MENTAL HEALTH COUNSELING

ALLIED HEALTH GUIDE

"Allied health encompasses a broad group of health professionals who use scientific principles and evidence-based practice for the diagnosis, evaluation and treatment of acute and chronic diseases; promote disease prevention and wellness for optimum health, and apply administration and management skills to support health care systems in a variety of settings." Association of Schools Advancing Health Professions (ASAHP, 2021)

WHAT IS MENTAL HEALTH COUNSELING?

Clinical mental health counselors are highly skilled professionals who provide flexible, consumer-oriented therapy. They combine traditional psychotherapy with a practical, problem-solving approach that creates a dynamic and efficient path for change and problem resolution. Counselors provide treatment to individuals, families, couples, and groups across all ages. Mental health counselors treat clients with a variety of conditions including mental and emotional health issues and relationship problems. They provide support, through engaging in assessments, treatment planning, crisis management, while taking a client-centered approach.

ADVANCED DEGREES

- Master's Degree in Clinical Mental Health Counseling
- PhD in Counseling
- PhD in Counselor Education

UNDERGRADUATE PREREQUISITE COURSEWORK*

- Bachelor's Degree in Psychology
- Developmental Psychology
- Abnormal Psychology
- Cognitive Psychology
- Research Methods I & II
- Statistics
- Psychology of Personality
- Upper-level Psychology courses

PROFESSIONAL ASSOCIATIONS

American Counseling Association
American Mental Health Counselors Association
National Board for Certified Counselors
Council for Accreditation of Counseling & Related Educational Programs
Allied Health Professional Associations for Students

ONEHOP ALLIED HEALTH PROFESSIONS ALUMNI GROUP

Join the OneHop Allied Health Professions Alumni Group where current students interested in allied health can connect with alumni allied health professionals:
- Join OneHop using your jhu.edu email address
- Complete your profile
- Search "Allied Health" in Groups to join the conversation!

ADVANCED DEGREE REQUIREMENTS*

- Graduate Record Exam (GRE test scores)
- References from related experiences such as internships or relevant organizations
- Letters of recommendation (academic)

*This list covers the most frequently required prerequisites. Please see individual program websites for exact requirement information.

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