



# M.A. in Holistic Counseling



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**Average Time to Completion**  
2-3 years

**Format**  
In person

**Application Deadlines**  
March 1  
July 1  
November 1



## Combine Traditional Counselor Education with a Holistic Perspective

Through a holistic, justice-centered, and developmental perspective, the 48-credit Master of Arts degree in Holistic Counseling (H.C.) program trains students to work in various settings utilizing traditional counseling techniques and systems thinking with awareness of neuroscience and evidence-supported integrative practices. The courses provide counselors-in-training with holistic and systemic approaches to frame their future work. The program trains students to work in various settings utilizing traditional counseling techniques and systems thinking with awareness of neuroscience and evidence-supported integrative practices. The program seeks to help students learn and understand how to observe, assess, and incorporate the integration of body, mind, and spirit into their professional and personal lives. We integrate awareness of the Five Critical Concerns for Mercy into our training, including racism, issues impacting women, immigration, the earth, and violence. Students learn to see clients in a multifaceted, holistic way through understanding various systemic and cultural experiences.

Students in this program engage in both didactic and interactive coursework, completing a 100-clinical hour supervised practicum in the field at the end of the program. Upon completing this degree, students can not become licensed mental health counselors until completing the additional 12-credit Certificate in Advanced Graduate Studies in Clinical Mental Health: Concentration in Holistic Counseling program. A few states, such as Massachusetts, do not allow counselors-in-training to become licensed if they have not completed a 60-credit mental health counseling program. Thus a 48-credit program + CAGS does not qualify students to get licensed in those states.



## M.A. in Holistic Counseling

### Admissions Requirements

Individuals with a bachelor's degree in any undergraduate major from a regionally accredited college or university (or an equivalent degree from an accredited institution outside of the United States) may apply to this program.

Application materials are submitted online at [salve.edu/graduate-admissions](http://salve.edu/graduate-admissions). There is no fee to apply. Salve Regina University evaluates the total application package; you must submit the following to be considered:

- Completed graduate application
- Official transcripts from each college/university attended
- Personal statement
- Two professional letters of recommendation
- Resume

### About Salve Regina University

Salve Regina is an independent coeducational institution. Since our founding by the Sisters of Mercy in 1947, we have grown to a community of more than 2,700 undergraduate and graduate students who proudly carry forward our mission of responsible citizenship and public service in their personal and professional lives. Salve Regina is fully accredited by the New England Commission of Higher Education (NECHE).

### Curriculum

Students must successfully complete 48 credits to qualify for the M.A. in Holistic Counseling, which includes 42 credits of core courses and an additional six elective credit options.

#### Core Courses: 42 credits

<b>HLC504:</b> Holistic Foundations .....	3 credits
<b>HLC505:</b> Interpersonal Helping Skills.....	3 credits
<b>HLC506:</b> Professional Orientation and Ethics .....	3 credits
<b>HLC507:</b> The Body/Mind Connection.....	3 credits
<b>HLC508:</b> Human Growth and Development .....	3 credits
<b>HLC509:</b> Theories of Counseling.....	3 credits
<b>HLC510:</b> Cultural Awareness in Counseling.....	3 credits
<b>HLC500:</b> Research Methods OR	
<b>HLC513:</b> Couple and Family Counseling.....	3 credits
<b>HLC515:</b> Assessment and Treatment Planning.....	3 credits
<b>HLC516:</b> Group Counseling and Group Work .....	3 credits
<b>HLC517:</b> Career Counseling.....	3 credits
<b>HLC518:</b> Appraisal.....	3 credits
<b>HLC550:</b> Advanced Helping Skills .....	3 credits
<b>HLC551:</b> Practicum in Counseling.....	3 credits

#### Elective Options: 6 credits

Electives strengthen counselors' abilities to serve specific client populations by fostering growth, adding skill development and opening professional vistas. The number of electives students take depends on their plan of study and the number of required courses that may have been waived.

<b>HLC 518:</b> Appraisal.....	3 credits
<b>HLC528:</b> Understanding Trauma in Counseling .....	3 credits
<b>HLC 523:</b> Understanding Substance Use Disorder .....	3 credits
<b>HLC 524:</b> Identification of Special Populations .....	3 credits
<b>HLC 540:</b> Integrated Meaning.....	3 credits
<b>HLC 575:</b> Healing & Transformation .....	3 credits
<b>HLC 578:</b> Body and Personal Myth: A Jungian Perspective.....	3 credits
<b>HLC 579:</b> Grief Counseling.....	3 credits
<b>HLC 587:</b> Gender and Human Sexuality.....	3 credits
<b>HLC 588:</b> Working with Young People.....	3 credits

\*Elective courses may be substituted with appropriate courses from other graduate programs (i.e., Rehabilitation Counseling, Behavior Analysis) as applicable to a student's learning goals and with approval from the program director.



Salve Regina University

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