

M.Ed. in Clinical Mental Health Counseling

Sample Curriculum Plan¹

At Oklahoma City University (OCU), online counseling master’s students will complete 60 credit hours of counseling courses. Courses are distributed over eight-week “minimesters” with two minimesters per semester. The CMHC curriculum is designed to meet most states’ requirements to become a licensed professional counselor and includes one practicum and one internship.

Counseling practicum and internship courses, which provide an opportunity for real-world exposure to the topics and techniques students have studied in class, require varying levels of on-site engagement. Depending on your chosen fieldwork site, you may work with clients in-person or virtually.

			FULL-TIME SCHEDULE	PART-TIME SCHEDULE
YEAR 1	SEMESTER 1	FALL A	<ul style="list-style-type: none"> • Behavior Pathology (3 credits) • Multiculturalism & Diversity (3 credits) 	<ul style="list-style-type: none"> • Behavior Pathology (3 credits)
		FALL B	<ul style="list-style-type: none"> • Research Methods (3 credits) • Personality & Human Development (3 credits) 	<ul style="list-style-type: none"> • Personality & Human Development (3 credits)
	SEMESTER 2	SPRING A	<ul style="list-style-type: none"> • Family and Group Therapy (3 credits) • Evidence-Based Counseling Theories (3 credits) 	<ul style="list-style-type: none"> • Evidence-Based Counseling Theories (3 credits)
		SPRING B	<ul style="list-style-type: none"> • Assessment I (4 credits) • Advanced Evidence-Based Techniques (3 credits) 	<ul style="list-style-type: none"> • Advanced Evidence-Based Techniques (3 credits)
	SUMMER SEMESTER 2.5	SUMMER	<ul style="list-style-type: none"> • Assessment II (3 credits) • Professional Identity & Ethics (4 credits) 	<ul style="list-style-type: none"> • Professional Identity & Ethics (4 credits)

CONTINUE TO YEAR 2 ▼

1. Sample course plan only. Actual course sequence may differ. Curriculum accurate as of October 2024. Subject to change.

			FULL-TIME SCHEDULE	PART-TIME SCHEDULE
YEAR 2	SEMESTER 3	FALL A	<ul style="list-style-type: none"> Clinical Supervision (3 credits) Practicum (16-week course, 6 credits) 	<ul style="list-style-type: none"> Clinical Supervision (3 credits)
		FALL B	<ul style="list-style-type: none"> Social and Community Behavior (3 credits) Practicum (continued) 	<ul style="list-style-type: none"> Social and Community Behavior (3 credits)
	SEMESTER 4	SPRING A	<ul style="list-style-type: none"> Career Development (3 credits) Internship (16 weeks, 9 credits) 	<ul style="list-style-type: none"> Career Development (3 credits)
		SPRING B	<ul style="list-style-type: none"> Biological Bases of Behavior & Health (3 credits) Internship (continued) 	<ul style="list-style-type: none"> Biological Bases of Behavior & Health (3 credits)
	SUMMER SEMESTER 4.5	SUMMER		<i>No courses this semester</i>
YEAR 3	SEMESTER 5	FALL A		<ul style="list-style-type: none"> Clinical Supervision (3 credits)
		FALL B		<ul style="list-style-type: none"> Research Methods (3 credits)
	SEMESTER 6	SPRING A		<ul style="list-style-type: none"> Family and Group Therapy (3 credits)
		SPRING B		<ul style="list-style-type: none"> Assessment I (4 credits)
	SUMMER SEMESTER 6.5	SUMMER		<ul style="list-style-type: none"> Assessment II (3 credits)
YEAR 4	SEMESTER 7	FALL A		<ul style="list-style-type: none"> Practicum (16-week course, 6 credits)
		FALL B		
	SEMESTER 8	SPRING A		<ul style="list-style-type: none"> Internship (16 weeks, 9 credits)
		SPRING B		
	SUMMER SEMESTER 8.5	SUMMER		



SCAN to find out more about earning your CMHC degree online.

VISIT online.okcu.edu/clinical-mental-health-counseling for a detailed look at courses and more info.