



Ferkauf

Ferkauf Graduate School
of Psychology



Master of Arts in Mental Health Counseling



Master of Arts in Mental Health Counseling

Be a Force for Positive Change and Fulfillment.

Are you seeking a meaningful career where you can improve someone's quality of life? Mental Health Counselors are a force for wellness in a world that often feels overwhelming.

Using evidence-based therapy techniques to help people who are struggling, Mental Health Counselors greatly improve their patients' coping skills. By being a sounding board for those going through trauma or change, they play a pivotal role in making the hard times more bearable.

With its world-class faculty and facilities, the Ferkauf Graduate School of Psychology is well-equipped to prepare you for a vital career in promoting patient health. Rooted in the values of diversity, social justice and equity, our program provides a deep understanding of the many challenges that individuals face across the lifespan and how to navigate them.

Be a change-maker. Choose Ferkauf.

5

Reasons a Mental Health Counseling Career is the Right Choice

ONE

25%

From 2019 to 2029, the field of **Mental Health Counseling is expected to grow at a rate of 25%**, outpacing typical career growth by three times the average rate, according to the Bureau of Labor & Statistics.



TWO



9^{OUT} OF 10

employees report that their workplace stress affects their mental health.

The economic impact of major depressive disorders has been estimated at \$210.5 billion per year.

THREE

According to the CDC, from August 2020–February 2021, the percentage of adults with **recent symptoms of an anxiety or a depressive disorder increased from 36.4% to 41.5%**, and the percentage of those reporting an **unmet mental health care need increased from 9.2% to 11.7%**.

bit.ly/3dJq7Yq



FOUR

50%

of U.S. adults have at least one mental illness during their lifetime, highlighting the pressing need for Mental Health Counselors. Patients who receive Cognitive Behavioral Therapy with a Mental Health Counselor report an efficacy rate of around 75%.



FIVE

TOP 10

Mental Health Counselors rank in the **TOP 10 best social service jobs**, and in the **TOP 75 best jobs overall**, based on job satisfaction, salary, and opportunity for growth.

U.S. News & World Report

<https://money.usnews.com/careers/best-jobs/mental-health-counselor>



Faculty Spotlight

Dr. Lindsdale Graham, Ph.D.

Clinical Assistant Professor

Born and raised in Belize, Dr. Lindsdale Graham has lived in the United States for the past five years as he pursued his education. Prior to that, he earned his undergraduate degree at the University of West Indies in Barbados, his master's degree at Bridgewater State, and completed his doctoral studies at Idaho State. Dr. Graham teaches classes in Counseling Skills Development and Advanced Issues in Mental Health Counseling at Yeshiva University's Ferkauf Graduate School of Psychology.

“What drew me to Ferkauf was the possibility to work in a diverse environment where support and compassion for others are at the core of the work we do.”

— Dr. Lindsdale Graham

Q: What drew you into this field?

A: I was drawn to the field because I wanted to help and contribute to people living happier more fulfilled and supported lives, regardless of their circumstances. Also, I recognized that mental health issues in Black and Brown communities go vastly unaddressed and I wanted to contribute to raise awareness and advocate for access to services that are culturally relevant.

Q: What does Ferkauf offer that makes it stand out from other programs?

A: Apart from a solid program which has stood the test of time, Ferkauf is known and established in the field and has many awesome connections for internship opportunities which often result in job opportunities for graduates. Additionally, Ferkauf's counseling program recruits dynamic and diverse faculty, staff, and students from all over the world and all walks of life. This diversity allows students the opportunity to learn, interact, and train with some of the leading mental health professionals which only emboldens their skillset and sets them apart from other graduates in the field.

Dr. Graham's Story

Q: What sort of student might be attracted to this program?

A: Students who have a desire to be trained to thrive in a dynamic and evolving world. A place where diversity and inclusion are at the core of the knowledge and skills they will acquire. Also, students who want to be in a program where renowned faculty and staff work closely with them to become movers and shakers in the helping professions and impact their communities and the world at large.

Q: What are some career opportunities available to Mental Health Counselors?

A: Students get to pursue a program which prepares them to be eligible to be a licensed mental health counselor in the state of New York. Alumni work across a wide cross section of careers such as: therapist in community agencies or private practice, substance abuse and behavioral counselors, marriage and couples' therapists, care coordinators, employee assistance program counselors, drug and rehabilitation counselors, and the possibilities are endless.

Do You Have What It Takes to Help Others?

