

THE CMHC BUZZ

SPRING 2022

A Word From Paul



Spring is here! In the midst of all that you do, I hope you have taken some time to smell the daffodils, tulips (or whatever early spring flowers are native to your location), and enjoy other aspects of life anew. And if you are like me, you've hopefully been moderately successful in battling allergies this season!

Spring always reminds me of new beginnings – new life, new perspectives, and a chance to start over. Too, I find that the change from winter to spring is a good time for reflection as we awaken from the season of hibernation and look forward to what the next few months hold. It is in this season that I am also aware that our amazing graduate assistants, Emily and Sharon, will soon be graduating and “passing the baton”, so to speak, to a pair of incoming CMHC students. Please join me in wishing them, and all of our graduating students, a hearty congratulations!

Many thanks to Emily and Sharon for their diligent efforts in developing this second issue of the CMHC Buzz. Among a variety of wonderful resources, in this issue you will find interviews with current students and alumni, information on upcoming events, seasonal tidbits, and a description of our CMHC Student Award Winners.

Wishing you all the best for a continued safe and healthy (and productive) spring term.

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Student Spotlight



Haneen Alani, 1st Year, CMHC

Where is home for you?

My home is a walk in my childhood backyard on a calm morning after a rainy night. The smell of damp soil, wet grass, and sparkling dew hanging joyfully on my mother's favorite rose bushes as I walk barefooted toward my horse

Where did you complete your undergraduate degree?

I completed my undergraduate degree at the University of New Haven

What is your concentration in the CMHC program?

My concentration is General, as I am interested in both Community and Forensics

How did you become interested in the CMHC Program?

I have a strong desire to help others and assist people with daily living challenges; I majored in Clinical/Community psychology for my undergraduate degree

What aspect of the CMHC program have you found to be the most beneficial/interesting?

The faculty's support and encouragement to the students was one of the main aspects that made the graduate school experience more manageable.

Most of the faculty I've met were more engaged with their field of work, which serves students in this connective role. play a direct role in shaping the student experience, and must adapt in some respects to address the expectations of today's learner

What are your future professional goals? What sort of job would you like to have 5 years from now?

Working as a field Counselor with United Nations International Affairs Team.

Where would you like to do your internship and why?

Although I do not have a specific site in mind, I want to work with youth trauma survivors. In my opinion and based on research, the youth are vulnerable because of situational characteristics such as early parenthood, disconnection from school and work, homelessness, and involvement in juvenile justice and foster care systems.

What are some of your hobbies/interests? What do you like to do in your free time?

I enjoy visiting natural scenery, hiking with my cat, painting, and playing polo.

What is your favorite song right now?

Still With You, by Jungkook

Student Spotlight



**Cha'Kiara Payne,
2nd Year, CMHC**

Where is home for you?

I grew up in small town called Mt. Morris, located in the state of Michigan.

Where did you complete your undergraduate degree?

I completed my undergraduate degree at Michigan State University where I received my bachelor's degree in criminal justice.

What is your concentration in the CMHC program?

I currently have a general concentration in the program but have been leaning towards the forensic track taking majority of classes in that concentration.

What aspect of the CMHC program have you found to be the most beneficial/interesting?

The most beneficial part of the program for me is to have the same professors for majority of my classes in the CMHC program. This has allowed me to build rapport with my professors so that I feel comfortable coming to them when I need assistance.

What are your future professional goals? What sort of job would you like to have 5 years from now?

My professional goal is to work in an environment where I am happy and enjoy going to work each day helping people. I hope to be working for the federal or state government in 5 years as a mental health clinician. That I currently enjoy the lower level of care that I provide at my internship and wouldn't mind continuing in that focus area.

Where are you doing your internship, and what are the main things you do there?

My internship is at Shoreline Wellness Center. My role as an intern is to provide hour weekly therapy sessions for a caseload of clients. My caseload depends on how many hours are needed for my internship and currently I have a caseload of 8-9 clients. I am expected to complete progress notes, treatment plans and in-person intake hours within the office. Additionally, I meet with my supervisor for once per week and required to attending monthly staff meetings.

What are some of your hobbies/interests? What do you like to do in your free time?

