



# Master's Degree in Clinical Mental Health Counseling

## Make compassion your calling

***Counseling is more than a career — it's a calling. While traits such as empathy, compassion, and communication naturally lend themselves to counseling, becoming an expert requires advanced knowledge and professional training. At University of Bridgeport, our Clinical Mental Health Counseling program will prepare you to answer your calling — transforming you from student to professional as you pursue a rewarding career in a flexible, in-demand field.***

### Become the counselor your community needs

With communities across the country experiencing an unprecedented mental health crisis, the need for compassionate Counseling experts only continues to grow. Whether you're looking to advance your career or change your professional path, earning your master's in Clinical Mental Health Counseling will help you shape a fulfilling future. In addition to achieving personal and professional satisfaction, today's mental health counselors benefit from a customizable career path — offering virtual and in-person support for diverse individuals as they navigate and heal from life's challenges. When you pursue your degree in Clinical Mental Health Counseling at University of Bridgeport, you'll gain the knowledge and skills necessary to make a meaningful difference in the lives of others.

### Balance research-based theory with hands-on learning

At UB, our 60-credit, trauma-informed Counseling curriculum addresses all three dimensions of your development as a counselor: inspiring personal growth, building professional knowledge, and honing researchbased counseling strategies. Moreover, our Counseling classes are scheduled with the needs of adult learners in mind, with classes available in the evening to accommodate your personal and professional schedule. In addition to developing your clinical skills through a cutting-edge curriculum, you will gain hands-on experience in the field — completing clinical internship hours to fine-tune your skills and successfully prepare you for licensure.

## Master's Degree in Clinical Mental Health Counseling

Core requirements		
COUN 505	Helping Relationships	4
COUN 512	Theories of Counseling	3
COUN 515	Clinical Skills for Counselors	3
COUN 535	Research Methods	3
COUN 540	Group Process Application & Theory	4
COUN 545	Social & Cultural Foundations	3
COUN 552	Human Growth & Development	3
COUN 568	Counselor as Professional	3
COUN 570	Strategies & Techniques of Counseling	4
COUN 582	Appraisal Processes for Counselors	3
COUN 585	Trauma & Crisis Intervention	3
COUN 587	Topics in Behavioral Medicine	3
COUN 595	Addiction & Treatment	3
COUN 600	Clinical Mental Health Counseling Internship 1 (300 hours required)	4-6
COUN 605	Clinical Mental Health Counseling Internship 2 (300 hours required)	4-6
COUN 610	Career & Lifestyle Development	3
	Practicum (100 hours required)	4

**Total credits: 60**

View all courses offered and read full course descriptions in our course catalog ([bridgeport.edu/academics/academic-catalog](http://bridgeport.edu/academics/academic-catalog)).

The University of Bridgeport is accredited by the New England Commission of Higher Education. The University also is accredited by the Connecticut Office of Higher Education.

The Council for Accreditation of Counseling and Related Educational Programs (CACREP), a specialized accrediting body recognized by the Council for Higher Education Accreditation (CHEA), has granted accreditation to the Clinical Mental Health Counseling MS degree program in the College of Arts and Sciences at the University of Bridgeport through March 31, 2028.

\*HRSA grant available to eligible students through June 30, 2025

\*\*International transcripts must include an official course-by-course evaluation of all academic work from an accredited academic evaluating service

## Gain career-ready experience with clinical coursework

Thanks to a grant from the Health and Human Services Administration (HRSA), you may be eligible for up to \$10,000 toward your tuition through a field placement stipend. HRSA grant recipients are placed at agencies serving populations across all age groups — helping satisfy your fieldwork requirements while equipping you with essential knowledge and skills for working in urban and medically underserved areas.

## Admission requirements

### Program prerequisites

- Bachelor's degree from an accredited university or recognized international institution
- Cumulative undergraduate GPA of 3.0 or higher (will consider lower GPAs for highly qualified applicants)
- 9 credits in undergraduate psychology coursework with a grade of B or higher
  - 3 of the 9 credits may be in an area closely related to psychology
  - Applicants are recommended to have three undergraduate credits in either abnormal psychology or psychopathology
- Minimum of 6-9 months of field experience working in social service agencies, mental health professions, or substance use intervention sites

### Required materials

- Complete the application for enrollment at [bridgeport.edu/apply](http://bridgeport.edu/apply)
- Official transcript for the last degree earned\*\*
- Resumé
  - For Clinical Mental Health Counseling applicants, significant experience in the field of counseling must be demonstrated
- Two letters of recommendation
  - Letters may come from employers, professors, or professional associates
- Personal statement
  - In 200-500 words, detail your interest in the counseling program, your relevant academic and personal experience, and how this degree will impact your career goals
- Interview