existence at Illinois Institute of Technology (IIT) since 1966. The program was among the first nationwide to be accredited by the Council on Rehabilitation Education (CORE) as a Rehabilitation Counseling program in 1975, and it has remained fully accredited since that time.

Updated 8/16/2013
The program will be reviewed in 2014 with the newly developed *Clinical Rehabilitation Counseling* (ClRC) program standards by the Council on Rehabilitation Education (CORE) and, subsequently, by the Council on Counseling and Related Education Programs (CACREP) with the Clinical Mental Health Counseling program standards.

**Full-Time Program of Study**
The full-time program of study in the clinical RMHCP provides for the equivalent of two years (four semesters) of full-time study and is designed to provide students with the essential knowledge and skills necessary for clinical professional rehabilitation and mental health counseling practice. A basic core of required graduate courses is described below and there is no option for elective coursework. The program of study also affords students ongoing opportunities for interactive and collaborative experiences with persons with mental health disabilities and chronic illness, requiring activities that facilitate student interaction with persons with disabilities and clinical experiences in practicum and internship that resonates within the clinical specializations through additional clinical coursework.

*Typical Course Sequence for Full-Time Program of Study*

All courses listed below are required except where previous coursework makes them superfluous:

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<th>1st Semester</th>
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Updated 8/16/2013
Psychiatric Rehabilitation – The curriculum in the RMHCP has a strong emphasis in psychiatric rehabilitation. This emphasis is designed to prepare students to more effectively help people with mental illness to obtain and maintain employment. Topics studied include counseling methods, successful vocational techniques and job placement strategies, psychopharmacology, consumer empowerment, use of community resources, supported education model, working with groups, and more. The following courses are intended to serve as the psychiatric rehabilitation core:

- PSYC 590 Psychiatric Rehabilitation
- PSYC 526 Psychopathology
- PSYC 588 Evidence-Based Practices in Rehabilitation and Mental Health Counseling

Working Professionals Program (WPP)
The WPP is specifically designed for people who are currently working in the field of rehabilitation and mental health counseling and are pursuing a master’s degree for job maintenance or enhancement. The WPP is designed to allow students to complete the degree program within three years while maintaining employment by taking into consideration students’ work schedules. The WPP is different from typical distance learning programs because we believe certain skill sets, such as counseling techniques and research methods, can only be obtained by engaging in group activities and direct contact with faculty. Therefore, in addition to providing online options for some classes, the WPP offers face-to-face evening classes and summer weekend classes, where students will benefit from direct interaction with faculty and other students with little to no impact on work schedules. The WPP is a 60 credit-hour program which meets eligibility criteria to obtain certification as a CRC and counseling licensure as a clinical professional counselor in the state of Illinois.

Tentative Course of Study for the Working Professionals Program

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<tr>
<th>Term</th>
<th>Semester #</th>
<th>Course #</th>
<th>Hrs</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>Fall</td>
<td>1</td>
<td>PSYC 410</td>
<td>3</td>
<td>Intro to Rehabilitation &amp; Mental Health Counseling (Online)</td>
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<td>PSYC 523</td>
<td>3</td>
<td>Introduction to Theories of Psychotherapy</td>
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<td>PSYC 557</td>
<td>3</td>
<td>Pre-Practicum in Rehabilitation &amp; Mental Health Counseling</td>
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<tr>
<td>Spring</td>
<td>2</td>
<td>PSYC 583</td>
<td>3</td>
<td>Rehabilitation Engineering Tech I (Online)</td>
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Updated 8/16/2013
PSYC 549 3 Practicum in Rehabilitation & Mental Health Counseling
PSYC 590 3 Psychiatric Rehabilitation I
Summer 3 PSYC 513 3 Assessment in Rehabilitation & Mental Health Counseling
Fall 4 PSYC 578 6 Rehabilitation & Mental Health Counseling Internship I
PSYC 411 3 Medical Aspects of Disability (Online)
PSYC 564 3 Rehabilitation & Mental Health Counseling Research Seminar
Spring 5 PSYC 523 3 Psychopathology
PSYC 563 3 Human Growth and Career Development (Online)
PSYC 579 3 Rehabilitation & Mental Health Counseling Internship II
Summer 6 PSYC 561 3 Applied Counseling Skills: Group Counseling
Fall 7 PSYC 412 6 Multicultural & Psychosocial Issues in Rehabilitation & Mental Health Counseling (Online)
PSYC 562 3 Job Placement (Online)
PSYC 576 3 Research in Rehabilitation and Mental Health Counseling
Spring 8 PSYC 588 3 Evidence-Based Practices in Rehabilitation & Mental Health Counseling

