



M.A. in Holistic Counseling



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Help others to grow.

"Each and every course I've taken throughout the program has given me either a skill, tool, or perspective that will help me be a better clinician."

*Kelly Hagerstrom
2018 Graduate*



About the Program

The 48-credit holistic counseling program is designed to prepare professional counselors with a variety of counseling skills that includes a holistic approach to their work. Consonant with the mission of the University, the program seeks to help students learn and understand how to observe, evaluate, and incorporate the integration of body, mind, and spirit into their lives. Holistic counselors in training are presented with the idea that personal and system wholeness depends upon connectedness with the human community and with the natural world that supports it.

The coursework requires students to take a developmental, holistic, and social justice perspective in the work they do. Students are required to engage in all learning activities in ways that are consistent with the current professional and ethical standards of the American Counseling Association (ACA) and other related professional certification bodies.

Students within this program complete academic courses and 150 hours of supervised clinical practice. Upon completion of this degree, students may apply for the Certificate in Advance Graduate Studies (CAGS) in Clinical Mental Health: Concentration in Holistic Counseling. Students within the 48-credit track must review current state requirements to ensure eligibility.



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About Salve Regina University

Salve is an independent, coeducational institution serving approximately 2,700 undergraduate and graduate students from across the U.S. and around the world. Its 80-acre oceanfront campus is in the Ochre Point historic district of Newport, Rhode Island, and includes 48 new and adapted buildings. The University is accredited by the New England Association of Schools and Colleges (NEASC).

Admissions Requirements

Salve Regina University evaluates the total application package. 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) are qualified to apply.

To apply to this program, students must submit the following supporting materials to the Office of Graduate Admissions:

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

Courses are offered on campus in Newport, R.I.

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

HLC504: Holistic Foundations	3 credits
HLC505: Interpersonal Helping Skills.....	3 credits
HLC506: Professional Orientation and Ethics	3 credits
HLC507: The Body/Mind Connection.....	3 credits
HLC508: Human Growth and Development	3 credits
HLC509: Theories of Counseling.....	3 credits
HLC510: Cultural Awareness in Counseling.....	3 credits
HLC500: Research Methods OR	
HLC512: Evaluation Research.....	3 credits
HLC513: Couple and Family Counseling.....	3 credits
HLC515: Assessment and Treatment Planning.....	3 credits
HLC516: Group Process.....	3 credits
HLC517: Career Counseling.....	3 credits
HLC550: Advanced Helping Skills	3 credits
HLC551: 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.

HLL519: Introduction to Holistic Leadership Perspectives.....	3 credits
HLL520: Leading Holistically: Cross-Cultural Awareness.....	3 credits
HLL522: Creative Leadership Skills I.....	3 credits
HLL523: Creative Leadership Skills II.....	3 credits
HLC524: Identification of Special Population Needs	
within the Context of Substance Abuse.....	3 credits
HLC525: Clinical Language Skills	1 credit
HLL527: Leading System Change and Transformation	3 credits
HLC528: Understanding Trauma in Counseling.....	1 credit
HLC535: Introduction to Expressive Sound.....	1 credit
HLC575: Healing & Transformation	2 credits
HLC578: Body and Personal Myth: A Jungian Perspective.....	3 credits
HLC579: Grief Counseling.....	2 credits
HLC582: Introduction to the Expressive and Creative Arts as Transformation	3 credits
HLC584: Movement, Creativity and Consciousness: An Introduction	2 credits
HLC587: Gender and Human Sexuality in Counseling.....	3 credits
HLC588: Working with Young People.....	3 credits
HLC592: Arts, Nature and Eco-Consciousness.....	1 credit

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



Salve Regina University

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