



Frequently Asked Questions

Applicable for All Four Concentrations:

- (a) Career Counseling; (b) Marriage, Couple, & Family Counseling [MCFC];
(c) Rehabilitation Counseling; and (d) School Counseling**

Thank you for your interest in our MS in Counseling Program. In applying to our program, you are applying to ONE of the four concentrations. **Please read carefully.**

1. What are the Concentrations offered by the Counseling Program at Sacramento State University?

- The Counseling Program offers four concentrations: Career Counseling; Marriage, Couple, & Family Counseling (MCFC); School Counseling; and Rehabilitation Counseling.
- Graduates from any of these concentrations are eligible for licensure in the state of California as an LPCC. Only graduates from the Marriage, Couple, & Family Counseling (MCFC) concentration are eligible for licensure in the State of California as an LMFT.

2. Will I follow a cohort sequence?

- Yes, there is a cohort sequence to follow. A cohort sequence is a series of courses suggested to take by semester in order to complete your degree in the three-year time frame. Most of our courses are offered once a year, therefore the sequence provides direction as to which courses need to be taken during which period (e.g. fall/spring) and which year (e.g. year one, year two, or final year) in order to support the developmental structure of the course content.

3. What is a cohort?

- A cohort is defined as a group of students who begin and work through a curriculum together in order to achieve the same 60 unit M.S. Degree in Counseling. The cohort system is structured in such a way that all counseling courses are organized in a developmental progressive sequence that allows students to develop and demonstrate acquired knowledge, awareness, and skills.
- The cohort model allows for students to build relationships with peers in shared experiences throughout the program and within the experiential courses that provide opportunity for interpersonal growth. Often, these relationships that are formed continue post-graduation. The Counseling Community is a small tight knit community, both locally and nationally, therefore the cohort model fosters development of professional relationships and integrated approaches to wellness, prevention, and treatment.

4. Can I attend remotely or part time?

- Classes are in-person at Sacramento State campus and are not available online or via a hybrid format. Students are only admitted on a full-time basis.

5. What is licensure?

- Licensure allows individuals to practice a particular profession. In order to become licensed, individuals must demonstrate that they have satisfied specific educational requirements, completed a regulated number of supervised internship hours, and passed licensing exams. Each state is responsible for licensing professionals and maintains its own regulations.
(continues next pg.)

- In California, there are two types of licenses specific to counseling programs: Licensed Marriage and Family Therapist (LMFT) and Licensed Professional Clinical Counselor (LPCC). These licenses allow individuals to independently practice therapy in the State of California. The California Board of Behavioral Sciences (BBS) oversees all associate and licensed designations.

6. What is BBS?

- The Board of Behavioral Sciences is a California state regulatory agency, responsible for licensing, examination, and enforcement of professional standards for:
 - Licensed Marriage and Family Therapists (LMFT) and Associates (AMFT)
 - Licensed Clinical Social Workers (LCSW) and Associates (ASW)
 - Licensed Professional Clinical Counselors (LPCC) and Associates (APCC)
 - Licensed Educational Psychologists (LEP)

7. What is CTC?

- The California Commission on Teacher Credentialing (CTC) is an agency in the Executive Branch of California State Government. It was created in 1970 by the Ryan Act and is the oldest of the autonomous state standards boards in the nation. The major purpose of the agency is to serve as a state standards board for educator preparation for the public schools of California, the licensing and credentialing of professional educators in the State, the enforcement of professional practices of educators, and the discipline of credential holders in the State of California.

8. What is CACREP?

- The Council for Accreditation of Counseling & Related Educational Programs (CACREP) is a national accrediting body for counseling programs. Its goal is to ensure quality and high standards in counselor education. Programs accredited by CACREP have demonstrated a commitment to the counseling profession, ensuring they differentiate themselves from other helping professions, including psychology and social work. For more information about CACREP, please visit www.cacrep.org.

9. Is the MS in Counseling Program at Sacramento State University CACREP-accredited?

- Currently, all four concentrations are accredited by CACREP.

10. Is accreditation required for licensure?

- In order to be licensed in the State of California as either an LMFT or LPCC, individuals must graduate from a regionally-accredited university. Sacramento State University is accredited by WASC, which fulfills this requirement. Secondary program accreditation is not required for licensure in the state of California. Therefore, a program does not need to be CACREP-accredited in order for its graduates to qualify for licensure in the state of California (this is not true for all states, as some states either require CACREP accreditation or CACREP alignment and/or COAMFTE accreditation or COAMFTE alignment for MFT licenses).
- Our programs are CACREP-accredited; the MCFC is both CACREP-accredited and COAMFTE-aligned; and the School Counseling program is CACREP-accredited and CTC-aligned. All courses meet the standards set out by those programmatic accrediting bodies.
- If you are planning to leave California and seek licensure in other states, such as the case for service members/military members, reach out to faculty for guidance and/or look up state board requirements.
- All students who graduate with an MS in Counseling from Sacramento State University are eligible for licensure in the State of California. All concentrations in the Counseling Program at Sacramento State University have been reviewed and approved by the California Board of Behavioral Sciences (BBS), and graduates from any concentration are eligible to
(continues next page)

become an LPCC. Additionally, the Marriage, Couple, & Family Counseling (MCFC) concentration has been reviewed and approved by the BBS to become an LMFT.