This semester has been very busy, therefore in my free time I try to take the time to relax. Relaxing includes watching a show on Netflix or just sitting in silence and stretching. Recently I've started a fitness journey, so I try to work out at least three times a week.

What advice would you give to a first year CMHC student?

My advice to first year students would be to be proactive in your education by speaking to professors to get assistance and ask questions as they have experience in the field and/or connections. In your internships make sure that you try different techniques and interventions so that you can get feedback from supervision and professors.

What is your favorite song right now?

My favorite song right now is, "Blessings" by Chance the Rapper.

Student Spotlight



Son Hyebang, 1st Year Online Student, CMHC

Where is home for you?

Home for me is Seoul in Korea.

Where did you complete your undergraduate degree?

I completed my undergraduate degree at the University of Connecticut in Stamford, CT.

What is your concentration in the CMHC program?

I have chosen a general concentration in the Clinical and Mental Health Counseling Program.

How did you become interested in the Online CMHC Program?

I was looking for a program where I can obtain a clinical counselor license and take classes flexibly while working full time. After looking through the class catalog for CMHC program and talking to the academic advisor, I felt assured that the program can prepare me to be competent in both the clinical and counseling area of psychology while having a busy working schedule.

What aspect of the Online CMHC program have you found to be the most beneficial?

I am appreciative of being able to ask questions regarding the CMHC program to school members and receive informative information back. I was looking for information on how to fulfill the program requirement while living outside of the state and my academic advisor, Professor Bourgeois, gave me a clear guidance on what to expect.

He referred me to the Internship coordinator, Dr. Cavanaugh, who provided me with all the necessary information about internship. Dr. Cavanaugh connected me to classmates, Emily Hotz and Taylor Goode, who were very open about sharing their internship experience.

What are your future professional goals? What sort of job would you like to have 5 years from now?

I am interested in interning at a private practice, providing one to one counseling to clients. I would like to pursue more experience in a setting that I feel is most suitable for myself and eventually, I would like to own my practice. I also am planning on continuing education to achieve a doctorate in psychology. My final goal is to become a psychologist.

Where would you like to do your internship and why?

I would preferably like to do an internship in a setting that has diverse cultural clients. Being that I am an immigrant from Korea, I believe I can be a good help to Korean clients and any other clients who are from other cultures that need help with an adjustment to a new culture.

How do you find yourself getting involved/staying connected in the Online CMHC program at UNH?

I think it is important to stay connected with members of the program especially with the academic advisors and classmates. Staying connected with CMHC program members allows me to focus and achieve my goals. I also can contribute to helping others to achieve their goals.

What are some of your hobbies/interests? What do you like to do in your free time?

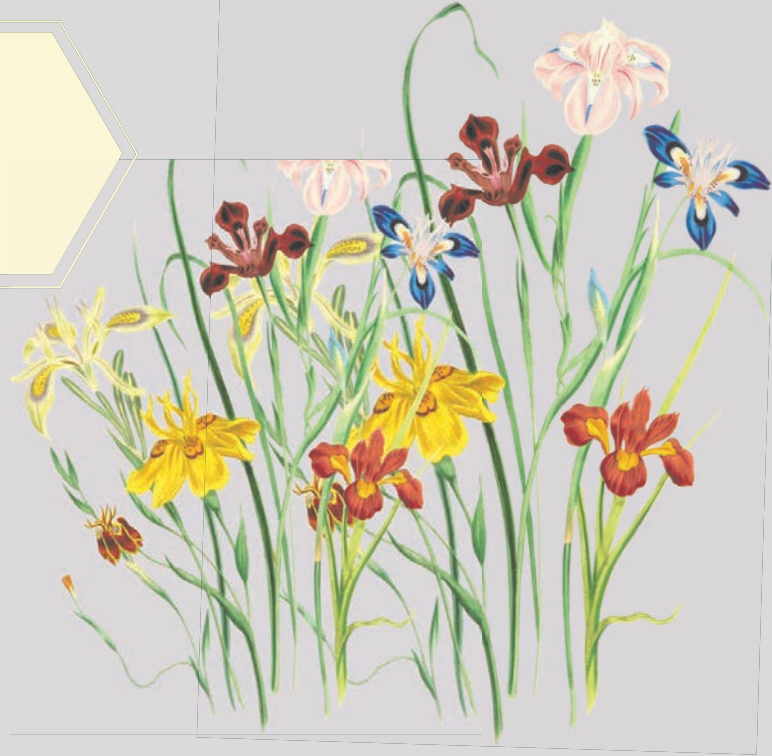
I like to go on a drive to see my friends and eat out with them. Sometimes I like to drive down to Korean town in Queens, NY where I can reconnect with my Korean culture by having Korean foods and being surrounded by Korean populations.