Total Credits = 60

IV. CLINICAL TRAINING

Clinical training is a major emphasis of the curriculum and fieldwork experiences (practicum and internship) are required for all students in the RMHCP. All students complete one semester of part-time supervised practicum (200 hours). Students also complete two semesters of part-time supervised internship (for a total of 600 hours). Specific guidelines regarding clinical instruction and requirements for the supervised fieldwork experiences are found in the IIT Rehabilitation Fieldwork Manual.
V. REHABILITATION RESEARCH PROJECT GUIDELINES

The rehabilitation research project is an independent project conducted under the supervision of a faculty adviser. The research project can be initiated only after the completion of PSYC 564 Rehabilitation and Mental Health Counseling Research Seminar. Through this project, students will examine theoretical frameworks and empirical research related to a specific problem facing a disability or mental health population. Students will develop and write a study proposal. The research proposal and final project should follow the format of a formal thesis, which is presented in detail in PSYC 564. If the student cannot complete the project in one semester, s/he is required to register for at least one credit of research project each semester until completion of the project.

VI. STUDENT EVALUATION

Being a successful clinical professional counselor requires not only knowledge, but certain interpersonal skills and personal characteristics. For example, counselors need to show an ability to listen, consider the point of views of others, tolerate ambiguity and strong emotion, react to disturbing disclosures without becoming judgmental, and other similar characteristics. Thus, several classes will include an evaluation of these areas as well as one's academic performance. It is understood that these skills, abilities and characteristics involve some degree of subjective judgment on the part of first the faculty, and later, the site supervisors at practicum and internship settings. Every attempt will be made to make the evaluation of these qualities as fair and objective as possible, but students need to be aware that sometimes grades in counseling skills courses will be, in part, based on these less tangible factors.

The faculty has an ethical responsibility to ensure that students have the knowledge, skills and personal maturity to work independently with individuals with mental health and other disabilities prior to graduation. The faculty conduct an annual evaluation of each student in April of each year while a student is in the program. In addition, a faculty member can request a special evaluation of a student at the end of his/her practicum, internship I, or internship II based on poor performance. During the annual or special evaluation, faculty review the collective feedback (mid-term and final) from the site supervisor(s), the feedback of the faculty member(s) who have provided individual and group supervision and completed class assignments. Faculty may require the student to repeat the practicum and/or internship until acceptable skills or traits are demonstrated. When the faculty is in doubt of the student’s ability, character, or integrity to become an effective counselor, they may terminate the student from further clinical training. Students who disagree with a decision regarding their evaluation have the right to follow the grievance procedures outlined in section XI of the program manual.

VII. POLICY ON COURSE TRANSFER

Students may request a maximum of 9 credit hours for course transfer for required courses or for electives provided that:

1. the student received graduate credit for the course at another U.S. university;
2. the course is judged to be relevant to the current rehabilitation and mental health counseling education program;

3. a current faculty member in Counseling and Rehabilitation Science, who teaches the course, has recently taught a similar course, or would be qualified to teach a similar course, evaluates the course syllabus and textbook(s) and determines that the course sufficiently overlaps with the course taught at IIT and is of satisfactory quality to qualify as a transfer.

In order to obtain a formal transfer of a course, the student must obtain written approval from the relevant faculty member and also from the Head of the Counseling and Rehabilitation Science Division.