Ferkauf's Master of Arts in Mental Health Counseling Sets You Up for Success

Ferkauf's customized curriculum and supervised field work placements will help you build the real-world skills you need for your counseling practice. To meet the changing needs of health care and social services, the program offers theoretical and applied principles of psychological counseling. Our graduates will be able to work in public and private treatment settings and will be well prepared for doctoral level training.

Become a trusted ally for your clients and aspire to be a source of comfort for others in their time of need.

Be a Healer. Choose Ferkauf.

CREDITS

60 CREDITS

LOCATION

**ON-CAMPUS
OR LIVE ONLINE**

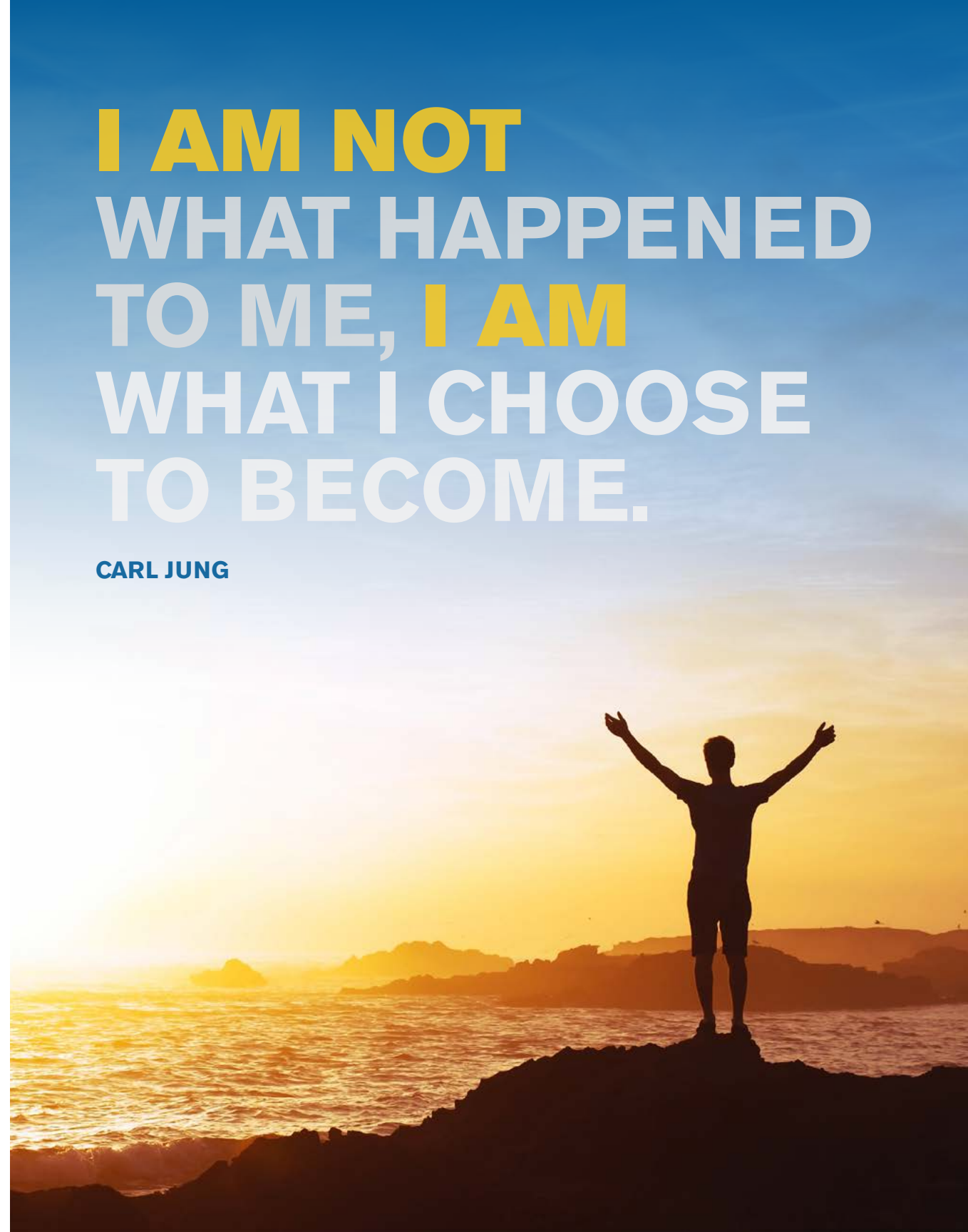
ATTENDANCE

**FULL-TIME OR
PART-TIME**

**Learn More at
YU.EDU/FERKAUF**

**I AM NOT
WHAT HAPPENED
TO ME, I AM
WHAT I CHOOSE
TO BECOME.**

CARL JUNG





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