

# COUNSELING EDUCATION (COUNSED)

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## **COUNSED 6250 Group Counseling 3 Credits**

In this course, students will examine group development and group counseling theory. Students will explore group dynamics and will practice structured and developmental group counseling methods at basic and advanced levels. Group participation and group leadership styles will be explored while students practice facilitation of problem-solving skill development to foster client wellness.

**Components:** Class

## **COUNSED 6600 Assessment, Testing and Interviewing in Counseling 3 Credits**

This course provides a broad understanding of theories and approaches to group and individual appraisal in counseling. Methods of data collection, ethical issues, validity and reliability in testing, statistical analysis, and factors that may influence the testing process will be explored. Socio-cultural considerations and considerations for individuals with special needs related to assessment and evaluation will be examined. Students will identify common appraisal instruments for specific purposes, explore administration procedures, practice interpretation of results, and identify limitations of results for appraisal instruments used in counseling.

**Components:** Class

## **COUNSED 6630 Orientation to Professional Counseling 3 Credits**

This introductory course provides students with an overview of the field of professional counseling including an examination of the various roles and functions of professional counselors. Historical and philosophical perspectives will be explored and current and future trends in the profession will be examined. The varying roles and functions of the professional counselor as a member of a mental health care team are identified and the relationships of counselors with members of human service organizations and integrated behavioral health care systems are examined. Federal, state, and local laws governing preparation for professional licensing are introduced. Ethical standards of the American Counseling Association, laws regulating the counseling profession, and professional behavioral expectations are emphasized throughout the course. Attention will also be given to the challenges of vicarious trauma, burnout, and compassion fatigue; and resiliency for the helping professional will be highlighted throughout the course.

**Components:** Class

## **COUNSED 7070 Theories of Counseling and Psychotherapy 3 Credits**

In this course, students will examine the philosophical and historical bases for a variety of prominent counseling theories. Critical analysis of the processes and issues associated with counseling theories will be encouraged throughout the course. Students will use current research and knowledge of counseling practices to begin to develop their own personal, theoretical framework for approaching the practices of counseling.

**Components:** Class

## **COUNSED 7080 Career Development and Information Services 3 Credits**

In this course, students will prepare to provide career development and information services as counselors and educators. Career development theory and practice will be examined within social, familial, cultural, and developmental contexts, and the process of career and leisure planning will be conceptualized holistically as an essential component in the lifelong pursuit of well-being. Students will examine important resources such as career interest assessments; occupation, education, and labor market information; and information regarding variations in educational opportunities. Career development program planning and program evaluation will be explored as students learn to support others in career and leisure decision-making through effective guidance, education, information, and counseling services.

**Components:** Class

## **COUNSED 7130 At Risk Youth 3 Credits**

At risk youth present many challenges to society, families, and the educational system. Further, the issues that put youth at risk interfere with their ability to be successful in many areas of their lives. Consequently, in many cases, they find themselves "in trouble" with the law. This course is intended to assist the educator, counselor, and/or police officer in understanding the factors that put a child at risk, as well as presenting a model of intervention and remediation to decrease and/or eliminate the risk. Practical strategies will be discussed.

**Components:** Class

## **COUNSED 7140 Student Services in Higher Education 3 Credits**

This course provides a comprehensive examination of the function of student services in institutions of higher education. Practical and theoretical perspectives will be explored as students develop an appreciation for the need and the potential impact of student services, resources, and programming on student success. Course content will include historical and philosophical foundations of student affairs and leadership, management and organizational issues, and essential skills and professional development in building an equitable organization. The synthesis of theory and practice will be emphasized throughout the course.

**Components:** Class

**COUNSED 7150 Foundations of Clinical Mental Health Counseling 3 Credits**

In this course, student will gain an understanding of the historical emergence of the field of mental health counseling and its evolution over time. Students will examine foundational and emerging theories of change and models of wellness. Studies will include the development of the principles of the mental health counseling field over time, including prevention, intervention, consultation, education, advocacy and the development of applicable networks that promote mental health and well-being. Students will gain an appreciation for the socio-cultural and ethical considerations that are central to the work of clinical mental health professionals today.

**Components:** Class

**COUNSED 7170 Advanced Techniques of Counseling and Psychotherapy 3 Credits**

This course provides a broad understanding of the helping processes which include the use of basic and advanced helping skills to facilitate change. Students are provided opportunities to expand, implement, and refine counseling and consultation skills through application of various counseling approaches. Students will develop an increased understanding of their role in the change process and will be encouraged to participate in personal and professional development activities as an ongoing process. Counseling processes, ethical considerations, theoretical applications, and considerations for counseling a diverse population will be emphasized throughout this course.

**Components:** Class

**COUNSED 7190 Social and Cultural Foundations in Counseling and Education 3 Credits**

This course will provide a broad examination of the sociocultural issues associated with living and working in a multicultural society. Societal changes and trends, changing human roles, formation of societal subgroups, evolutions in social expectations, and historical interaction patterns will be examined. Students will be challenged to examine their own paradigms and identify the complexities of their own cultural identity. Issues such as cultural social justice, advocacy, conflict resolution and supported cultural behaviors that promote optimal wellness and growth of the human spirit, mind, or body are examined. The role of counselor and educator in eliminating biases, prejudices, intentional and unintentional oppression, and discrimination will be emphasized.