VIII. PROFESSIONAL CREDENTIALING

Students who graduate from the Rehabilitation and Mental Health Counseling program are trained as clinical counselors and have an ethical responsibility to carry the appropriate certification and clinical license relevant to their practice. Students completing the 60 credit-hour Rehabilitation and Mental Health Counseling program are eligible to sit for the Certified Rehabilitation Counselor (CRC) examination and become a CRC. Students are also eligible to sit for the National Certified Counselor (NCC) exam through the National Board for Certified Counselors (NBCC). Once the student passes the CRC and/or NCC exam, s/he is eligible to become a Licensed Professional Counselor (LPC) in the state of Illinois. After working for a minimum of 2 years under the supervision of a qualified supervisor and having taken the Clinical Mental Health Counselor (CMHC) exam, individuals are eligible to become a Licensed Clinical Professional Counselor (LCPC) in Illinois. Students that intend to move outside the state of Illinois are strongly encouraged to understand licensure laws in their intended state of residency. Students are also strongly encouraged to educate themselves on licensure laws as well as national trends in licensure and certification by going to http://www.counseling.org/knowledge-center/licensure-requirements

Students are eligible to sit for the CRC exam prior to graduation if 75% of coursework is completed. Students are encouraged to regularly visit the Commission on Rehabilitation Counselor Certification (CRCC) for exam application deadlines and materials: http://www.crccertification.com. Similarly, students are encouraged to visit the National Board for Certified Counselors (NBCC) website and familiarize themselves with the requirements necessary to sit for the NCC exam by going to www.nbcc.org

VIII. STUDENT INPUT TO THE PROGRAM

There are both formal and informal processes for students to communicate with program faculty about curriculum needs and program objectives. The formal processes consist of regular milestones during the student’s program of study where feedback is intentionally solicited. Students provide feedback to the instructor for each course through a formal evaluation process. In addition, student feedback is solicited during their year-end faculty annual performance evaluation and a formal evaluation of each student prior to graduation from the program. There

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are 3 student representatives on the Program Advisory Board: one student from the M.S. program, one student from the Ph.D. program, and the President of the IIT-Student ARCA Chapter. The advisory board meetings are held twice a year and student feedback and participation is encouraged at each meeting. Finally, students are invited to attend regularly scheduled program meetings that involve faculty, teaching assistants, doctoral and master’s students.

In addition to formal procedures for feedback, a number of informal processes exist for communicating with the program faculty. Students are encouraged to provide informal feedback to their course instructors and to advisors. Students are also encouraged to provide feedback to student representatives to the Advisory Board for discussion at one of the bi-annual meetings, when appropriate. Input can also be given at any time by verbal or written request to any faculty member to attend the program faculty meeting.

IX. ACCOMMODATIONS

The rehabilitation and mental health counseling program faculty is committed to utilizing instructional strategies that support and facilitate a viable learning community with an emphasis on respect for different learning styles. The Center for Disability Resources ensures that all materials (program, instructional, occupational, testing, etc.) are made available in alternate format to meet the individualized needs of each student. Examples of modifications include: note taking, sign-language interpreting, speech-to-text services, testing accommodations, tutoring, and housing accommodations, to name a few. The CDR utilizes computer, audiotaping, videotaping, among other forms of technology to accommodate students’ needs.

If you believe you require accommodations to the learning environment, please contact Ms. Aggie McGrane at the Center for Disability Resources, Room 1C3-2 in the Tech South building (3424 S. State Street), phone (312) 567-5744 voice, (312) 567-5135 TDD, disabilities@iit.edu email, and http://www.iit.edu/cdr/ website. The process of approving accommodations can take time so please contact Ms. McGrane as soon as you are accepted into the program.

Ms. McGrane will notify the instructor of the courses you are enrolled in at the beginning of each semester that you require accommodation(s) and the nature and type of accommodation you are to receive.

X. PROFESSIONAL IDENTITY

Professional Identity. The Rehabilitation Counseling and Mental Health program faculty regard rehabilitation and mental health counselors as specialty areas within the counseling profession. It is important that you develop a strong identity as a professional counselor. As a future professional counselor, it is be important for you to affiliate with the larger community of professional counselors to stay current on clinical practice, ethical codes of conduct and scope of practice through continuing education opportunities and professional journals as well as affiliation with other professional counselors.

