



The Counseling Profession and The Depaul University Counseling Program

**Presented by Autumn Cabell, Ph.D., LCPC, NCC,
CCC, CCTP**



Agenda

01. About Me

**02. The Basics of
Counseling Field**

**03. The Benefits of
the Counseling Field**

**04. Counseling in
Chicago**

**05. DePaul's
Counseling Program**



About Me

Dr. Autumn Cabell



01.

Bio

- Joined DePaul in Fall 2020
- Assistant Professor in Counseling
- Former School Counselor
- Currently in Private Practice

03.

Research

- Career development and mental health of marginalized students and professionals in STEM fields
- Career development of marginalized counselors and counselors-in-training

02.

Courses Taught

- Counseling Theories
- Testing and Appraisal
- Group Counseling
- Special Topics: Cognitive Behavioral Therapy
- Clinical Mental Health Counseling Practicum & Internship

04.

Counseling Specialities

- Teen and adult counseling
- Trauma
- Depression
- Anxiety
- Grief
- Career Development



The Basics of the Counseling Field

1. What is counseling?

- The American Counseling Association (ACA) defines counseling as **“a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals.”**





2. What do counselors do?

ACA states “Professional counselors help people gain personal insights, develop strategies and come up with real solutions to the problems and challenges we all face in every area of life. As trained and credentialed professionals, they accomplish this by getting to know clients, by building safe, positive relationships and suggesting tools and techniques they believe will benefit clients.”



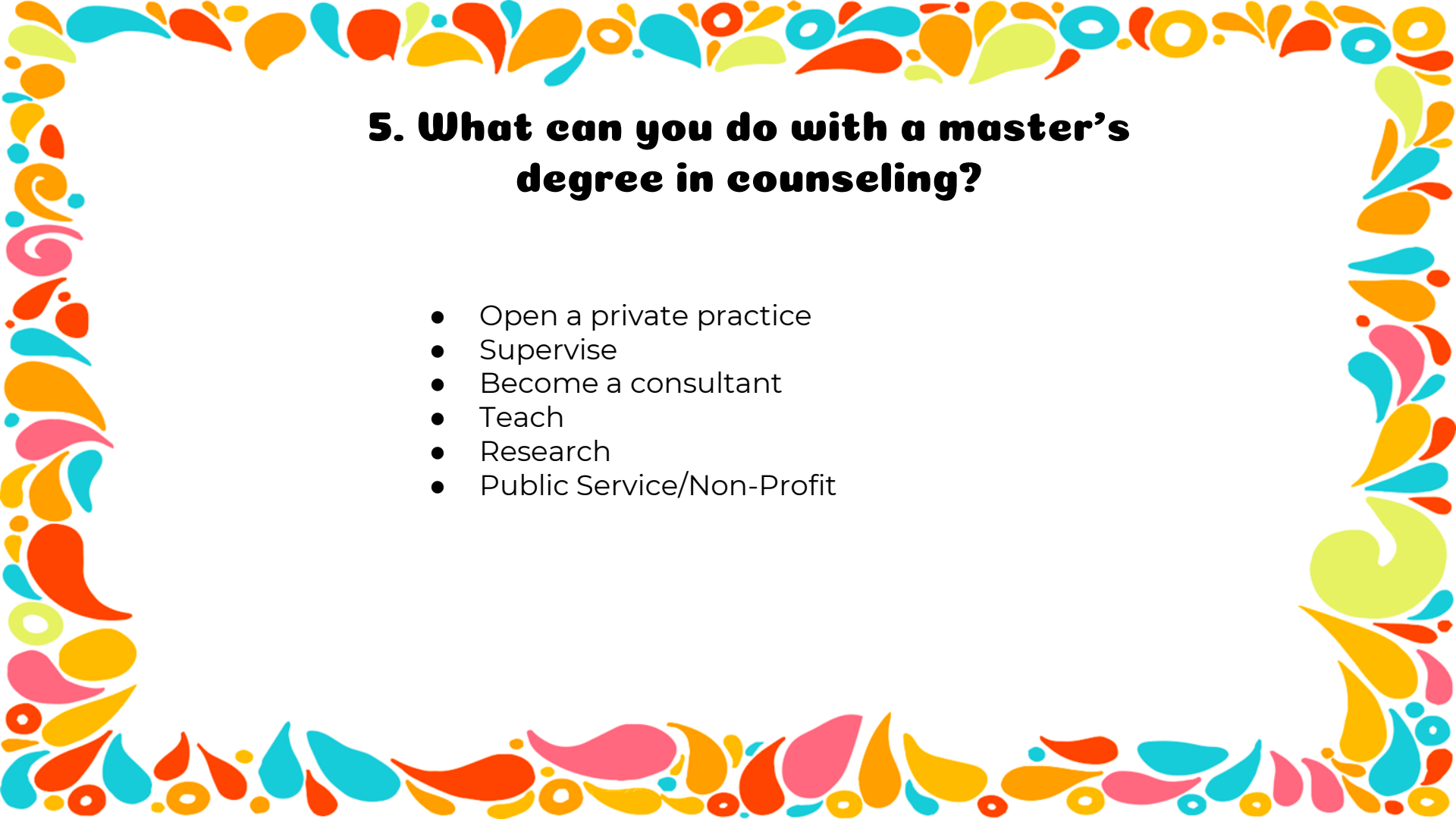
3. What does it take to become a counselor?