What is your favorite song right now?

Chancellor - Better

Alumni Spotlight

Brittany Busco, LPCA



Where is home for you? Where did you complete your undergraduate degree?

I am from Agawam, MA. I completed my undergraduate degree at Nichols College with my Bachelor's of Art in Psychology and a minor in Criminal Justice.

What was your concentration in the CMHC program?

While attending the University of New Haven I had a General Concentration in the Clinical Mental Health Counseling program.

Where did you complete your internship? How did it help you prepare for your future?

I completed both my Practicum and my Internships at the Family Intervention Center in Waterbury, CT. The Family Intervention Center helped me prepare for my future by laying down a solid foundation for who I am as a mental health counselor. At the Family Intervention Center, I had the opportunity to sit in and shadow the supervisor so I could pick up on tips and techniques that I would be able to use myself. I was given the amazing opportunity to watch a licensed professional in a session and that inspired me to find who I was in a session, as well.

What is your current job? Where do you work? What is a "typical day" like for you?

I currently work as a clinician at the Family Intervention Center, where I completed my internship.

A typical day for me would be filled with seeing clients for individual therapy sessions or evaluations. I arrive to work early and I make sure that before I see any clients I'm organized. I like to review past sessions with each of my clients so that I have my main topics to bring up in the current session. I also like to review goals made with the client in the previous session so that I can see if my client is on track to reach them. My individual sessions with clients are forty-five minutes long and each moment is used to the fullest to make sure my clients are getting the best possible care.

A typical session will consist of seeing where the client is at today compared to the last session, empathizing with them and validating their feelings, adjusting negative thought processes so that they become positive, carefully planned confrontation, and self-disclosure when needed so that clients can feel more connected to me, which develops and strengthens our therapist-client relationship.

After each session, I like to take time to review the notes taken so I can organize how I would like to write my progress note. My progress notes can become quite lengthy, depending on what is covered in the session, but I prefer it that way so all details of the session can be recorded. Once my day is done, I print out all of my progress notes from the day and I give them to my supervisor to review. There's a lot that needs to be done each day but when you love what you do it never really feels like work.

Alumni Spotlight

Brittany Busco, LPCA



What are the most and least satisfying aspects of your job? What are the biggest challenges you face in your work?

The most satisfying aspects of my job would have to be the clients and the staff at the Family Intervention Center. The clients are the most satisfying aspects of my job because these are people who you see for a long period of time so you build a connection with them the more you see them.

My staff members at the Family Intervention Center make work especially satisfying, too. I walk into work each day and I'm immediately greeted with enthusiasm by the social worker at the front desk, which instantly puts a pep in my step and makes me excited to start the day.

Something that I would say is the least satisfying aspect of my job would be the distance it takes me to get to work. I live over forty minutes away so the commute there and back can become draining on me. However, it's also that same distance that allows me to decompress after a long day of seeing clients and writing notes. While I'm not fond of the drive to and from work, I'm thankful to it for allowing me to not bring my work home with me.

The biggest challenges that I face in this field of work is that some clients are more difficult than others. Resistant clients prove to be a challenge because they don't want to speak and it might feel more like pulling teeth.

Looking back at your time at UNH, what aspects of the program did you find to be valuable?

What I found most valuable in the Clinical Mental Health Counseling program was the internship, the times in class when we role played, and the telehealth experience.

Role playing showed me that it's not enough to focus on the client's words, but you need to be aware of their body language and their tone of voice, too. Seeing other classmates as therapists inspired me to pick up some of their techniques so that I could continue to improve my own unique style.

What are three pieces of advice you would give to current CMHC students?

