



Masters of Arts Clinical Mental Health Counseling

Below are descriptions for required and elective courses. Course prefixes used for this program are COUN with #500 level courses. ADC is the prefix for the Alcohol and Drug Counseling Certificate courses. Courses are three semester credit hours.

COUN/ADC 501 *Counseling Theory and Practice* - 3 credits

This course includes study of major theories (e.g., Psychodynamic, Humanistic, Behavioral, Transpersonal, Personality), approaches, and procedures in counseling and psychotherapy; historical and cultural contexts; case conceptualizations and applications with various client populations; specific counseling approaches used in contemporary therapeutic systems (e.g., Cognitive Behavioral Therapy, Psychoanalysis, Family Systems, Solution Focused Therapy, Rational Emotive Therapy) and their respective limitations; and ethical and professional issues associated with counseling theories and practices.

COUN 502 *Psychopathology: Diagnosis, Assessment/Treatment* - 3 credits

This course includes study of the etiology and categorization of pathological behavior patterns; historical, sociopolitical, medical, behavioral, and epidemiological approaches to the systematic description of psychological disorders; use of the current version of the DSM/ICD in differential diagnosis; potential alternatives to the existing system; the roles of assessment and treatment planning in intervention; and the use of related services, intake interviews, and psychological reports.

COUN 504 *Helping Relationships* - 3 credits

This course includes study of the basic building block skills that are fundamental to the counseling process as well as the collaborative nature of the helper-client relationship. A three-stage model that drives the client problem-managing and opportunity-developing action phases will be examined: (1) helping clients tell their stories; (2) helping clients determine what they need and what they want; and (3) helping clients develop strategies to accomplish their goals. The basic helping skills, including non-verbal and reflecting skills, will be considered.

COUN 505 *Professional Orientation and Ethics* - 3 credits

This course includes the study of ethical issues in a variety of settings, including the moral and legal bases for ethical codes; guidelines for human service professionals; personal values and biases as related to the counseling relationship and ethical and professional conduct, standards, and practices; strategies for personal and professional self-evaluation and professional development; the counselor



as advocate for clients and for the profession; conflicts among client, counselor, and societal, legal, and cultural values; and methods and practices for recognizing and resolving ethical dilemmas. Relevant state and national standards for counselor preparation, certification, and licensure will be examined.

COUN 506 *Human Growth and Development* - 3 credits

This course examines the course of human development through the lifespan as well as the interaction between genetic, biological, and environmental factors. Emphasis is placed on psychological, sociological, and physiological approaches; human behavior (normal and abnormal); personality theory and learning theory; and the nature and needs of individuals at all developmental levels.

COUN/ADC 507 *Group Work and Therapy* - 3 credits

This course includes study of the basic elements of group process and dynamics as well as strategies and methods commonly used to facilitate group therapy sessions. Therapeutic factors contributing to group effectiveness will be covered, as well as the characteristics and practices of effective group leaders. Ten theoretical approaches and key concepts to group counseling will be included, as well as the application of these theoretical models to group work. The historical and cultural context in which these theories were developed, as well as the ethical and professional implications of employing these paradigms in practice, will be considered. The course includes a practice component requiring ten hours of group counseling participation.

COUN 508 *Appraisal and Diagnostic Techniques* - 3 credits

This course explores appraisal of the individual through testing and includes the basic principles of assessment and diagnosis, development of a framework for understanding the individual, methods of data gathering and interpretation, classification of psychological and educational tests, and the study of individual differences with consideration of ethnic, cultural, and gender factors. Ethical and legal considerations in assessment will also be addressed.

COUN 509 *Treatment Modalities* - 3 credits

This is a course in the practice of counseling, and is the third in a three-course counseling intervention series. The course covers the process of treatment of mental and emotional disorders from diagnostic assessment to case conceptualization, treatment planning, intervention, outcomes assessment and referral. The course emphasizes the application of evidence-based approaches in an ethical and multi-culturally-competent way.

Prerequisites: COUN 501 and COUN 504.

COUN 510 *Social Basis of Behavior and Cultural Diversity* - 3 credits

This course includes study of a number of advanced topics in multicultural counseling, including cultural, ethnic, and group processes, sex roles, organizational behavior, group dynamics, status role, and attribution theory. Socially inherited and transmitted patterns of pressure, expectations, and limitations



learned by individuals will be considered. Issues and trends in a pluralistic society will be examined. Major ethnic groups are studied along with counseling, social justice, and advocacy approaches appropriate to each. Emphasis will be placed on understanding cultural diversity including, but not limited to, facilitating awareness of attitudes and beliefs that may negatively impact relationships with persons who are sensitive to issues of discrimination. Theories of multicultural counseling, identity development, pluralistic trends, and systems-oriented intervention strategies (couple, family, group, and community) are considered. Counselor cultural self-awareness and the role of counseling in eliminating biases, prejudice, oppression, and discrimination are emphasized.

