

# BEHAVIORAL HEALTH AND COUNSELING PSYCHOLOGY, CERTIFICATE

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Requirements for an undergraduate certificate may be completed at any campus location offering the specified courses for the certificate.

## Program Description

This 15 credit certificate provides the core information and competencies for students interested in pursuing a position in behavioral health and clinical or counseling psychology. It will be attractive to both psychology majors interested in pursuing clinical psychology and adult students taking courses part time for career advancement. This may also serve as the gateway to a minor or major in psychology. It is consistent with psychology program goals to develop clear career tracks for current students in clinical and counseling psychology.

## What is Behavioral Health and Counseling Psychology?

Behavioral health and counseling psychology is an applied field of psychology and counseling that helps people to improve their functioning, both as individuals and in their relationships with others. Clinical and counseling psychologists help people with physical and mental health issues to improve their well-being, reduce stress, and resolve crises.

## You Might Like This Program If...

- You are a Psychology major interested in a psychology, counseling, or social work career.
- You are in an applied health career and want to learn more about mental health and counseling.
- You want to work with people using cognitive, behavioral, or emotion regulation techniques.
- You would like to help people who struggle with a mental illness.