**Components:** Class

**COUNSED 7200 Mental Health Diagnosis and Treatment Planning 3 Credits**

This graduate-level, practical course focuses on the information-gathering process required to make an appropriate mental health diagnosis and the considerations needed to create an appropriate treatment plan for children, adolescents, and adults with mental health disorders. Students will use a comprehensive approach to identify the strengths and needs of clients in clinical mental health settings and then create appropriate treatment plans utilizing evidence-based practices. Students will determine the level of treatment necessary, set goals, identify signs of progress or decompensation, and evaluate suicidality. Relevant documentation for various clinical settings will be covered including psychosocial and other intake assessments, treatment goals, treatment plan updates, and discharge planning. Students will be expected to demonstrate awareness of, and sensitivity to, relevant cultural factors that might affect professional decision-making in a clinical mental health setting.

**Components:** Class

**COUNSED 7230 Family, Marital and Partnership Counseling 3 Credits**

In this course, students will become familiar with family, marital, and partnership counseling concepts. Systems theories, philosophy, and the dynamics of family and system interactions are examined. Assessment and interventions of dysfunctional systems, including family, marital, and partner systems or ecosystem relationships, are explored. Multicultural considerations and professional ethics are emphasized throughout this course.

**Components:** Class

**COUNSED 7240 Counseling Across the Lifespan 3 Credits**

This graduate level course provides a broad understanding of the nature and needs of individuals at all developmental levels. Normal and abnormal development for each life stage and developmental level will be examined within social and cultural contexts. Students will be exposed to theories of personality; individual and family development and transitions; and learning theory. Students will carefully examine theories and resources for facilitating optimal development and wellness across the lifespan.

**Components:** Class

**COUNSED 7250 Practicum in Student Services in Higher Education 1-6 Credits**

This course focuses on enhancement of the educational experience through placement with a student services provider where the student will complete a practicum under the supervision of a site supervisor and a university supervisor. Students might participate in varied aspects of student services work during this practicum experience. Students should expect to agree to and pay for a background check and drug test if required. Students should expect to submit disposition endorsements as required. Program coordinator's approval is required. This is a variable credit course for 1-6 credits and can be repeated for credit once with coordinator's approval. (50 hrs= 1 credit, 100 hrs=2 credits, 150 hrs= 3 credits).

**Components:** Practicum

**COUNSED 7260 Practicum II: Student Services in Higher Education 3-6 Credits**

This graduate-level course is designed to help students develop professional knowledge and skills in a higher education context. It will provide a forum for helping students understand developmentally-based student services and how to administer them. This course is experiential in nature, focusing on skills that are components of student services programming. It is designed to provide students with both practice and feedback. P. The practicum applicant must have 1) been admitted to candidacy, 2) completed all required courses, 3) obtained departmental approval for clinical, and 4) successfully completed Practicum I.

**Components:** Practicum

**COUNSED 7340 Practicum in Mental Health Counseling 3 Credits**

This course focuses on enhancement of the educational experience through placement with a mental health provider where the student will provide individual, group, and family counseling under the supervision of a site supervisor and a university supervisor. Students will participate in all facets of mental health counseling services including assessment, diagnosis, treatment planning, counseling, and documentation. Ethical and legal considerations will be emphasized throughout the experience. Students are required to participate in 100 hours of service with a minimum of 40 of those hours spent in face-to-face client contact. At least one hour per week of supervision by the site supervisor is required, and an average of 1.5 hours of weekly supervision with the university supervisor will be scheduled. Readings and other assignments will be required. Students may be asked to agree to and pay for a background check and drug test if required by the practicum supervisor. Students should expect to submit disposition endorsements as required.

**Components:** Practicum

**COUNSED 7350 Internship in Mental Health Counseling I 3 Credits**

This course focuses on enhancement of the educational experience through placement with a mental health provider where the student will provide individual, group, and family counseling under the supervision of a site supervisor and a university supervisor. Students will participate in all facets of mental health counseling services including assessment, diagnosis, treatment planning, counseling, and documentation. Ethical and legal considerations will be emphasized throughout the experience. Students are required to participate in 300 hours of service with a minimum of 120 of those hours spent in face-to-face client contact. At least one hour per week of supervision by the site supervisor is required, and supervision with the university supervisor will be scheduled. Readings and other assignments will be required. Students may be asked to agree to and pay for a background check and drug test if required by the internship supervisor. Students should expect to submit disposition endorsements as required.

**Components:** Practicum

**COUNSED 7360 Internship in Mental Health Counseling II 3-6 Credits**

This course focuses on enhancement of the educational experience through placement with a mental health provider where the student will provide individual, group, and family counseling under the supervision of a site supervisor and a university supervisor. Students will participate in all facets of mental health counseling services including assessment, diagnosis, treatment planning, counseling, and documentation. Ethical and legal considerations will be emphasized throughout the experience. Students are required to participate in 300 hours of service with a minimum of 120 of those hours spent in face-to-face client contact. At least one hour per week of supervision by the site supervisor is required, and supervision with the university supervisor will be scheduled. Readings and other assignments will be required. Students may be asked to agree to and pay for a background check and drug test if required by the internship supervisor. Students should expect to submit disposition endorsements as required.

