

Masters in Mental Health Counseling Program

- INFORMATION PACKET -



ACHIEVE
BEHAVIORAL HEALTH
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Ferkauf
Ferkauf Graduate School
of Psychology

Achieve Behavioral Health, a trusted leader in mental health in the community for over twenty years, is passionate about educating the next generation of therapists. In partnership with Yeshiva University's Ferkauf Graduate School of Psychology, our innovative Master's in Mental Health Counseling program brings educational and clinical excellence to your career as you work with experts in the mental health field.

What is Mental Health Counseling (MHC)?

Mental health counseling is the assessment, treatment, or modification of a disability, problem, or disorder of behavior, character, development, emotion, personality or relationship through verbal or behavioral methods. Mental health counselors are trained in counseling and psychotherapy to treat individuals with mental and emotional disorders and other behavioral challenges. Mental health counselors demonstrate a concern for the short-term and long-term well-being of individuals, couples, families, groups and organizations.



What services do licensed mental health counselors provide?

Mental health counselors provide psychotherapy, clinical assessment and evaluation, treatment planning and case management, prevention, discharge, and aftercare services. After identifying and evaluating mental health problems and related human development challenges, mental health counselors employ effective methods of counseling and psychotherapy to treat individuals with conditions that may include mood disorders including depression, anxiety disorders, substance abuse, eating disorders, personality disorders, dementia and adjustment disorders. Mental health counselors assist patients to develop skills and strategies to address issues such as parenting and career skills; problems in adolescent and family communication and functioning; couples, marital and relationship problems; and preventing the occurrence or re-occurrence of alcohol and substance abuse. MHC is a licensed degree and MHCs work in clinics, Yeshivas and schools, hospitals and private practice.

What is unique about a Mental Health Counseling education?

Although there is overlap between what a licensed Mental Health Counselor and other mental health practitioners can do professionally, there is significant difference in the education that MHCs receive. The core educational component of MHC programs focusses on counseling, behavior and abnormal psychology with a curricular focus on diagnosis, psychopathology and treatment intervention to be a psychotherapist.

What is Achieve Behavioral Health?

Achieve Behavioral Health has been a trusted and recognized leader in behavioral and emotional health care in the community for over two decades. Achieve primarily serves the Orthodox and Hasidic populations of Rockland and Orange County, New York. We combine the highest professional and clinical standards with deep cultural sensitivity and compassion. Achieve offers a full array of services to approximately 6,000 adults and children annually, with the entire range of diagnostic presentations. Treatments are all-inclusive, utilizing innovation, evidence and metric-based protocols in conjunction with community support. With more than twenty years of trusted service to the community, Achieve Behavioral Health attracts the best clinicians and support staff. We are proud to be the only provider in Rockland and Orange counties federally designated as a Certified Community Behavioral Health Center (CCBHC).

What is unique about the Ferkauf MHC program at Achieve?

As the vanguard of behavioral health care in the community, Achieve is the go-to resource for clinical training and community education. We have already trained over 200 of the leading mental health professionals serving the frum community. As such, Achieve has developed a robust, clinically focused, best practices-based internship program where students learn from leaders in the mental health field. In partnership with Yeshiva University's premiere Ferkauf Graduate School of Psychology, students in the MHC program will receive a first-class education with courses taught by handpicked faculty who are not only leaders in the field but understand the cultural needs of the community. Additionally, students in the program will be fully integrated with their internship opportunities in our clinic that will bring the theoretical discussions from the classroom into real-life practice. This integration is not just about the internship; it is bringing the clinical experience fully into the classroom – ללמוד על מנת לעשות.

Our Leadership and Faculty



Dr. Isaac Schechter, PsyD, Chief Clinical Officer at Achieve and Program Director of the MHC program, is a pioneering leader in behavioral health care who has devoted two decades of service at the helm of Achieve. Thanks to his dedication and commitment, Achieve has grown from a mere concept to an acclaimed Behavioral Health system. Much more than a clinical psychologist, Dr. Schechter has played a pivotal role in revolutionizing, increasing and popularizing behavioral health services within the Orthodox Jewish community, both locally and nationally. In addition to his groundbreaking clinical leadership, Dr. Schechter has trained and supervised hundreds of psychologists, mental health counselors and social workers from within the community and is a sought-after international lecturer on a broad range of topics. Dr. Schechter will be overseeing the program, faculty and curriculum to ensure it is of the highest clinical and communal standards.