- Earned a Bachelor's degree
- Bonus: gain volunteer or work experience in a mental health or closely related field
- Gain letters of recommendation
- Some programs require the GRE
- Complete a Master's degree in counseling
 - Look for CACREP accredited programs
 - Complete a 600 hour internship



4. What makes counselors different from other mental health professionals?

- Counselors can gain licensure with a master's degree
- Counselors emphasize wellness, multiculturalism, and social justice
- Counselors are trained in a variety of areas: career development, counseling theory, multicultural counseling, assessment, family systems
- Counselors can work in a wide range of settings: hospitals, private practice, college, K-12

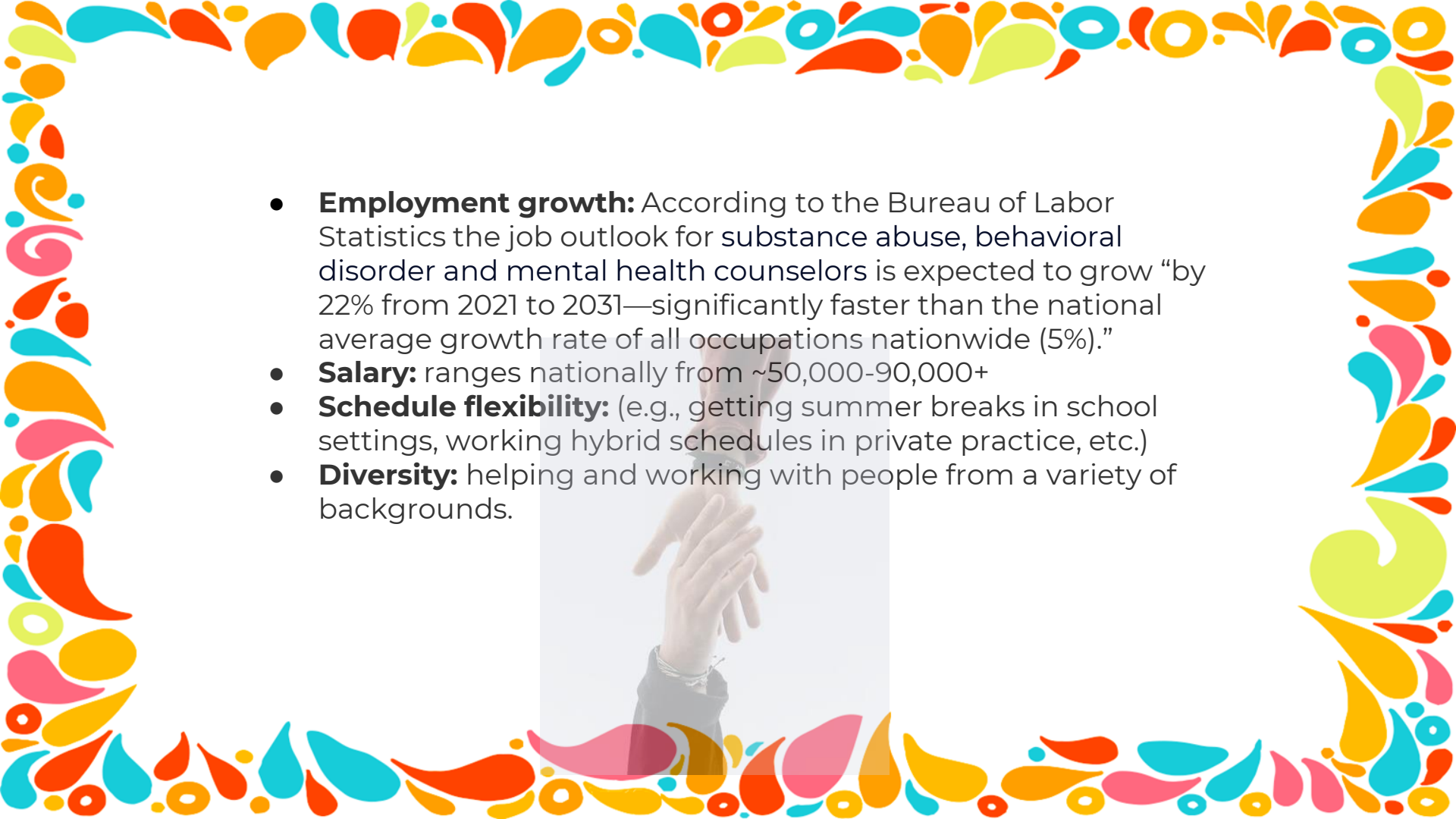


5. What can you do with a master's degree in counseling?

- Open a private practice
- Supervise
- Become a consultant
- Teach
- Research
- Public Service/Non-Profit



**The Benefits of
the Counseling
Field**

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- **Employment growth:** According to the Bureau of Labor Statistics the job outlook for substance abuse, behavioral disorder and mental health counselors is expected to grow “by 22% from 2021 to 2031—significantly faster than the national average growth rate of all occupations nationwide (5%).”
 - **Salary:** ranges nationally from ~50,000-90,000+
 - **Schedule flexibility:** (e.g., getting summer breaks in school settings, working hybrid schedules in private practice, etc.)
 - **Diversity:** helping and working with people from a variety of backgrounds.



**Counseling in
Chicago**

- Access to community centered programming for mental health
- Extensive public transportation
- Diverse local communities (e.g., racial, LGBTQ+, religious, citizenship)
- Partnerships with Chicago Public Schools and surrounding suburbs





**DePaul's Counseling
Program**

Faculty

- Diverse core and adjunct faculty members
- Faculty who are leaders in the counseling profession
- Faculty who still practice in the community
- Faculty are committed to the Vincentian mission of the university
- Faculty with specialties in career development, trauma, school-based mental health, gender affirming care, multiculturalism, children and adolescents, and more!
- Faculty who participate in cutting edge research and publish in top counseling journals
- Award winning teaching





Students

- Students get to choose their internship placements from a variety of settings (community agencies, schools, colleges, and private practices)
- Students can choose from one of two tracks (school counseling or clinical mental health counseling)
- Students receive faculty support from their faculty adviser
- Students can take evening classes to allow full-time/part-time work
- Students take face-to-face classes with some hybrid/online options
- Students are admitted in a cohort model
- Students can join our counseling honors society, Chi Sigma Iota
- Student scholarships and awards are available
- Students do not have to take the GRE for admission
- Students will complete all coursework needed for licensure in the state of Illinois