**Components:** Practicum

**COUNSED 7400 Crisis and Trauma Counseling 3 Credits**

In this course, students will examine the immediate, short-term, and long-term impact that crises and trauma might have on children, adolescents and adults. Counseling approaches that effectively address crises and trauma will be explored. Potential associated neurobiological responses to crisis and trauma will be explored and clinical implications will be identified. Skills and techniques for assessing and intervening in specific crisis and trauma situations will be developed, including suicide assessment and intervention. Legal, ethical, and cultural considerations will be emphasized throughout the course.

**Components:** Class

**COUNSED 7420 Abnormal Behavior and Psychopathology 3 Credits**

This course includes an introduction to the major concepts and theories of psychopathology and the various methods of assessment and diagnosis for children, adolescents, and adults with mental and personality disorders. Students will learn to use the Diagnostic and Statistical Manual of Mental Disorders (DSM) system and other considerations to determine diagnoses. Various perspectives on emotional and personal distress, social-cultural factors, and client strength and resilience will be explored as part of the diagnostic process, while the benefits and risks of diagnosis will be examined.

**Components:** Class

**COUNSED 7500 Addictions Counseling 3 Credits**

The course provides an overview of addiction - including an examination of the addiction development process. Effective treatment, recovery and addiction prevention approaches are explored. A variety of problematic behaviors including substance use, gambling, shopping and other addictive and process disorders are examined. The impact of addiction on self and others at various developmental stages is also explored and sociocultural considerations are highlighted throughout this course.

**Components:** Class

**COUNSED 7510 Psychopharmacology for Counselors 3 Credits**

In this course, students will become familiar with the primary neurotransmitter systems, their distribution, and effects on the brain and body. Students will also become familiar with the effects of both recreational and psychotropic drugs and approaches for use of pharmaceutical interventions in the psychiatric treatment of mental disorders. Behavioral and molecular neuropharmacology and the challenges of withdrawal from substances of potential abuse will be examined. Related issues such as addiction and illegal distribution of substances will be examined holistically as to the effects on individual wellness, family systems, and larger societal systems.

**Components:** Class

**COUNSED 7590 Practicum in Substance Abuse Counseling 1-6 Credits**

This course focuses on enhancement of the educational experience through placement with a substance abuse counseling provider where the student will provide counseling services under the supervision of a site supervisor and a university supervisor. Students will participate in all aspects of substance abuse counseling services including assessment, diagnosis, treatment planning, counseling, case management, consultation, and documentation. Ethical and legal considerations will be emphasized throughout the experience. Program coordinator's approval is required. This is a variable credit course for 1-6 credits and can be repeated for credit once with coordinator's approval. (50 hrs.= 1 credit, 100 hrs.=2 credits, 150 hrs.= 3 credits, etc.) Students should expect to agree to and pay for a background check and drug test if required. Students should expect to submit disposition endorsements as required.

**Components:** Practicum

**COUNSED 7700 Practicum in Human Services 1-6 Credits**

This course focuses on enhancement of the educational experience through placement with a human services provider where the student will complete a practicum under the supervision of a site supervisor and a university supervisor. Students might participate in varied aspects of human services work during this practicum experience. This course can be taken for 1-6 credits and can be taken more than once with coordinator's approval. (50 hrs= 1 credit, 100 hrs=2 credits, 150 hrs= 3 credits) Students should expect to agree to and pay for a background check and drug test if required. Students should expect to submit disposition endorsements as required.

**Components:** Practicum

**COUNSED 7920 Seminar Paper Research 2 Credits**

In consultation with an advisor, students will identify one or more research questions and will conduct a significant literature review to answer the question(s). Students will evaluate and synthesize the research, formulate conclusions, and make recommendations related to the research question(s) based on the literature review. Students will demonstrate the ability to organize information, present evidence, and support conclusions as they complete an approved seminar paper.

**Components:** Seminar

**COUNSED 7980 Independent Study in Counseling 1-3 Credits**

The total amount of credit allowed for independent studies may not exceed three credits except with the special permission of the program coordinator and the graduate director. Approval must be secured before independent study courses are begun. Students who register for independent study must submit at or before registration, descriptions of the subjects to be covered. These descriptions must be signed by the instructor overseeing the independent study. Independent study may not be used for collecting information for seminar papers or theses.

**Components:** Independent Study

**COUNSED 7990 Thesis Research 3-4 Credits**

In consultation with the thesis chair/advisor and additional committee members, students will identify one or more research questions, complete a significant literature review, and design and conduct an approved, original research study to answer the research question(s). Students will evaluate and synthesize the research findings, formulate conclusions, and make recommendations related to the research question(s). As they complete an approved thesis and successfully answer questions during the oral examination by thesis committee members, students will demonstrate the ability to organize information, evaluate the integrity of research methodology, present evidence, and support conclusions.

**Components:** Thesis Research