If you're going to take away anything from what I have to say, take away this free advice from someone who's already been where you are and wants to make your life a little bit easier:

1. Reach out to your professors. Don't be afraid to talk to your professor if you need more clarification on something, if you have a question, or if you need to share something personal in your life that will prevent you from giving your best effort. The professors want to see you do well so make sure you talk to them if you need anything.

2. Don't be afraid to make new friends. The friends I have made in this program are the most genuine, supportive, and hilarious people and I am thankful every single day for them. We all need a hand sometimes so don't be afraid to reach out for help, or to extend your hand to support someone else.

3. Protect your peace. Make sure you practice what you preach as a mental health counselor. Make a self-care routine for yourself, put yourself first, and keep yourself surrounded by people who lift you up.

Faculty Spotlight

Teejay Brown

Where is home for you?

There are two areas that I consider “home.” My close family is in Glen Allen, VA (near to Richmond) so that’s home in terms of my childhood. However, where I attended college, met all my best friends, and worked as a young professional in the DMV (DC, Maryland, VA area), I also consider home. I have lived all over that area: VA-Fairfax, Chantilly, Manassas, Alexandria, Arlington, and MD-Silver Spring).

Where did you complete your undergraduate and graduate degrees? What is your field of specialization?

I earned a Bachelor of Science in Psychology with minors in Biology and English at George Mason University. I also obtained my Master’s in Biopsychology (they now call that program Cognitive & Behavioral Neuroscience) at George Mason University. I attended the Counseling doctorate program at George Washington University for two years. I’m currently a doctoral candidate at the University of Arizona working on my dissertation.

What drew you to the field of counseling?

Even from a very young age, I often found myself in the role of confidant or advocate. When I was a senior in high school, I enrolled in AP-psychology—it seemed like it would be interesting. I loved it. At that point, I knew I wanted to study psychology in college. However, it wasn’t until later that I focused on counseling. I think I am a good listener and people intuitively know they can trust me. After initially earning a master’s in Biopsychology, I shifted my focus to the counseling field. It’s through this field that I was able to foster my natural affinity for teaching, ethical listening, empathy, allyship, and being a supportive advocate.

What do you like about teaching at the graduate level? What are the biggest challenges?

I like that generally speaking, graduate courses are discussion based. I greatly value critical thinking and deconstructing the banking model of education. I think graduate level teaching is a great way to share knowledge with students who are really more like colleagues—they tend to have more life experience and educational experience.



I don’t know if there are unique challenges to teaching at the graduate level. When I teach undergraduate students, I appreciate the excitement that comes along with experiencing college for the first time. It can be like a breath of fresh air. Graduate students can sometimes have a more utilitarian approach to coursework. I really enjoy teaching at both levels.

What types of professional practice or research activities are you involved in other than teaching?

I work full-time at the University of Arizona in a retention-focused division leading a team of staff who essentially serve as paraprofessional retention counselors. I also participate in counseling opportunities through my academic department at the U of A—I am currently facilitating an experiential counseling group with master’s students in the counseling program. I am also participating in two research projects—one about twice-exceptional students and the other about applying a trauma-informed model with counseling graduate students. My dissertation focuses on mental-health related help-seeking behaviors among Latinx/Latine male college students.





Faculty Spotlight

Teejay Brown

What do you know now that you wish you had known BEFORE you started graduate school?

I wished I had known that everyone suffers from imposter syndrome and that everyone's timeline is their own. It wasn't until my doctorate cohort really came to trust one another that we realized we all suffer from imposter syndrome, but we also all had something of value to bring to the program. In addition, there is no 'right path.' In my experience, the path I've ended up taking doesn't look like what I planned, but it has been the 'right path' for me.

What advice would you give students thinking about applying to a graduate degree in counseling?

My advice would ultimately depend on the individual student. However, I typically talk to students about not rushing into or through a program, considering the faculty with whom they would work, ensuring the program curriculum aligns with their long-term goals, and developing a financial plan.

What are some of your hobbies/interests? What do you like to do in your free time?

I like reading and watching tv/movies (particularly fantasy and science fiction), going to amusement parks (Kings Dominion and Hershey Park are my favorites—one of the reasons I miss the east coast), going to museums, and spending quality time with friends and family.

What is something interesting about yourself that you would like to share?