11. Is the Marriage, Couple, & Family Counseling Concentration different than the MFT?

- Although the license in California for professionals in marriage and family therapy is called an LMFT (Licensed Marriage and Family Therapist), the degree earned at Sacramento State University is the MS in Counseling with a concentration in Marriage, Couple, & Family Counseling. The title of the degree complies with CACREP accreditation standards and embodies the focus on counseling in the program, as opposed to psychology or other helping professions. The degree title is approved by the BBS for eligibility towards licensure of both LPCC and LMFT in the State of California.

12. What is the difference between the LPCC and the LMFT?

- The LPCC allows counselors in the State of California to provide therapy to individuals. LPCCs who also complete six units of MCFC coursework and 500 supervised direct client hours may also provide therapy to couples and families. The LMFT allows counselors in the State of California to provide therapy to individuals, couples, and families. LPCCs and LMFTs may both work in a variety of settings, including private practice, nonprofit organizations, community agencies, and hospitals. For more information about these licenses visit www.bbs.ca.gov.

13. Is the GRE required?

- No, we do not require or accept GRE scores, however we will ask for a writing sample and have a writing prompt as part of the screening process.

14. When do applications open/close?

- Please see the prospective students section of our website, as dates update each year. In general, dates will be similar from year to year. If you are awaiting next year's dates, these are posted by early fall each year.

15. Is there a Spring Admission?

- No, we do not offer Spring or Summer admission, we only offer Fall admission. You will apply by January for the next academic year, beginning the following Fall semester.

16. Will you help with site placement for field study/internships?

- **Practicum:** Yes, our faculty advisors will work with you on placements. Practicum is performed during the fourth semester of the program. For School Counseling concentration students, practicum is performed at educational locations. For all other concentrations, practicum is performed at our on-site [Counseling & Diagnostic Services clinic \(CCDS\)](#)
- **Internships:** Yes, our Internship Coordinator and faculty advisor will work with you for on site placements during the end of your second year through an interview and matching process. The internship lasts for the full third year of your program.
- The MS in Counseling Program has approved partnerships in the greater Sacramento area, for which you will have the option of working within the specialty work of your concentration. Many of these partnerships are long-standing relationships. All internship site options have been vetted to ensure they can provide the appropriate supervision and experience within the concentration.
- Each year, the program holds orientation events to orient the students to these processes. Each spring, the program holds a Site Fair event to provide students the opportunity to meet site contacts and inquire about each site and its population.

Continues next page

17. Are field study site placements paid?

- A few of the placements are paid internships; however, the vast majority are not paid. These experiences include supervision feedback and mentoring. The internships occur on-site and accompanies the EDC 480 Field Study course, allowing students to build expertise under supervision of both site-supervisor and the university supervisor, pulling on the expertise of both.

18. Are there scholarships available?

- There are some scholarships, though not many, which will be advertised during the program for accepted students. CACREP accreditation will bring some more options for scholarships within the larger national organizations, which is part of why we are excited for this programmatic accreditation.
- The program is eligible for financial aid and student loan programs. For more information, contact the [Sacramento State Financial Aid Office](#)

19. Will there be opportunities for research?

- YES! Absolutely, once accepted you will have the opportunity to work with faculty on research. Look through faculty profiles for research interests.

20. Will there be opportunities to participate in local, regional, national, or international professional organizations?

- YES! Our faculty are involved in leadership in local, national, and international organizations and actively involved in both research and presentation of research in professional organizations such as: California Association for Licensed Professional Clinical Counselors (CALPCC); The European Branch of the American Counseling Association (EB-ACA); California Association for Marriage and Family Therapists (CAMFT); and the Western Association for Counselor Education and Supervision (WACES) to name a few. Look through faculty profiles for leadership and research interests.

21. Do you have a Counselor Education and Supervision doctorate?

- We have put forth a proposal for a joint Mental Health doctorate with Counselor Education and School Psychology that would have two tracks: Counselor Education and Supervision (CES) & Educational School Psychology. This proposal is awaiting approval of the CSU Chancellor. We are hopeful it will come to fruition soon.

22. Can I take classes without being admitted into the program?

- No, all MS Counseling courses (EDC) are only offered to classified students accepted into the counseling program within one of the concentrations.

23. Can I transfer in credits from other counseling programs?

- No. As our program is built with classes to build upon each-other and specifically evaluated for BBS, CACREP, and CTC requirements, we require each student of the program to attend the required cohort sequence to ensure that each student is meeting all of the requirements of those accrediting bodies.

24. Do I need a 3.0 GPA?

- The faculty review committee will view all applications even if it does not meet the program GPA requirement. We will view all applications and can make a determination based on viewing all applications and submitted materials holistically. The counseling programs are highly competitive, therefore it is recommended to bring up your GPA with additional classes if possible.
- Beginning spring 2021, we will offer two courses through the CSUS College of Continuing Education, they are the two EDUC courses (EDUC 155 & 156) which may be worth

investigating to raise a low GPA. These EDUC classes are undergraduate courses required for the Counseling minor.

25. Do you offer dual specialization? Can I do my LMFT and PPS at the same time?

- No, we do not currently offer dual specializations. Due to the nature of the specialization programs and field work requirements, the dual specialization is not practical and therefore not admitted.
- We do offer a PPS track which consists of 15 units and is only offered to graduates of the counseling program that graduated in a concentration other than School Counseling.

26. Is the CBEST required for admission to the program?

- California Basic Educational Skills Test (CBEST): Although evidence of passing the CBEST is NOT required for admission into the Pupil Personnel Services Credential programs, the CBEST must be successfully passed prior to receiving the Pupil Personnel Services Credentials.