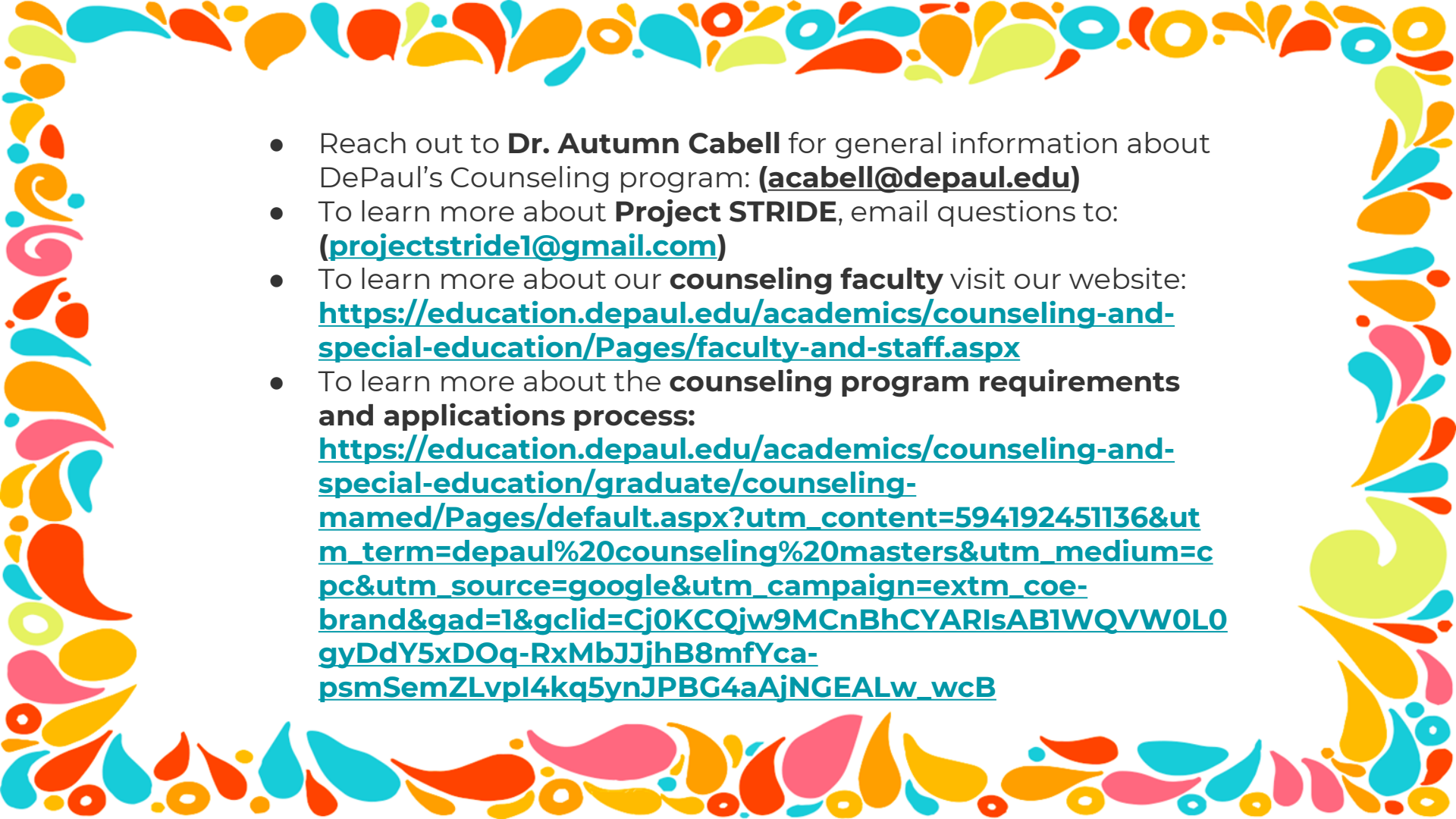
**More on DePaul's
Counseling Program**

- Our program is CACREP accredited
- DePaul's counseling program has an Education and Counseling Center where students can provide counseling services to the community
- DePaul counseling program was awarded grant funding for project STRIDE
 - **Project STRIDE** is funded by the US Department of Education for Black, Latinx, and linguistically diverse DePaul Counseling graduate students who are committed to working in high need Chicago Public School during internship and after graduation.





**To Learn More
About DePaul's
Counseling Program**

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- Reach out to **Dr. Autumn Cabell** for general information about DePaul's Counseling program: (**acabell@depaul.edu**)
 - To learn more about **Project STRIDE**, email questions to: (**projectstride1@gmail.com**)
 - To learn more about our **counseling faculty** visit our website: **<https://education.depaul.edu/academics/counseling-and-special-education/Pages/faculty-and-staff.aspx>**
 - To learn more about the **counseling program requirements and applications process**: **https://education.depaul.edu/academics/counseling-and-special-education/graduate/counseling-mamed/Pages/default.aspx?utm_content=594192451136&utm_term=depaul%20counseling%20masters&utm_medium=cpc&utm_source=google&utm_campaign=extm_coe-brand&gad=1&gclid=Cj0KCQjw9MCnBhCYARIsAB1WQVW0LOgyDdY5xDOq-RxMbJJjhB8mfYca-psmSemZLvpl4kq5ynJPBG4aAjNGEALw_wcB**