

Welcome to the MA in Clinical Mental Health Counseling (CMHC) program! We are so happy to have you with us! Below you will find some important information to get you prepared for your first semester ahead.

General Timeline Prior to Start:

Prior to your first semester in the fall:

- January-May: Interviews, acceptance letters sent, and confirmation of acceptance into the CMHC program given
- June: Optional Program Primer with current CMHC students (details below); read suggested materials throughout the summer (optional, see list below)
- July: Optional Program Primers with the Directors of Clinical Training and the Program Coordinator (details below)
- August: Orientation (details below); Registration opens; Students are given access to 1) Their Clinical Files, 2) Course Syllabi and 3) Textbook Lists; then Classes typically begin the last week of August/first week of September

Orientation:

There will be a **mandatory** Orientation typically a week prior to the start of classes. In-person students will gather in our CSBS building, and online students will join via Zoom or Teams for portions of the orientation. There will be discussions about the program and meeting of the faculty. In-person students will also have their pictures taken for their Student ID cards and snacks will be provided.

The CSBS building is down the street from NU's main campus. Our building is located in between a fire station and gas station, and across the street from Starbucks and the Metropolitan Market (see address below). Our program is located on the second floor. Parking is available in the garage below or in the parking lot behind the building.

6710 108th Ave NE
Kirkland, WA 98033

Summer Program Primers (optional):

These sessions are available to provide clarity and context as students prepare for Orientation. Via Zoom or Teams, you will be invited to meet, chat with, and ask questions of:

- Some Current CMHC Students in June
- The Directors of Clinical Training in July
- The CMHC Program Coordinator in July

Summer Reading List (optional):

- Letters to a Young Therapist- Mary Pipher
- APA- 7 Manual, *strongly recommended
- DSM-5 TR
- The Gift of Therapy – Irvin Yalom
- Embodying Integration – Neff & McMinn
- The Unwritten Rules of Professional Etiquette– Ryan Sharma

Two Modalities Explained:

In-Person Cohorts: Most classes are held on Tuesdays and Thursdays from 6-10pm. Most likely there will be a course each semester that only meets on Friday-Saturdays.

Online Cohorts: This asynchronous modality is conducted using assignments and projects, discussion posts to make and respond to, occasional Zoom meetings, etc. as each individual professor determines for their particular course. There will also be in-person Residencies that take place in our building, one in the fall and one in the summer, running for about four days long each.

Semester Course Calendar:

The course calendar comes out **6 weeks** prior to the start of each new semester and can be found on the [CMHC Eagle page](#) under the heading "Calendars".

How to Register for Courses:

When registration opens in August, you will use **Self-Service** (<https://selfservice.northwestu.edu>) to register for your courses each semester. The login is the same as your NU email. ***Make SURE you select the correct modality you're in, in order to see the correct courses to register for.** (i.e.- In-person students cannot select online courses, and vice versa.)

See the [Registrar's Eagle page](#) for step-by-step instructions on how to register.

Courses to Register For:

*Additional semesters are listed on our CMHC page, but to help get you started, here are the first semesters for each modality:

In-Person Cohort:

Year One – Fall Semester: 12 Credits

- **COUN 5943/00** – Counseling Skills
- **COUN 6603/00** – Human Growth and Development
- **COUN 5503/00** – Multicultural Issues in Counseling
- **COUN 5403/00** –Theories and Systems of Counseling

Online Cohort:

Year One – Fall Semester: 9 Credits

- **COUN 5943/5009** – Counseling Skills (with a 1-week Residency Experience in October)
- **COUN 6603/5009** – Human Growth and Development
- **COUN 5503/5009** – Multicultural Issues in Counseling

Clinical Overview:

Click the [CMHC Clinical Overview](#) to see the Clinical Training Timeline.

Common Questions and Who Can Answer Them:

IT Help Desk (help@northwestu.edu or 425-889-5310)

- I can't access my (Self-Service, email address, anything technological)

Student Financial Services (studentfinancialservices@northwestu.edu or 425-88-5210)

- How do I know what my balance is?
- Do I still need to submit documents to get my loans approved?
- How do I pay for this semester?

Director of Student Services:

- Is it possible to transfer credits?
- Is there anything else I need to submit prior to the semester start?

Program Coordinator:

- A good rule of thumb: "Ask THREE, then me": Check [EAGLE](#), check the [HANDBOOK](#) on our CMHC page, ask your **PEERS**- then ask the Program Coordinator.
- Programatic questions