

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	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)
	SPRING A	<ul style="list-style-type: none"> • Family and Group (3 credits) • Evidence-Based Counseling Theory (3 credits) 	<ul style="list-style-type: none"> • Family & Group (3 credits)
	SPRING B	<ul style="list-style-type: none"> • Assessment I (4 credits) • Advanced Counseling Techniques 	<ul style="list-style-type: none"> • Assessment I (4 credits)
	SUMMER	<ul style="list-style-type: none"> • Assessment II (3 credits) • Professional Identity & Ethics (4 credits) 	<ul style="list-style-type: none"> • Assessment II (3 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	FALL A	<ul style="list-style-type: none"> Clinical Supervision (3 credits) Practicum (16-week course, 6 credits) 	<ul style="list-style-type: none"> Multiculturalism & Diversity (3 credits)
	FALL B	<ul style="list-style-type: none"> Career Development (3 credits) Practicum (continued) 	<ul style="list-style-type: none"> Research Methods (3 credits)
	SPRING A	<ul style="list-style-type: none"> Internship (16 weeks, 9 credits) 	<ul style="list-style-type: none"> Evidence-Based Counseling Theories (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"> Advanced Ev-Based Techniques (3 credits)
	SUMMER	<ul style="list-style-type: none"> Internship (16 weeks, 9 credits) 	<ul style="list-style-type: none"> Professional Identity & Ethics (4 credits)
YEAR 3	FALL A		<ul style="list-style-type: none"> Clinical Supervision (3 credits)
	FALL B		<ul style="list-style-type: none"> Career Development (3 credits)
	SPRING A		<ul style="list-style-type: none"> Biological Bases of Behavior & Health (3 Credits)
	SPRING B		<ul style="list-style-type: none"> Social and Community Behavior
	SUMMER		
YEAR 4	FALL A		<ul style="list-style-type: none"> Practicum (16-week course, 6 credits)
	FALL B		
	SPRING A		<ul style="list-style-type: none"> Internship (16 weeks, 9 credits)
	SPRING B		
	SUMMER		



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