I'm a published poet. Although, I use a pen name for most of my work, so I keep that part of my life separate.

How do you practice self care?

I like jogging, listening to music, and practicing martial arts. Typically anything that allows me to sweat, forget about stress, and release some endorphins.

What kind of music do you like?

I like all kinds of music really. I come from a family of singers, so generally 80s and 90s R&B and gospel are my "home base." However, I also like country, rock, alternative, classical, and pop. Although, I don't typically listen to music made after 2010-ish.

What are your future goals here at the University of New Haven?

I would love to continue to teach the multicultural counseling class. It's been a great experience!

What is your favorite season? Why?

My favorite season is summer—I like the warmth and long-days. It's the main reason I like Arizona, where I live now—I do not miss winter! I feel that collective mental health is better—people move a little slower, take more vacation days, and enjoy company, community, and a little bit of sun!

RAPID FIRE!

Night person or day person?

Night

One fear?

The ocean

Online or In-person?

It depends but in-person

Books or Movies?

Both

Cats or Dogs?

Dogs

One thing you can't live without?

Music

SPRING & FALL 2022 CMHC GRADUATES



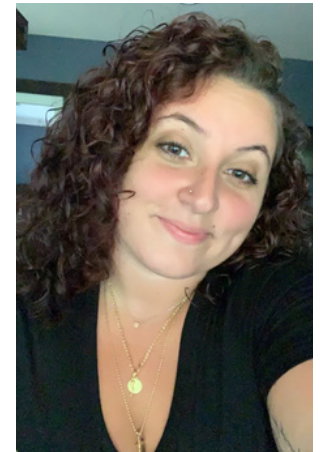
Sara Anderson

"If you're doing everything you can with the resources you're given, in the time that you have, then you're doing a great job"



Kaydeon Bennett-Francis

"Being disabled doesn't mean you can't pursue your dreams"



Briana Coglitore

"You can't go back and change the beginning, but you can start where you are and change the ending"



Kathleen Feliciano Oquendo

"Be yourself; everyone else is already taken." - Oscar Wilde



SPRING & FALL 2022 CMHC GRADUATES



Taylor Goode

"Enjoy the process! You're meant to be here. Remember everything always falls into place"



Hannah Harris

"The highest form of knowledge is empathy." -Bill Bullard



Emily Hotz

"Life is short but sweet for certain"



Apurva Kanitkar

"Be enough for yourself first, the rest of the world can wait"



Rachel Keeley

"One can choose to go back toward safety or forward toward growth. Growth must be chosen again and again; fear must be overcome again and again." - Abraham Maslow



Elizabeth Loring

"Don't let anyone define you."



SPRING & FALL 2022 CMHC GRADUATES



Valerie Majewski

"Grow through what you go through."



Cha'Kiara Payne

"Looking back gives you regrets. Looking ahead gives you opportunities"



Sharon Perrott

"When you start to lose motivation, think about why you started in the first place."



Alyia Pothemont

"Self-care is an essential part of being an effective student and counselor in training."



Anthony Richardson

"Trust the process. Its okay to struggle at first. Even a profesional baseball player started with Tee Ball. Just focus on growth and development and seek support when needed. If you do this you will reach all your goals in due time. "



Megan Sampson

"Challenges is what makes life interesting. Overcoming them is what makes life meaningful."



SPRING & FALL 2022 CMHC GRADUATES



Nicolas Travisano

"There will come a time when
you believe everything is
finished; that will be the
beginning."
Louis L' Amour



Ashley Wills

"How liberating is it to
know: you are not defined
by the times you fell." -
Morgan Harper Nichols



CMHC AWARDS



Luzdali Ocasio

Outstanding First Year Graduate Student in Clinical Mental Health Counseling

This award is given annually to a first year Clinical Mental Health Counseling student who has demonstrated dedication in being an outstanding student. The student nominated for this award has shown excellence in academics as well as in program service and engagement. The significance of this award is to honor and highlight outstanding students who go above and beyond in their studies and have excelled in the program.

CMHC AWARDS



Imani Parks-Williams

Outstanding First Year Graduate Student in Clinical Mental Health Counseling

This award is given annually to a first year Clinical Mental Health Counseling student who has demonstrated dedication in being an outstanding student. The student nominated for this award has shown excellence in academics as well as in program service and engagement. The significance of this award is to honor and highlight outstanding students who go above and beyond in their studies and have excelled in the program.