Dr. Shlomo Bineth, Clinical Supervisor at Achieve, is a Licensed Mental Health Counselor and a post-doc in Clinical Psychology who works with children, adolescents, and adults with anxiety, mood disorders, trauma, ASD, ADHD/ADD and parenting issues.



Dr. Jonathan Feiner, Clinical Director of Adult Services at Achieve and Founder/Director of Rockland CBT. Dr. Feiner is also the author of "Mindfulness: A Jewish Approach" and enjoys teaching courses and providing workshops on topics related to psychology and mindfulness.



Dr. Yehoshua Halle, Clinical Supervisor and Director of School Based Services at Achieve, specializes in working with children, adolescents and their families in the home and school settings.



Dr. Gavi Hoffnung, Clinical Supervisor and Director of Research and Clinical Data Analytics at Achieve, specializes in child and adolescent mental health, with a focus on school functioning and parenting. Dr. Hoffnung's research is focused on the characteristics of psychotherapy in naturalistic settings, with a particular focus on duration and the process of therapy termination. He also leads a research team exploring the Orthodox Jewish community and its experience and use of professional mental health services. In addition to his teaching responsibilities, Dr. Hoffnung will serve as the MHC program Clinical Internship Director.

Program Outline

The Ferkauf MHC is a 60-credit Master of Arts in Mental Health Counseling that combines theoretical knowledge, clinical training, field work and mentorship opportunities. Graduates of this program, with required post-graduate experience, and who pass the NCMHCE examination, are eligible for licensure as Licensed Mental Health Counselors (LMHC) in New York State. The program can be completed in either four or five semesters, depending on the student's educational plan and cohort. The following outline is an example of the courses a student can expect to take each semester with the goal of completing the program in five semesters. Please note that the course schedule is subject to change



<p>Semester 1 – 9 credits</p> <ul style="list-style-type: none"> • Basic Principles of Counseling • Psychopathology: Child Adolescent & Adult • Counseling Practicum • Intensive Writing Course – 0 credits 	<p>Semester 2 – 12 credits</p> <ul style="list-style-type: none"> • Developmental Psychology (human growth and development) • Counseling Skills Development • Assessment and Appraisal of Individuals, Couples, Families and Groups & MHC Assessment Lab • Multicultural and Diversity Issues in Counseling
<p>Semester 3 – 12 credits</p> <ul style="list-style-type: none"> • Substance Abuse and Treatment • MHC: Ethics & Issues in Professional Practice • MHC Elective • Supervised Field Placement I – 1.5 credits • Supervised Field Placement II – 1.5 credits 	<p>Semester 4 – 12 credits</p> <ul style="list-style-type: none"> • Advanced Issues in Mental Health Counseling • Advanced Issues in Psychopathology and Diagnosis • Statistics, Research and Program Evaluation (Evidence Based Treatments) • Supervised Field Placement III – 1.5 credits • Supervised Field Placement IV – 1.5 credits
<p>Semester 5 – 15 credits</p> <ul style="list-style-type: none"> • Lifestyle and Career Development Counseling • Concepts and Techniques in Mental Health Counseling (Clinical Instruction) • Principles in Group Counseling • Social Psychology • MHC Elective 	<p>MHC Electives</p> <ul style="list-style-type: none"> • Cognitive and Behavioral Therapy Principles for Counseling • Crisis Counseling



Internship structure

The internship is where your education translates into practice. A requirement of the MHC program is 600 hours of supervised fieldwork which can be fulfilled through direct work with individuals, couples and groups. The integrated internship through Achieve will provide students with the advantage of working with leaders in the mental health field who understand the needs of the community and will impart students with an educational experience that will teach them the skills needed to be successful practitioners. Students may be eligible to receive compensation for their internship hours.



