

Mental Health Concentration

Brief Description

Students in the Mental Health Concentration are prepared for advanced practice with individuals, couples, and families and as advocates for more responsive and comprehensive mental health services at the local, regional, and societal levels. Graduating students work in community mental health centers, mental health institutions, community programs serving adults with persistent and chronic mental disorders, health maintenance organizations, forensic settings, employee assistance programs, other community-based counseling settings, policy settings, research, and some eventually serve clients in private practice.

All mental health students must complete *S20-4011 Differential Diagnosis*, a course providing them with application-level state-of-the-art mental health theory and skills in mental health assessment, and *S30-6211 Treatment of Mental Disorders*, a course that reviews and highlights effective, empirically tested interventions for specific mental disorders. All mental health concentrators also take *S48-5012 Mental Health Policy*, a course offering students a thorough review of current policy and political developments affecting mental health service delivery and financing in the U.S. and abroad. Direct practice students select three practice methods courses representing micro, mezzo, and specialty practice methods, respectively, as shown in the course requirements listed below. Mental Health Concentration students are exposed to a range of evidence-based assessment and treatment methods that aim to increase the functional capacity of individuals and larger systems adversely affected by mental health problems. Administration students take three of the several administrative methods courses.

Students in the Mental Health Concentration are allowed to take one of two different evaluation courses to fulfill their concentration evaluation requirement, *S40-5842 Social Policy and Analysis*; or *S50-5050 Evaluation of Programs and Services*.

Mental Health Concentration Course Requirements

Social Policy

S48-5012 Mental Health Policy

Theory, Problems, and Issues

S20-4011 Differential Diagnosis

Practice Methods

Direct Practice students are required to complete:

S30-6211 Treatment of Mental Disorders

Direct Practice students select one from each of the two areas:

Area 1

S30-5502 Applied Behavior Therapy

S30-5902 Applied Psychosocial Practice

Area 2

S30-5702 Applied Group Work Practice

S30-7001 Introduction to Family Therapy

Administration students select any three of the following:

S30-5703 Working with Groups on Problem-Solving Tasks

S50-5019 Personnel Management and Supervision

S50-5020 Board Governance and Volunteer Management

S50-5030 Budgeting and Fiscal Management

S50-5052 Leadership, Planning, and Decision Making

S50-5066 Marketing, Resource Development, and Community Relations

Evaluation

All students select one of the following:

S40-5842 Social Policy Analysis and Evaluation

S50-5050 Evaluation of Programs and Services

Clinical Option

Students completing the clinical option are required to complete the direct practice methods requirements. In addition to the required direct practice methods courses, students completing the clinical option are required to complete 12 elective credits of additional direct practice methods courses. Core requirements for students completing the clinical option are divided into three areas: Psychotherapy (Individual and Groups), Practice Methods, and Population Specific.

Students must choose two courses (in addition to the required practice methods course you have completed):

Psychotherapy:

S30-5502 Applied Behavior Therapy

S30-5902 Applied Psychosocial Practice

S30-5503 Cognitive Behavioral Therapy

Students must also choose one course from Practice Methods and one course from Population Specific:

Practice Methods:

- S30-5702 Applied Group Work Practice
- S30-6011 Brief Outcome Therapy
- S30-7001 Introduction to Family Therapy
- S30-7206 Theories & Practice of Family Therapy

Population Specific:

- S30-7327 Social Work Practice in the Continuum of Care
- S30-7502 Intervention Approaches for Treating Couples
- S30-9453 Substance and Alcohol Abuse
- S30-9455 Biopsychosocial Assessments & Interventions w/Older Adults
- S31-4000 Social Work Practice and American Indians
- S31-4100 Social Work Practice with Refugees & Immigrants
- S31-5122 Intervention Approaches with Women

Practicum

Students must take five credits (600 hours) of practicum at an approved mental health setting. The practicum site must be an organization in which the primary focus for the student can be the planning, administration, or delivery of mental health services. Examples include mental health centers, hospitals, religious social service centers, and outreach facilities.

Faculty Coordinator

For further information on the Mental Health Concentration, contact Curtis McMillen, Ph.D., Brown 108, (314) 935-7517, cmcmille@wustl.edu.