INFORMATION SESSION

Fall 2017

MULTICULTURAL COMMUNITY COUNSELING AND SOCIAL JUSTICE EDUCATION

Licensed Professional Clinical Counseling

Department of Counseling & School Psychology

College of Education

SAN DIEGO STATE UNIVERSITY
Core Faculty

- Nola Butler Byrd, Ph.D., LPCC
  - CBB Program Director
- Juan Camarena, Ph.D., LMFT, LPCC
  - Executive Director, CCCE
- Arianne Miller, Ph.D., Licensed Psychologist
- Nellie Tran, Ph.D., Community Psychologist
  - Research Director, CCCE
Part-Time Faculty

- Crystal Alvarez, MS, MFTI
- Alma Baneulos, MS, MFTI
- Ramon Chairez, MS
- Edna Chavez, MS
- Jan Estrellado, PsyD
- Carolina Gonzalez, MS
- Michelle Rowe-Odom, MA
- Jason Rather, MS, MFTI
- Jermaine Simpson, LMFT
- Tuan To, PsyD

CBB4Life Alumni Association
What is CBB?

- A two-year professional counselor preparation program that meets all of the requirements for the Master of Science in Counseling with a concentration in Multicultural Community Counseling.
- Designed to provide learners with the education and experience necessary to prepare for LPCC licensure, as well as doctoral studies in counseling and education.
- Also intended for persons who want to increase their understanding of human behavior, multicultural issues and interpersonal skills—especially those working or planning to work in counseling positions that may not require specific licensure or state credentials.
- Many CBB graduates have also used this degree to qualify for student services positions in community colleges and universities.
VISION: To enhance quality of life for underserved individuals and communities, CBB facilitates positive social change through culturally responsive community mental health education, service, scholarship, and advocacy.
Guided by principles of social justice and community building, CBB prepares diverse, underserved students to become culturally responsive counselor/change agents and leaders.
History

- Founded in 1973 by Dr. Dave Malcolm
- Dr. Maria Nieto Senour – 38 years of service, including program director for many years.
- Partners-in-Learning Community Pedagogy
  - *Each One, Teach One*
  - *Si Se Puede—Yes, we Can!*
PARTNERS-IN-LEARNING COMMUNITY PHILOSOPHY & PEDAGOGY

Wednesdays—CBB at Beckwourth Public Library, Southeast San Diego

Drs. Nola Butler Byrd and Nellie Tran, Juan Camarena

CSP 650 Trauma, CSP 615, CSP 780
CBB Learning Communities:

- Build a multicultural learning community composed of highly diverse individuals—many from disadvantaged backgrounds.
- Develop a healthy learning environment for all of its members, where faculty and students work as partners in the learning process.
- Collaboratively develop syllabi that emerge from community needs and the tasks the community sets out to perform in the communities we serve and at field sites, including the community counseling clinic.
In this context, students learn:

- counseling and community-building skills,
- critical self-awareness,
- awareness of one’s effects on others
- empathy
- emotional stamina and resilience

Create an environment very similar to what communities face—one that is filled with ambiguity, disequilibrium, tension, and conflict—but also love, compassion, appreciation, support and empathic alliances.
Community

- Sense of belonging is recognized as an important determinant of psychological and physical well-being.
- Connection
- Community Capital
Traditional counseling models train practitioners to work one-on-one with people with the idea that the individual is the locus of the problem. In CBB, we work instead within a whole social context, with a whole community, and support counselors in becoming sources of support for each other, individuals and communities.

- Community interventions play an important role in successful mental health treatment
- Social Isolation = mental illness
- People need to learn to work together in community in order to thrive and survive.
- In cross-cultural community, people learn relational and life skills that many have never learned and participate in a social ritual.
CBB Learning Environment

- CBB is a very intense program emotionally, physically, spiritually and academically. It is also time and labor intensive.
- The program is designed to foster intra-psychic development for each student. This growth is triggered by the emphasis placed on self-awareness, relationships and personal growth.
- It is also the result of the mental and emotional impact of the extremely sensitive subject matter (i.e. racism, sexism, homophobia, class bias and various other oppressions) with which CBB deals.
- Students often find themselves questioning their fundamental values and perspectives, which is a very uncomfortable, challenging process.
CBB STRENGTHS AND CHALLENGES

Monday Practica, Fall 2015 CCCE Clinic Orientation
2014-16 CBB Program Transformation