CMHC AWARDS



Ashley Wills

Outstanding Continuing Graduate Student in Clinical Mental Health Counseling

This award is given annually to a continuing student within the Clinical Mental Health Counseling program who has demonstrated dedication in being an outstanding student. The student nominated for this award has shown excellence in academics as well as in program service and engagement. The significance of this award is to honor and highlight outstanding students who go above and beyond in their studies and have excelled in the program.

CMHC AWARDS



Gabriel (Jose) Lebron-Rivera

Outstanding Online Graduate Student in Clinical Mental Health Counseling

This award is given annually to an online Clinical Mental Health Counseling student who has demonstrated dedication in being an outstanding student. The student nominated for this award has shown excellence in academics as well as in program service and engagement in an online setting. The significance of this award is to honor and highlight outstanding students who go above and beyond in their studies and have excelled in the program.

CMHC AWARDS



Kathleen Feliciano

Clinical and Mental Health Counseling Leadership Award

This Leadership award is given annually to a Clinical Mental Health Counseling student who has demonstrated excellent leadership qualities through their work within as well as outside of the program. The student nominated for this award has shown natural leadership qualities while supporting others through modeling perseverance, positivity, initiative, and drive to achieve academic and professional success. The significance of this award is to honor a student who faculty have identified as a strong leader throughout their time at UNH.

CMHC AWARDS



Cha'Kiara Payne

Outstanding Service in Clinical Mental Health Counseling Award

This Outstanding Service award is given annually to a Clinical Mental Health Counseling student who has contributed to providing service to the program and the university. The student nominated for this award has shown excellence when it comes to program service and engagement within the Charger community. The significance of this award is to honor and highlight a student who has gone above and beyond in providing Outstanding Service to others and has done so in an altruistic manner.

CMHC AWARDS



Geanella Suarez-Macias

Outstanding Service in Clinical Mental Health Counseling Award

This Outstanding Service award is given annually to a Clinical Mental Health Counseling student who has contributed to providing service to the program and the university. The student nominated for this award has shown excellence when it comes to program service and engagement within the Charger community. The significance of this award is to honor and highlight a student who has gone above and beyond in providing Outstanding Service to others and has done so in an altruistic manner.

UPCOMING DATES & ANNOUNCEMENTS

Important Dates

Friday, April 15th

Graduation Application for August 2022
Graduates

Friday, April 22nd

Fresh Check Day!

Wednesday, May 4th

Reading Day (No Classes)

Thursday, May 5th- Wednesday, May 11th

Final Exams

Wednesday, May 11th

End Term

Thursday, May 12th 10AM

Residence Halls Close

Sunday, May 15th

Spring 2022 Commencement at Hartford
HealthCare Amphitheater

Tuesday, May 17th

Grades Due

Wednesday, June 15th

Graduation Application Deadline for January
2023 Graduates

Monday, June 6th – Friday, June 10th

Residency Week for Online Students

Chocolate Coconut Nests

Prep Time 10 minutes **Cook Time** 2 minutes **Servings** 8-10

- 1 ½ cups unsweetened shredded coconut
- ¾ cup chocolate chips
- 24 Cadbury mini eggs, jelly beans or macadamia nuts



1. You'll start by toasting your coconut. Either spread the shredded coconut on a baking sheet or toast in a saucepan. No matter which method you choose, pay close attention! Shredded coconut can burn easily so don't get distracted.

2. After your coconut is done toasting (remember, watch it carefully), let it cool while you melt the chocolate. You'll mix the melted chocolate with cooled shredded coconut in a medium bowl and then scoop 2-3 Tablespoons of the mixture to a baking sheet lined with parchment paper and roughly shape into a nest.

3. Add 2-3 candy eggs to each nest and let sit at room temperature or pop into the refrigerator to speed up the process.

Spring Word Scramble

1. UARBMELL _____
2. UESFBTRTEIL _____
3. RLSOFWE _____
4. UNSYN _____
5. IPLSTU _____
6. EISNSNUH _____
7. OLOSSBM _____
8. OIAWNRB _____
9. CICNIP _____
10. NGEARD _____

Answers on
Page 21

Connecticut Association for Counseling Education Supervisors (CACES)

What is CACES?

