

Graduate Clubs and Organizations

These clubs and organizations provide students with volunteer, career and social experiences that allow them to network and gain practical experience in their fields of study.

- **Chi Sigma Iota** is an international academic and professional counseling honor society dedicated to scholarship, academic excellence and community service.
- **Counseling Club** is a student-run professional development organization, which holds meetings once a month during the fall and spring semesters. Guest speakers are invited to inform counseling students on current topics and concerns related to the field of counseling.
- **Creative Arts Therapy Club at Hofstra** is an active student club that sponsors many programs that provide members and alumni with additional opportunities to connect and share ideas, network, and participate in social activities year-round.
- **Marriage and Family Therapy Club** is a student-run club that seeks to enhance the educational experience of students in the Marriage and Family Therapy program by organizing and sponsoring monthly meetings and occasional workshops that provide a forum for experts from outside the Hofstra community to share their experience and knowledge with students in the program.
- **Rehabilitation Counseling Student Association** is an organization that sponsors activities for students in rehabilitation counseling programs. The association has sponsored guest lecturers, student attendance at conferences, and fundraising events geared toward disability and counseling issues.

Financial Aid/Scholarships

Internal and external sources are available.



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Department of
Counseling
and Mental Health
Professions





Hofstra University's counseling and therapeutic mental health programs prepare individuals to work as professional counselors, therapists and human service practitioners who serve a variety of populations, from youth to geriatric, in a range of settings. Program faculty are committed to preparing multiculturally competent practitioners who are equipped to promote the mental health and personal efficacy of their clients and contribute to the improvement of social and educational systems. Most of these programs prepare students for professional certification or licensure to practice in New York state.



Programs of Study

Mental Health Counseling, MA

The Council for Accreditation of Counseling and Related Educational Programs (CACREP), a specialized body recognized by the Council for Higher Education Accreditation (CHEA), has granted accreditation to the MA in Mental Health Counseling program. Mental health counseling is a professional licensed field that is governed by both national and state standards of education, training and clinical practice. Graduate education and clinical training prepare mental health counselors for a full range of mental health services to individual adults, couples, families, adolescents and children through private or institutional practice. An advanced certificate is available for those who hold a master's degree in counseling and wish to pursue further qualifications for licensure as a mental health counselor. **Employment opportunities: private practice, community agencies, managed behavioral health organizations, integrated delivery systems, hospitals, schools and colleges, employee assistance programs, substance abuse clinics and rehabilitation centers.**

Counseling, MEd

This program is specially designed for those interested in becoming counselors at schools or community agencies, or student affairs professionals at colleges and universities. Students may choose one of the following specializations:

- **School Counselor (K-12):** School counselors are involved in academic and college advisement, promoting wellness, self-esteem, character education, conflict resolution, social skills, career guidance and much more. School counselors work with students, teachers, parents and administrators. They help children focus on their academic, career, personal and social development so they can achieve success in school and are prepared to lead fulfilling lives as responsible adults. **Employment opportunities: elementary schools, middle schools and high schools, in both private and public school systems.**
- **College Student Development Counselor:** College student development counselors work with students, faculty and administrators at colleges and universities to provide developmental counseling and advisement support through various cocurricular programs and student services offices on campus. These advisors/counselors work to promote systems and services aimed at enabling students to reach their personal and academic goals. In this program, graduate students develop competencies necessary to assist students through the various transitions of college life and achieve a lifestyle of wellness. **Employment opportunities: various counseling, advisement, and student affairs departments (such as career counseling, student leadership, dean of students office) at two- and four-year colleges/universities as well as other postsecondary education settings.**

Marriage and Family Therapy, MA

Marriage and family therapists practice from a systems perspective, which is focused on relationships. The systemic approach helps clients understand how human problems are embedded phenomena and not caused solely by any one individual. Marriage and family therapists provide counseling to families, couples, organizations and individuals as they cope with life's challenges. The counseling may focus on life cycle issues, marital and couple difficulties, communication struggles, emotional distress related to anxiety or depression, or domestic violence or substance abuse.

Marriage and family therapists work to help families and couples modify their perceptions and behaviors, thereby avoiding family and individual crises. **Employment opportunities: private practice, community mental health agencies, hospitals, substance abuse clinics, health maintenance organizations, child welfare agencies and juvenile justice programs.**

Creative Arts Therapy, MA

The MA in Creative Arts Therapy, approved by the American Art Therapy Association since 1984, provides a strong clinical foundation with content that generates new and innovative ideas. The program is designed as a theory-based, application-oriented course of study based on the belief that the creative process involved in artistic self-expression helps individuals resolve conflicts, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and achieve insight. Graduates will be able to follow the guidelines of the New York State Office of the Professions to apply for a limited permit in creative arts therapy, the first step toward gaining a license as a creative arts therapist in New York state. Hofstra alumni can also contact the Art Therapy Credentials Board and apply to become registered and board-certified art therapists after the required supervisory hours and exam are completed. **Employment opportunities: hospitals, clinics, public and community agencies, wellness centers, educational institutions, business and private practices, assisted living facilities, nursing homes, and special schools/institutions for children with emotional or physical disabilities.**

Rehabilitation Counseling, MEd

Rehabilitation Counseling in Mental Health, MEd

Hofstra offers two master's degree programs in rehabilitation counseling, both of which are accredited by the Council on Rehabilitation Education (CORE). One program is exclusively rehabilitation counseling, while the other is a combined program that also prepares students for mental health licensure. Rehabilitation counselors help people with disabilities to achieve their personal, social, psychological and vocational goals. They counsel people with a variety of disabilities, including physical, psychiatric, substance abuse, developmental/learning, cognitive and sensory disabilities. They may provide vocational evaluation, goal planning, personal and vocational counseling, vocational training and job placement services. In addition, rehabilitation counselors often advocate to and consult with the community about creating greater accessibility for individuals with disabilities. Advanced certificates are available for professionals with graduate degrees in related counseling disciplines. **Employment opportunities: state/federal rehabilitation agencies, mental health centers, community rehabilitation programs, medical centers, private rehabilitation agencies, veterans affairs medical facilities, substance abuse programs, independent living programs, insurance companies, private practices, and schools.**

The Department of Counseling and Mental Health Professions also offers Advanced Certificates and Professional Diplomas in the following areas:

- Counseling, Professional Diploma
- Interdisciplinary Transition Specialist, Advanced Certificate
- Mental Health Counseling, Advanced Certificate
- Rehabilitation Administration, Professional Diploma
- Rehabilitation Counseling, Advanced Certificate
- Rehabilitation Counseling in Mental Health, Advanced Certificate