- From 30-unit MA in Education with a concentration in Counseling
- To 60+ unit MS in Counseling with a concentration in Multicultural Community Counseling.
Why CBB-LPCC?—Increase Diverse Counselors

- Inequality continues to grow in US society and is increasing societal ills, including mental health issues.
- SoCAL is one of the most diverse areas in the U.S.
- Over 2 million Californians are affected by mental & emotional illness annually.
- Untreated mental illness is leading cause of disability and suicide & imposes high costs on communities.
Why CBB-LPCC?—Increase Diverse Counselors

- High vacancy rate for culturally competent community-based counselors.
- Under 30% of counselors are ethnically or culturally diverse or come from the marginalized communities they serve.
Known by different titles: Licensed Professional Clinical Counselors, Licensed Professional Counselors or Licensed Mental Health Counselors

Masters degreed mental health service providers, trained to work with individuals, families and groups in treating mental, behavioral and emotional problems.

LPCCs make up a large percentage of the workforce employed in community mental health centers, agencies and organization, and are employed and covered by managed care organizations and health plans.

Also work with active duty military personnel and their families, as well as veterans.
Licensed Professional Counselors (aka LPCs, LCPCs, LCMHCs)
- 126,000 nationwide (1,200 in CA)
Licensed Marriage & Family Therapists (LMFTs)
- 58,000 nationwide (37,000 in CA)
Licensed Clinical Social Workers (LCSWs)
- 225,000 nationwide (22,000 in CA)
Licensed Psychologists
- 154,000 nationwide (18,000 in CA)
# Comparison of Scopes

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<tr>
<th><strong>LPCC</strong> from B &amp; P Code 4999</th>
<th><strong>LMFT</strong> from B &amp; P Code 4980</th>
<th><strong>LCSW</strong> from B &amp; P Code 4996</th>
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<td>Empowers individuals to <strong>deal adequately with life situations</strong>, reduce stress, experience growth, change behavior and make well-informed, rational decisions</td>
<td>Enables individuals to mature and grow within marriage and family. Examines interpersonal relationships to achieve more adequate, satisfying and productive marriage and family adjustments</td>
<td>Directed at helping people achieve more adequate, satisfying and <strong>productive social adjustments</strong>. Provides or arranges for social services, helps communities to organize, improves social or health services.</td>
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<td>Applies a variety of counseling interventions and psychotherapeutic techniques to identify and remediate cognitive, mental and emotional issues, for the purposes of improving mental health</td>
<td>Applies marriage and family therapy principles and methods, including psychotherapeutic techniques, to serve individuals, couples and groups</td>
<td>Includes counseling and <strong>applied psychotherapy</strong> of a non-medical nature with individuals, families and groups</td>
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LPCCs are a large percentage of the U.S. mental health workforce.

Work in Mental health centers, agencies & organizations.

Work with individuals, families and groups.

Treat mental, behavioral and emotional problems.

Are covered by managed care organizations and health plans.

Work with military personnel, veterans and their families (DoDs, TRICARE, VA).

Can treat couples and families if they have completed:

- Six (6) semester-units focused on MFT or a named specialization in MFT; and
- 500 hours supervised experience working with couples, families or children, and
- Six (6) hours of CEUs in MFT in each renewal cycle
What the Scope Does Not Include? —B&P Code 4999.20 (www.calpcc.org)

- Projective techniques in the assessment of personality.
- Individually administered IQ tests.
- Neuropsychological testing.
- Utilization of a battery of three (3) or more tests to determine presence of psychosis, dementia, amnesia, cognitive impairment or criminal behavior.
February 2012: the first LPCC licenses were issued; by 2015 1,215 LPCCs are licensed; 948 PCCIs, registered.

February 2014: DHCS announced that LPCCs are qualified providers of Medi-Cal speciality mental health services.

2015:

- 50% of CA’s 65 counties have updated their job descriptions to include PCCIs and LPCCs.
- Most private insurance companies are reimbursing LPCCs.
A BBS qualified 60+ unit degree.

Must include service delivery in recovery-oriented practice environments.

Integrate an understanding of various cultures and the social and psychological implications of socioeconomic position.

