

## **Saint Mary's College Counseling Department Mandated Personal Psychotherapy Requirement**

Ethical and effective counselors strive for self-awareness, personal congruence, and continual personal growth. Throughout their course of study, all Counseling students are encouraged to take responsibility for their personal development and knowledge of self and to become increasingly sensitive to the impact that they have on those around them.

Consistent with this focus on personal growth:

The SMC Counseling Department requires that all students earning a Master of Arts in Counseling\* engage in at least 20 hours of in-person, personal psychotherapy, while in their respective programs, with either a licensed mental health professional (LMFT, LPCC, LCSW, Licensed Psychologist or Psychiatrist), supervised associate (MFT, PCC, MSW), or supervised Psychologist Intern.

Half of these hours (10) can be acquired prior to beginning field placement (COUN 530/540) and the other half must be gained while in field placement. Of the 20 hours, a minimum of 10 hours must be in the form of individual therapy, and up to 10 hours can be gained in couples, family, or group counseling.

\*This does not include Post-Master's, School Counseling and School Psychology PPS Credential-only students.

