Twin Cities Campus

Integrated Behavioral Health M.P.S.

CCAPS Addiction Studies

College of Continuing and Professional Studies

Link to a list of faculty for this program.

Contact Information:
College of Continuing Education Information Center, 20 Ruttan Hall, 1994 Buford Avenue, St. Paul, MN, 55108 (612-624-4000)
Email: cceinfo@umn.edu
Website: http://cce.umn.edu/Master-of-Professional-Studies-in-Integrated-Behavioral-Health/index.html

- Program Type: Master's
- Requirements for this program are current for Summer 2017
- Length of program in credits: 60
- This program does not require summer semesters for timely completion.
- Degree: Master of Professional Studies

Along with the program-specific requirements listed below, please read the General Information section of the catalog website for requirements that apply to all major fields.

The high prevalence of co-occurring mental health and substance use disorders virtually guarantees that counselors, no matter the treatment setting, will encounter clients struggling with not one, but two or more disorders.

The master of professional studies in integrated behavioral health (IBH) prepares counselors for this clinical reality. The IBH degree merges mental health and substance abuse education and training into a single, comprehensive and cohesive program. This synthesis represents an important and pioneering shift in the preparation of clinicians.

The IBH is designed to fulfill education and training requirements for two licenses: Licensed Professional Clinical Counselor (LPCC) and Licensed Alcohol and Drug Counselor (LADC).

Program Delivery

This program is available:

- via classroom (the majority of instruction is face-to-face)

Prerequisites for Admission

The preferred undergraduate GPA for admittance to the program is 3.00.

Other requirements to be completed before admission:
Bachelor's degree from an accredited institution
Transcripts
Personal statement
Two letters of reference
Updated resume or CV

Special Application Requirements:
International students interested in the master of professional studies in integrated behavioral health should contact the International Student and Scholar Service (http://www.isss.umn.edu) for information on visa status and academic requirements.

International applicants must submit score(s) from one of the following tests:

- TOEFL
  - Internet Based - Total Score: 84
  - Internet Based - Writing Score: 21
  - Internet Based - Reading Score: 19
  - Paper Based - Total Score: 563
- IELTS
  - Total Score: 6.5
  - Reading Score: 6.5
  - Writing Score: 6.5
- MELAB
  - Final score: 84

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Key to test abbreviations(TOEFL, IELTS, MELAB).

For an online application or for more information about graduate education admissions, see the General Information section of the catalog website.

Program Requirements

Plan C: Plan C requires 60 major credits and 0 credits outside the major.The is no final exam.A capstone project is required.
Capstone Project: Satisfactory completion of a portfolio demonstrates the student's clinical conceptualization and practice skills through the following:
A client case study that includes an assessment and treatment plan
A videotaped treatment session with a mock client
A philosophy of counseling statement outlining the student's theoretical orientation to counseling and specific applications of his/her counseling philosophy to the population she/he intends to serve
Evaluations outlining areas of competence and skill as assessed by internship site supervisor
Self-selected papers and projects from program coursework that demonstrate the student's mastery of knowledge and skills

This program may not be completed with a minor.

Use of 4xxx courses toward program requirements is permitted under certain conditions with adviser approval.

A minimum GPA of 2.8 is required for students to remain in good standing.

In addition to course work, an 880-hour field placement is required to complete the degree. The credit and field placement requirements are designed to fulfill licensing requirements as defined in the Minnesota Statutes, section 148B.54, subdivision 2; and Minnesota Rules, part 2150.2500 to 2150.2660. As noted in the statute, "The national trend for master's programs in counseling is towards 60 semester credits." In order for a practitioner to be eligible for third party reimbursement for services, the practitioner must demonstrate a minimum of 60 semester graduate level credits in counseling coursework.

Students may take one or more courses per term and have up to five years to complete a master's degree. Students who wish to transfer graduate-level coursework from other institutions should contact the Graduate Programs office at cceinfo@umn.edu for information and assistance.

Only coursework for which the student has earned a grade of B- or better will be counted toward the minimum of 60 semester credits required for the degree.

