

# **CBB**

## **COMMUNITY-BASED BLOCK PROGRAM**

### **MULTICULTURAL COUNSELING AND SOCIAL JUSTICE EDUCATION**

#### **30-UNIT Master of Arts in Education with a Concentration in Counseling**

**Department of Counseling and School Psychology—College of Education**  
**San Diego State University**

Southern California has become one of the most diverse, multicultural/multilingual areas in the United States. This development has occurred rather rapidly and consequently schools, colleges, business, industry and government are being challenged to evolve new patterns more consistent with the world views of a multiethnic people and/or people with different life orientations. The Community-Based Block (CBB) program, which has been in existence for 34 years, is a pioneer in the training of counselors that are multiculturally competent.

### **WHAT IS THE COMMUNITY-BASED BLOCK PROGRAM?**

The Community-Based Block program seeks to develop the counseling skills of relationship building, process and therapeutic intervention; the academic skills of critical thinking, systematic inquiry and effective written and oral communication; and the personal growth experiences necessary to enable graduates to use their skills for the benefit of clients. The CBB program also seeks to adapt counseling skills to the needs of different populations so as to train truly competent multicultural counselors. The responsibility students assume for their own education helps them develop the proficiencies they will need to become effective social justice change agents in schools, colleges and/or social service agencies.

The program is called “community-based” because it has always been held off campus, in the heart of two of San Diego's multiethnic neighborhoods and because it creates a learning community in which a team of faculty and a carefully selected group of students “partner” in the learning process, each cohort of students helping to structure its learning experience. It is a “block” program because all classes are required of all students, who stay together as a group for the entire year.

### **DEGREE OPTIONS: 30- OR 60-UNIT MASTERS DEGREE**

CBB is a year-long intensive counselor preparation program. The two-semester block program meets all of the requirements for the **30-unit** MASTER OF ARTS IN EDUCATION with a concentration in Counseling. If the degree you are seeking is the 30 unit M.A. in Education with a Concentration in Counseling and if the Community-Based Block is the only program for which you are applying, then the Community-Based Block application portfolio is the **ONLY** department application you need to complete; however you **MUST** apply to San Diego State University at the same time as applying to the Community-Based Block Program.

You also have the option to concurrently seek one more of the **60-unit** M.S. in Counseling specializations. If you choose this option, then separate applications are required for the Community-Based Block and each M.S. in Counseling specialization for which you wish to be considered. These include:

- M.S. in Counseling with a Specialization in School Counseling
- M.S. in Counseling with a Specialization in School Psychology
- M.S. in Counseling with a Specialization in Marriage and Family Therapy

Please call the Department of Counseling and School Psychology for information and applications for these other programs at (619) 594-6109.

## **APPLICANT CHARACTERISTICS:**

The CBB program seeks applicants who have several significant characteristics:

1. Demonstrated interest in serving communities that tend to be underserved by the education and mental health professions and commitment to learn how to do so effectively.
2. Ability and willingness to take responsibility for their own learning.
3. Commitment to work on their own personal issues that could interfere in their work with clients, both in the program and outside the program by seeking counseling from a trained therapist.
4. Availability and willingness to commit to the weekly time requirements of the program: over 20 hours in the classroom, 10 hours of fieldwork and sufficient time to study and engage in academic projects.
5. Interest in taking classes off-campus in ethnically diverse neighborhoods.
6. Interest in becoming social justice change agents who are committed to working cross-culturally with people from cultural backgrounds different from their own
7. Commitment to participating in a group in which many decisions are made by consensus and which can, therefore, be frustrating.
8. Oral and written communication skills at a graduate level.
9. Interest in working with real clients who may have serious personal issues.
10. Willingness to contribute to the learning of others.

CBB is a very intense program emotionally, physically and academically. It is also time and labor intensive. The program is designed to foster intra-psyche development for each student. This growth is triggered by the emphasis placed on self-awareness and personal growth. It is also the result of the mental and emotional impact of the extremely sensitive subject matter (i.e. racism, sexism, homophobia, class bias and various other oppressions) with which CBB deals. Students often find themselves questioning their fundamental values and perspectives, which is a very uncomfortable, challenging process.

## **HOW DO I APPLY FOR ADMISSION?**

For specific instructions about applying to the Community-Based Block Program, please see the document titled, INSTRUCTIONS FOR APPLICATION TO THE COMMUNITY-BASED BLOCK MULTICULTURAL COUNSELING AND SOCIAL JUSTICE EDUCATION PROGRAM.

## **AS A FULL-TIME STUDENT, CAN I WORK PART-TIME?**

Maybe. Even though there is a rigid requirement of 22 hours of class time weekly, some students in CBB do work part-time. In addition to class time, you are expected to put in at least 10 hours a week in an approved field placement. There are academic projects and comprehensive examinations to complete and, of course, study time to consider. There is a possibility of finding part-time hourly employment in an appropriate field placement while in CBB..

## **WHAT JOBS ARE AVAILABLE FOR CBB GRADUATES?**

Most CBB graduates continue their education in professional preparation programs (School Counseling, School Psychology, Marriage and Family Therapy) or enter doctoral study. Many are employed in community colleges or universities as counselors or student services personnel. Others hold jobs that require a master's degree in counseling but no specific license.

## **IS THERE FINANCIAL AID AVAILABLE?**

Yes. Please call the Financial Aid Office for specific information at (619) 594-6323.

## **FOR FURTHER INFORMATION**

Contact Dr. María Nieto Senour, Program Director, at (619) 594-7729 or e-mail: [cbbgradasst@gmail.com](mailto:cbbgradasst@gmail.com)  
Additional information may be obtained from the Department of Counseling and School Psychology's web site at <http://edweb.sdsu.edu/csp>. Also, one of the best ways to get further information about the CBB program is to spend a day visiting the current program while in session. By talking with other students and by seeing the program in action yourself, you will be able to get a better sense of whether CBB is for you. Please call Dr. Nieto Senour's office to set up an appointment.