CACES is a branch of the Connecticut Counseling Association (CCA) that is comprised of counseling students and professors from universities across the state of Connecticut. CACES is used as a link for communication between counseling students and professionals currently in the field. The Connecticut Counseling Association (CCA) supports and advocates for counselors and the counseling profession through promoting professional identity, providing opportunities for professional development and networking, and different resources to better support those we serve. Any counseling student or professional may become a part of CCA, and more information can be found on their website!

<https://www.ccacounseling.com/join.html#join>

Member Benefits

- Professional development and networking opportunities with discounted rates for members
- Monthly E-Newsletter The Connecticut Counselor
- Access to the "members-only" section of our website and our "members-only" Facebook group, including helpful career and job searching tips for counselors
- Find a Counselor referral list accessible to potential clients and other referral sources for licensed counselors (LPCs) to advertise their practice (Does not include LPCAs)
- Mentoring Program
- Access to consultation with our Ethics Committee
- Leadership opportunities
- Discounted membership with the Connecticut School Counselors Association (CSCA)
- Reasonable membership dues
- Student scholarships available to attend CCA sponsored professional development events

Questions?

Cha'Kiara Payne (student rep.) and Dr. Taylor Bigelow (faculty rep.) have been selected as the University of New Haven's inaugural CACES representatives.

If you have questions or are interested in getting involved in CACES please feel free to connect with Cha'Kiara (cpayn2@unh.newhaven.edu) or Dr. Bigelow (tbigelow@newhaven.edu).

Update!

We would like to thank **Cha'Kiara Payne** for serving as our CACES representative thus far! We appreciate all that you have done!

That being said, we would also like to welcome **Saminah Green** as our incoming representative! Welcome Saminah!

Answer Key to Word Scramble
on Page 20:

1. Umbrella
2. Butterflies
3. Flowers
4. Sunny
5. Tulips
6. Sunshine
7. Blossom
8. Rainbow
9. Picnic
10. Garden



CP/CMHC CLUB UPDATES!



The Mentor/Mentee Program

The CP/CMHC Mentorship program is in full effect! Last semester mentors and mentees got together for a night of snack, games, and fun! This program pairs up 2nd year graduate student Mentors with first year graduate student Mentees to help them navigate the new challenges graduate school can bring!



For More Information

Email: communitypsych@newhaven.edu
or
rconcl@unh.newhaven.edu



HOW TO BE AN LCP!

Information on Licensure & NCE

Information about licensure can be found on the DPH website here:

<https://portal.ct.gov/DPH/Practitioner-Licensing--Investigations/Professional-Counselor/Professional-Counselor-Licensing-Requirements>

To register for the NCE please go to:

<https://www.nbcc.org/resources/applicants>

For the purpose of board certification, NBCC currently administers the National Counselor Examination (NCE) and the National Clinical Mental Health Counseling Examination (NCMHCE) twice a year, in April and October. The NCE is either administered through Pearson VUE test centers or on participating college campuses. All NCMHCE exams are administered through Pearson VUE. All exams administered through Pearson VUE are available during a month-long window and exams administered on campus are given on the established national exam date.

Documentation Requirements

- Official Transcript
- Course of Study Form
- Verification Form
- A Score Report for the NCE/NCMHCE
- A Completed Application and fee of \$315.00

The Online Application can be found here:

<https://www.elicense.ct.gov>

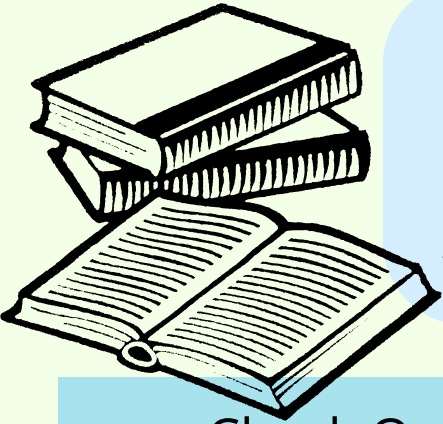
Reminder

-In addition to a Master's Degree, the applicant must have completed 3,000 hours of postgraduate supervised experience that includes 100 hours of direct supervision. Applicant must have completed the National Counselor Examination for Licensure and Certification (NCE) or the National Clinical Mental Health Counseling Examination (NCMHCE).

