

Counseling Requirement

Students entering the MAC program in the Fall of 2010 (or after) are required to receive at least twelve (12) counseling sessions during their time in the program. Students will not graduate until this requirement is met.

We require this because:

- We want to promote the personal growth of each student through their own understanding of their unique “dignity and depravity” that may impact their care of others.
- We believe:
 - that—outside of a personal relationship with the Creator of the universe—one of the strongest tools a counselor brings to a helping relationship is herself or himself.
 - continual self-understanding and sensitivity are required as a part of a student’s training in the field of counseling.
 - counselors need to increase their own awareness of the client’s experience with counseling (resistance, anxiety, shame, etc.).
- Our practicum and internship experiences offer opportunities to look at personal matters impacting the student’s ability to counsel effectively. To be excellent counselors, students need to look at their relational style and any matters that impede or enhance the process of counseling. This is at times done within the individual and group supervisory experience; it is most thoroughly done with a counselor and not with a supervisor who grades you.

The guidelines are as follows:

- All 12 sessions must be completed within a six (6) month period during enrollment in the MAC program.
- The counseling can be individual or couple.
- Counseling must be completed with one counselor or therapist. Exceptions may be requested through the Associate Dean of Counseling.
- Counseling can be done at CTS through the free student counseling but only during an MAC student’s first year in the MAC program.
- Counseling can be done with an LPC or PLPC. Referrals are available through the Counseling Department.

Please sign and date this form with your counselor. Return to the box of Sabrina Hickel, Associate Dean of Counseling. Signed forms are kept confidentially.

Yes, I affirm I have received at least 12 or more counseling sessions:

MAC Student Name

Signature

Date

Yes, I have counseled the above student for at least 12 or more counseling sessions:

Counselor Name

Signature

Date