Admission requirements

To be considered for admission into the program, potential students must have completed 120 credits towards a bachelor's degree from an accredited institution. For an application to be considered, potential students must submit the following materials:

- Application form
- Current Resume
- Two letters of recommendation on official letterhead
- A copy of the Undergraduate/academic transcript from an accredited institution
- Personal Statement (one page discussing the student's interest in the field and career goals)

In addition, an interview with Achieve staff is required and potential students will be asked to provide an in-person writing sample. All application materials should be submitted for review to the Achieve program administrator through the achievmhc.org website after which they will be submitted to Ferkauf Graduate School of Psychology for approval. Decision letters will be sent by Ferkauf directly.

Tuition and Fee structure

Colleges and Universities typically charge students on a per credit basis which means depending on how many classes a student takes each semester will determine how much they will be charged. The per credit cost for the program is \$915. For example, if a student is taking four, 3-credit classes in a semester (12 total credits), he/she can expect to be charged \$10,980 in tuition for that semester. Additionally, every semester student's will be charged a \$70 registration fee and a \$255 technology fee. The overall cost of the 60-credit program if completed in five semesters is \$56,525. All tuition and fees will be paid to Yeshiva University.

Financial Aid

To be considered for financial aid each student must complete a free application for federal student aid form, otherwise known as a FAFSA. U.S. citizens and eligible non-citizens can apply at <https://studentaid.gov/h/apply-for-aid/afsa> If you are a New York State resident who has filed a FAFSA, you can apply for additional scholarships by filling out the TAP application at <https://www.hesc.ny.gov/>

FAQ's

How long does it take to complete the MHC program? The program is structured to take students under two years to complete when following the curriculum outline. Students must complete the required 60 credits to be considered for graduation. Each course is worth 3 credits, not including the four supervised field work courses, which are worth 1.5 credits each.

In order to maintain satisfactory academic progress as a full-time or half time student in the program, students must maintain an overall and semester grade point average (GPA) of a minimum 3.0

Are classes in-person or remote? The MHC program is a remote/virtual program. Orientation as well as select classes and trainings will require students to attend in-person.

Which institution will be granting my degree? MHC program graduates will receive their degree from the Ferkauf Graduate School of Psychology at Yeshiva University, a leader in psychological training since 1979 and ranked amongst the top psychology schools in the country.

Will I need a computer to participate in this program? Yes, an internet capable device will be needed to attend classes, communicate with professors, complete assignments and write clinical case notes. Achieve will provide every student in the program with a Chromebook, free of charge.

What jobs are available for MHC program graduates? Graduates will be given the opportunity to continue with Achieve as master's level psychotherapists.



After graduation, do I need a license to practice as a mental health counselor? The MHC program is registered with the New York State Education Department as a program that meets the educational requirements for LMHC (Licensed Mental Health Counselor) licensure. Upon graduation, MHC graduates will then need to register for a limited permit to complete 3000 hours of post-master's-supervised experience and pass a licensure exam, before they are officially an LMHC. Graduates can receive compensation for services rendered while completing the 3000 hours of post-master's-supervised experience.

What exam is New York State using to test counselors for the license? The national exam that New York State requires for Licensed Mental Health Counselors is the National Clinical Mental Health Counselor Examination (NCMHCE).

Will I be able to bill insurance for services once I am licensed? Graduates of the Mental Health Counseling program who ultimately establish their own private practices can establish relationships and contracts with most of the major insurance companies who accept LMHCs as part of the treatment plans for their clients.

Are scholarships available? After you have been admitted to the program, students can fill out the FAFSA and discuss the possibility with the Yeshiva University Office of Student Finance. At the end of the first year, MHC students can then apply for additional scholarship funds for their second year.

Can I take out student loans? Financial aid eligibility for federal student loans is based on the results of your FAFSA, your graduate degree program, and your anticipated enrollment status (a minimum of 6 credits or halftime status is required each semester).

For more information,
contact Mr. Yanky Perl, LMSW, Community Liaison
at mhc@achievebh.org or **845-499-7476**

achievemhc.org