Updated 8/16/2013
Ethical Adherence: Students entering into the RMHCP are required to adhere to both the American Counseling Association’s (ACA) Code of Ethics, found at [http://www.counseling.org/Resources/aca-code-of-ethics.pdf](http://www.counseling.org/Resources/aca-code-of-ethics.pdf), and the Commission on Rehabilitation Counselor Certification (CRCC), Rehabilitation Counselor’s Code of Professional Ethics, found at [http://www.crccertification.com/filebin/pdf/CRCCodeOfEthics.pdf](http://www.crccertification.com/filebin/pdf/CRCCodeOfEthics.pdf)

Professional Associations. Professional organizations are an important component of any profession. They provide continuing education, define scope of practice, and establish the ethical code of conduct for the profession. Associations provide continuing education opportunities at annual conferences, in professional journals and newsletters, and online continuing education opportunities. As a graduate student, it is important that you become involved in professional organization’s to facilitate your growth as a Rehabilitation and Mental Health Counselor.

Professional Conferences. Graduate students in the Rehabilitation and Mental Health Counseling program are urged to attend professional conferences and meetings provided by the American Counseling Association (ACA), the American Mental Health Counseling Association (AMHCA) and the American Rehabilitation Counseling Association (ARCA) as well as their state chapters, if available. Information about such meetings and conferences can be found on the website of each association.

Because IIT’s philosophy is that rehabilitation and mental health counselors are professional counselors who specialize in working with people with disabilities and mental health concerns, students are encouraged to join, as student members, the American Counseling Association (ACA) and the division for Rehabilitation Counselors, the American Rehabilitation Counseling Association (ARCA), and for Mental Health Counselors, the American Mental Health Counseling Association (AMHCA).

The URL for each association is below:

American Counseling Association (ACA) [www.counseling.org](http://www.counseling.org)
American Rehabilitation Counseling Association (ARCA) [www.arcaweb.org](http://www.arcaweb.org)
American Mental Health Counseling Association (AMHCA) [www.amhca.org](http://www.amhca.org)

By joining the above professional organizations, students will receive the following professional journals, which are strongly recommended for reading:

1. Journal of Counseling and Development (ACA)
2. Rehabilitation Counseling Bulletin (ARCA)
3. Journal of Mental Health Counseling (AMHCA)

Illinois Institute of Technology has a Student Chapter of the American Rehabilitation Counseling Association (ARCA) as part of the recognized list of student organizations on the campus. Students are encouraged to become student members of ARCA (cost is $25.00 annually) and membership comes with a subscription to the ARCA journal, the Rehabilitation Counseling Bulletin.

Updated 8/16/2013
ARCA student members who are active in the IIT-ARCA Student Chapter may be eligible for funds through the IIT student government and ARCA to attend national ACA conferences and participate in student competitions designed to recognize original student work. Previous IIT students who have attended national conferences have met leaders in the field of Rehabilitation such as Dr. Vilia Tarvydas, Dr. Fong Chan, Dr. Brian McMahon (IIT Alum), Dr. Susan Brueyer, among other professionals.

XI. GRIEVANCE PROCEDURES

During your degree program, you may feel the need to file a complaint regarding a grade you received on an assignment or for a course, a particular behavior of an instructor, or a decision by the faculty, for example, to repeat a course such as practicum or internship. Should you wish to file a complaint you should first discuss the matter with the faculty member(s) who made the decision. If the complaint is not resolved to your satisfaction, you should take your issue to the Program Director and Head of the Division of Counseling and Rehabilitation Science, Dr. Frank Lane. He can be reached via email at lane@iit.edu or phone at (312) 567-8862. His office is in room #236 on the second floor of the Life Sciences building. If the decision was made by the Program Director or you do not feel your grievance was resolved by the Division Head to your satisfaction, you may appeal to Dr. Ron Landis, Chair of the Department of Psychology. He can be reached via email at landis@iit.edu or phone at (312) 567-3500. His office is located in room #252 on the second floor of the Life Sciences Building.

XII. APPLICATION FOR GRADUATION

Students who are planning to graduate should follow procedures and guidelines outlined in the Graduate College Bulletin.