Include 13 core areas, including 3 units of advanced counseling and psychotherapeutic theories & techniques.
2012 LPCC Core Content Areas

www.calpcc.org

- Counseling & psychotherapy
- Human growth & development
- Career Development
- Group Counseling
- Assessment
- Multicultural counseling
- Diagnostic process
- Research and evaluation
- Professional orientation (Law & Ethics)
- Psychopharmacology
- Substance Abuse/Addictions Counseling
- Crisis/Trauma Counseling
Included within the course requirements are the clinical experiences of practicum, fieldwork and internship.

- Students must complete a minimum of 280 hours of face-to-face supervised clinical experience counseling individuals, families, or groups.

- CBB Practicum supervisors provide live supervision of student-client interactions during counseling sessions at the Center for Community Counseling Clinic using one-way mirrored counseling booths and an intercom system.

- CBB students receive an average of at least one hour of direct supervisor contact for every five hours of client contact in each setting. “One hour of direct supervisor contact,” means one hour of face-to-face contact on an individual basis, or two hours of face-to-face contact in a group of not more than eight persons in segments lasting no less than one continuous hour.
LEARNING GOALS AND OBJECTIVES

Center for Community Counseling and Engagement
Core Learning Objectives

COMMUNITY COUNSELING KNOWLEDGE & SKILLS
Awareness and knowledge of counseling theories, models and methods from a multicultural perspective and a transformative paradigm and apply them in counseling practice and research.

MULTICULTURAL/ MULTILINGUAL
conceptualize and integrate multicultural knowledge and experience into community counseling theory, practice and research.

SOCIAL JUSTICE & ADVOCACY
conceptualize and integrate social justice and advocacy into counseling theory, practice and research. Democratic theory, processes & skills; critical theory, community capital.

SELF-AWARENESS & CARE
conceptualize and practice self-awareness and personal insight that supports professional growth and development in the interest of clients and communities.
2016-18
CBB Sequence of Study—Year #1

Fall
- CSP 740 Practicum: Individual Counseling
- CSP 730 Fieldwork in Counseling
- CSP 600/L Cross-Cultural Counseling & Lab
- CSP 606B Professional Issues in Mental Health Practice: Community-Based Block
- CSP 621/L Social Justice Democratic Theory, Processes, and Skills & Lab

Spring
- CSP 740 Practicum: Individual Counseling
- CSP 730 Fieldwork in Counseling
- CSP 670/L Theory and Process of Group Counseling
- CSP 601 Theoretical Foundations of Counseling and Marriage and Family Therapy
- CSP 618 Contexts of Psychopathology
- CSP 687 Family and Systemic Treatment of Substance Abuse
2016-18
CBB Sequence of Study—Year #2

**Fall**

- CSP 780 Internship in Counseling
- ED 690 Methods of Investigation & Inquiry
- CSP 610C Determinants of Human Behavior: Development (including Aging)
- CSP 642/L Culturally Competent Assessment in Multicultural Contexts
- CSP 680 Theory and Process of Consultation: Multicultural Community Engagement for Effective Practice
- CSP 615 Cross-Cultural Counseling Communication Skills

**Spring**

- CSP 780 Internship in Counseling
- CSP 710A Professional Seminar Clinical Community Capstone
- CSP 650 Trauma and Crisis Counseling in Multicultural Contexts
- CSP 694 Psychopharmacology
- CSP 635 Sexuality and Intimacy in Couple and Family Therapy and Counseling
- CSP 691 Violence in Couples Relationships
- CSP 688 Family Systems Assessment of Child Abuse
- CSP 645 Career Counseling
CBB LPCC “TRACKS”

CLINICAL MENTAL HEALTH COUNSELING
Serve community clinics or private practice

COLLEGE COUNSELING
Serve community colleges and universities

K-12 COUNSELING
Serve K-12 schools

Pilot - Doctoral Studies
SDSU/Claremont Joint
Doctoral Program
CBB Concurrent Enrollment
Year #2
CBB is currently piloting concurrent Joint Doctoral Program enrollment with CBB-LPCC Year #2

Dissertation Presentation:

At the Crossroads of Aspiration and Achievement

Star Rivera-Lacey, CBB ‘96 Dissertation Presentation, Dean—SDCCD Adult Continuing Education

The study examines the educational and counseling experiences of low-income, first-generation, Latino/a, community college students. It specifically investigates the academic aspirations and achievements of these students, and the value they place on a community college education. The study also explores the influence community college counselors exert over student-stated academic aspirations and achievements. Finally, it explores the factors students, and counselors, identify as attributing to the academic success and failure of low-income, first-generation, Latino/a, community college students.
September 24, 2017--Institute on Violence, Abuse and Trauma (IVAT) Conference, San Diego, CA