To register for these exams please see the link above in the Information on Licensure box.



Exam Study Materials



Research shows that stress makes it harder to learn and to retain information.

Stress-busting ideas include:

- Taking deep breaths
- Writing down a list of tasks you need to tackle
- Doing light exercise

Try to clear your head before you begin studying!

Check Out These Study Resources

- A free sample exam can be found here

https://aatbs.com/national-counselor-exam-sample-exam?gclid=EAlaIQobChMIImO6z5eOb7wIVjMDACh32_gDaEAAYAiAAEgKPcvD_BwE

- Studying Materials can be found on Amazon including practice tests and flashcards

[https://www.amazon.com/s?](https://www.amazon.com/s?k=nce+exam+preparation+2021&crd=15BQAKD8TCL09&sprefix=NCE+%2Caps%2C171&ref=nb_sb_ss_ts-doa-p_1_4)

[k=nce+exam+preparation+2021&crd=15BQAKD8TCL09&sprefix=NCE+%2Caps%2C171&ref=nb_sb_ss_ts-doa-p_1_4](https://www.amazon.com/s?k=nce+exam+preparation+2021&crd=15BQAKD8TCL09&sprefix=NCE+%2Caps%2C171&ref=nb_sb_ss_ts-doa-p_1_4)

- A 30 day free trial is available at Study.com for both the NCE and NCMHCE Exam

[https://study.com/buy/course/national-clinical-mental-health-counselor-ncmhce-exam-study-guide-practice.html?](https://study.com/buy/course/national-clinical-mental-health-counselor-ncmhce-exam-study-guide-practice.html?src=ppc_adwords_nonbrand&rcntxt=aws&crt=483329986947&kwd=%2Bncmhce&kwid=kwd-383620157728&agid=102560680795&mt=b&device=c&network=g&gclid=EAlaIQobChMIsJX2q-Sb7wIVB-DACH0EQgTcEAAYASAAEgIrBvD_BwE)

[src=ppc_adwords_nonbrand&rcntxt=aws&crt=483329986947&kwd=%2Bncmhce&kwid=kwd-383620157728&agid=102560680795&mt=b&device=c&network=g&gclid=EAlaIQobChMIsJX2q-Sb7wIVB-DACH0EQgTcEAAYASAAEgIrBvD_BwE](https://study.com/buy/course/national-clinical-mental-health-counselor-ncmhce-exam-study-guide-practice.html?src=ppc_adwords_nonbrand&rcntxt=aws&crt=483329986947&kwd=%2Bncmhce&kwid=kwd-383620157728&agid=102560680795&mt=b&device=c&network=g&gclid=EAlaIQobChMIsJX2q-Sb7wIVB-DACH0EQgTcEAAYASAAEgIrBvD_BwE)

- Quizlet.com
- Other apps can be found in the Android and iPhone App Store such as the NCMHCE Practice Test
- NCE Pocket Prep
- Other resources can be found on the NBCC website here <https://www.nbcc.org/exams/ncmhce>





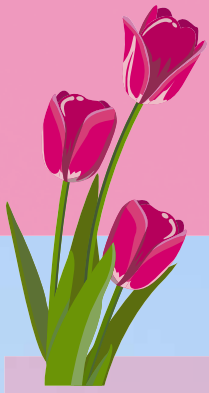
RESIDENCY WEEK!

We look forward to welcoming our
online CMHC students to campus
the week of

June 6th - June 10th

More information to come!
Stay tuned!

Thank YOU!



As we get closer to the end of our journey here at UNH, we wanted to take a minute to thank all the students and faculty for allowing us to be the best Provost Assistants we could be!

We are extremely thankful to have been part of so many projects, and be given the opportunity to help out our amazing faculty and fellow students.

It was an absolute pleasure and incredible honor to assist in expanding the program, and to create these first issues of the CMHC Buzz!

We will miss our roles as PAs but wish you all the best on your journeys following UNH!

-Emily Hotz & Sharon Perrott

