

Clinical Mental Health Counseling Program  
Program Objectives

**CMHC PROGRAM LEARNING OBJECTIVES:**

**PLO 1: Counseling Orientation and Professional Practice**

Understand the history, philosophy, and ethics of the counseling profession and become active members in professional counseling organizations.

**PLO 2: Social and Cultural Diversity**

Apply and demonstrate the knowledge, skills, and practices to counsel and advocate for individuals, families, and groups through culturally appropriate practice promoting social justice, equity, and access.

**PLO 3: Human Growth and Development**

Understand the importance of individual and family development across the lifespan and how this affects functioning and behavior.

**PLO 4: Career Development**

Understand the interrelationship between work and mental well-being and strategies for individual career development.

**PLO 5: Counseling and Helping Relationships**

Employ culturally appropriate practice in the education, prevention, evaluation, and treatment of mental and emotional disorders.

**PLO 6: Group Counseling and Group Work**

Understand the foundations, approaches, and strategies to working effectively with clients in groups.

**PLO 7: Assessment and Testing**

Identify and implement appropriate and holistic clinical evaluation and assessment of normal and abnormal development and behavior, including the treatment of trauma and addictions.

**PLO 8: Research and Program Evaluation**

Utilize mental health research and evidenced-based treatments, and apply models of program process and outcome evaluation to professional practice.