In photo from left to right: Ahliyah Chambers (SDSU Undergrad), Jazzalyn Livingston (CBB’18), Emily Davis (CBB’18), Nola Butler Byrd (CBB Director), Theresa Palafox (CBB’18), Michelle Rowe-Odom (CBB Faculty Member), Darielle Blevins (CBB’13 & SDSU Joint Doc Program Student)

Poster:
UBUNTU ANTI-RECIDIVISM PROJECT:
Building Peace and Forgiveness through Practice, Research and Advocacy

Winner National Partnership to End Interpersonal Violence Across the Lifespan Poster
Workshop:

Ubuntu Community Counseling Anti-Recidivism Project: A Transformative Educational Pipeline to the Counseling Professions
October 6, 2017--Asian American Psychological Association’s convention in Las Vegas, NV

In photo from left to right:
Koko Nishi (SDSU Counseling & Psych Services), Kevin Yabas (CBB), Amy Lu (CBB), Kamille Conanan (CBB), Nellie Tran (CBB), Jan Estrellado (CBB alum), WonYoung Cho (MFT, Ed Doc, Undergrad Program, Online MA)
CBB CLASSES MEET ON:

- Mondays: 11am – 9pm
- Tuesdays: 4 – 6:40pm
- Wednesdays: 9am – 6pm
- Plus, a minimum of 10 hours each week at community-based field sites
ADMISSIONS INFORMATION

Center for Community Counseling & Engagement
CBB Fall 2015
CBB’s Holistic Admissions Processes

- CBB’s admissions pool is competitive—typically 80 applicants for only 24-30 openings.
- Many applicants have to apply more than once to get admitted.
- We value authenticity, openness and honesty. Share your interpersonal challenges, as well as your strengths in your personal statement.
Applicant Characteristics

The CBB program seeks applicants with:

- Demonstrated interest in serving communities that tend to be underserved by the education and mental health professions.
- Ability and willingness to take responsibility for their own learning.
- Commitment to work on their own personal issues that could interfere in their work with clients, both in the program and outside the program by seeking counseling from a trained therapist.
- Availability and willingness to commit to the weekly time requirements of the program: over 20 hours in the classroom, a minimum of 10 hours of fieldwork and sufficient time to study and engage in academic projects.
Interest in taking classes off-campus in ethnically diverse neighborhoods.
Interest in becoming a change agent.
Commitment to participating in a learning community in which many decisions are made by consensus, which can be frustrating.
Oral and written communication skills at a graduate level. • Interest in working with real clients who may have serious personal issues.
Willingness to contribute to the learning of others.
Advice for Applicants

☐ Work on yourself—go to therapy.
☐ Be authentic—we want to know who you really are.
☐ Share your interpersonal challenges, as well as your strengths.
☐ Get letters of recommendation from people who really know you and are authentic.
☐ If you are dealing with significant challenges, this may not be a good time for you to matriculate in CBB.
☐ Legal issues, including DUI’s – can prevent licensure.
Financial Advice for Applicants

- CBB is a full-time commitment, so it is extremely difficult to work an outside job and do well in the program.
- Some CBB field sites pay; but many really good sites don’t.
- If you need financial aid, Remember to submit your FAFSA form between Jan. 1 and March 2, 2018. Please contact the SDSU Financial Aid Office for information about financial aid and scholarships.
- If you are an out-of-state or international applicant, request CA residency requirements ASAP, so you can qualify for in-state tuition as soon as you possibly can.
CBB Upcoming Due Dates & Events for Applicants

Application Due Dates

- Priority Due Date*: December 15, 2017
- Supplemental Materials Due Date: January 12, 2018
- *Late applications will only be reviewed if space is available.

Selection Day

- Saturday, February 24, 2018
For More Information Contact:

Program Director
- Nola Butler Byrd, Ph.D., LPCC
  - nbutler@mail.sdsu.edu
  - 619-594-3128

CBB Graduate Assistant
- Terry Sivers, MA, Doctoral Student
  - cbbgradasst@mail.sdsu.edu
  - 619-594-3128
LOVE is the most DURABLE POWER in the WORLD

-Dr. Martin Luther King, Jr.