Foundation Courses (10 credits)
These courses are prerequisites for most other courses in the program. They should be the first courses students complete.
ADDS 5011 - Foundations in Addiction Studies (2.0 cr)
ADDS 5021 - Introduction to Evidence Based Practices and the Helping Relationship (3.0 cr)
ADDS 5031 - Applied Psychopharmacology (2.0 cr)
IBH 6111 - Research and Evaluation Methods (3.0 cr)

Prerequisites for First Internship (14 credits)
These courses (along with "Foundation Courses" ADDS 5011, 5021, 5031, and IBH 6111) must be completed before students can register for the first internship ADDS 5996.
Either ADDS 5071 or ADDS 5081 may be taken concurrently with the internship.
ADDS 5041 - Methods and Models I: Motivational Counseling (2.0 cr)
ADDS 5061 - Foundations of Group Work (3.0 cr)
ADDS 5071 - Foundations of Co-occurring Disorders (2.0 cr)
ADDS 5081 - Multicultural Foundations of Behavioral Health (3.0 cr)
ADDS 5091 - Assessment and Treatment Planning I (3.0 cr)
ADDS 5121 - Professional Seminar 1: Internship Prep (1.0 cr)

First Internship (2 credits)
Two credits (440 field hours) of ADDS 5996 must be completed near the program's mid-way point.
ADDS 5996 - Internship in Behavioral Health (1.0 cr)

Prerequisites for Second Internship (21 credits)
These courses must be completed before students can register for the second internship IBH 6996.
ADDS 5051 - Methods and Models II: Cognitive Behavioral Therapy (2.0 cr)
IBH 6011 - Foundations in Differential Diagnosis (3.0 cr)
IBH 6022 - Foundations of Psychological Assessment (2.0 cr)
IBH 6031 - Methods and Models IV: Trauma and Anxiety, Assessment and Treatment Intervention (2.0 cr)
IBH 6061 - Applied Advanced Diagnostics I (2.0 cr)

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IBH 6071 - Advanced Professional Issues: Ethics (3.0 cr)
IBH 6081 - Human Lifespan Development and Behavioral Health (3.0 cr)
IBH 6101 - Family Dynamics and Therapy (3.0 cr)
IBH 6121 - Professional Seminar 2: Portfolio Development (1.0 cr)

Second Internship (2 credits)
Two credits (440 field hours) of IBH 6996 must be completed near the end of the program.
IBH 6996 - Internship for Integrated Behavioral Health (1.0 cr)

Additional Required Courses (4 credits)
Additional required courses. Can be taken any time.
IBH 6051 - Advanced Group Practice (2.0 cr)
IBH 6091 - Intersection of Career and Mental Health (2.0 cr)

Electives (6 credits)
Electives not on this list must be preapproved.
Take 6 or more credit(s) from the following:
•ADDS 5996 - Internship in Behavioral Health (1.0 cr)
•IBH 6021 - Methods and Models III: Synthesis Seminar in Client Centered Care (2.0 cr)
•IBH 6032 - Advanced Multicultural Practice (1.0 cr)
•IBH 6041 - Prolonged Exposure Therapy for PTSD (2.0 cr)
•IBH 6062 - Applied Advanced Diagnostics II (2.0 cr)
•IBH 6112 - Mental Health and Addiction Management and Administration (2.0 cr)
•IBH 6222 - Adolescents and Co-occurring Substance Use and Mental Health Disorders (3.0 cr)
•IBH 6226 *{Inactive}*(1.0 cr)
•IBH 6227 - Supervision Models and Methods in Integrated Behavioral Health (3.0 cr)
•IBH 6228 *{Inactive}*(2.0 cr)
•IBH 6229 *{Inactive}*(2.0 cr)
•IBH 6230 - Clinical Application in Prolonged Exposure Therapy (3.0 cr)
•IBH 6231 *{Inactive}*(3.0 cr)
•IBH 6233 - DBT Skills Training: Group Practices and Treatment Modalities (2.0 cr)
•IBH 6910 - Topics in Integrated Behavioral Health (1.0 - 4.0 cr)
•IBH 6993 - Directed Study in Integrated Behavioral Health (1.0 - 3.0 cr)
•IBH 6996 - Internship for Integrated Behavioral Health (1.0 cr)

Portfolio (1 credit)
Required portfolio course
IBH 6002 - Portfolio Review (1.0 cr)

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