COUN 511 *Career and Lifestyle Development* - 3 credits

This course includes study of the skills and knowledge needed to help clients consider a wide array of career and lifestyle choices. The application of career development theory and research in counseling and educational settings will be considered. Emphasis will be placed on the relationship between career choice and lifestyle, sources of occupational and educational information, approaches to career decision-making processes, and career exploration techniques.

COUN/ADC 512 *Psychopharmacology for Mental Health and Addictive Disorders* - 3 credits

This course provides an introduction to the principles of pharmacology, particularly the interaction of chemistry and biology to produce behavior, and the use of psychotropic medications for a range of populations and disorders. This will include an examination of the pharmacological features of different drugs, including: drug interactions; the basic physiology underlying the pharmacology; and the psychological impact of medications in therapeutic contexts. Also addressed will be a review of regulatory and governmental control issues, and the role of the psychologist in collaborating with physicians and other primary healthcare providers. This course is not intended to prepare the student for a primary role of prescribing, administering, or overseeing the use of medications.

COUN 513 *Research Methods and Program Evaluation* - 3 credits

This course includes study that provides an understanding of types of research methods, basic descriptive and inferential statistics, and ethical and legal considerations in research. The fundamentals of program evaluation will also be considered. Emphasis will be placed on an understanding of the steps involved in designing and implementing a research design as well as how to evaluate the effectiveness of programs using both qualitative and quantitative methods.

COUN 514 *Family Therapy* - 3 credits

This course examines the intervention techniques and major theories, models, and schools of couples and family therapy. The course employs a systemic perspective to consider both traditional and recently developed family treatment models, including empirically supported treatment approaches. Ethical, gender, and cultural competency issues related to family therapy are explored.



COUN 515 Crisis Intervention - 3 credits

This course involves the study of the theories and principles of crisis intervention as applied to therapeutic strategies for treatment; scientific bases of various approaches to crisis intervention including short-term, long-term, and telephone counseling methods; community and societal crisis; interventions with diverse clinical populations; professional skills for intervening, prevention techniques; evaluation of services; and the roles and responsibilities of others participating in crisis intervention. Important videos will be used in order to help demonstrate various crisis counseling skills (i.e. applying theory into practice). Differences and similarities between crisis counseling and traditional counseling approaches will be examined.

COUN 516 Clinical Consultation - 3 credits

This course presents theory and practice concerning consultation and management including organizational assessment and analysis, diversity within organizations, group dynamics, systems theory, managing resistance, and intervention theory. Students develop practical skills in organizational consultation and training including conducting meetings, making presentations, entering and analyzing organizations, team building, executive coaching, transition management, and diversity training. The course also provides skills needed for clinical consultation to schools, community agencies, and organizations.

COUN 517 Human Sexuality for Counselors - 3 credits

This course includes studies of the diverse nature and constructs of human sexuality, sexual dysfunction and counseling strategies; multidimensional perspectives of human sexuality including biological, behavioral, cultural, social, psychological, and clinical factors; the role of the human service practitioner as influenced by values, beliefs and biases about human sexuality; developing the capacity of counselors to recognize and manage personal responses and needs in counseling settings.

COUN/ADC 518 Substance Abuse/Addictive Disorders - 3 credits

This course provides an introduction to the nature of addictive disorders, and the historical and societal aspects of addiction problems and their treatment; specific drugs of abuse and the neurophysiology of addiction; addiction across the lifespan, and substance abuse prevention and intervention with at-risk populations; assessment and diagnosis of addiction, and the use of This course addresses counseling procedures and strategies with addicted populations, focusing on prevention, intervention, relapse prevention, and recovery. Theories linked with addiction to biological, psychological, and other factors will be evaluated critically with an emphasis on developing effective recovery and relapse prevention. Evidence-based approaches and ethical and legal issues related to chemical dependency counseling are emphasized. Multicultural and ethical components are integrated.

COUN 521 Capstone Project - 0 credits

The capstone project is designed to be a culminating scholarly product that is typically 30-35 pages in length. The purpose of this paper is to provide students with the opportunity to explore a topic relevant to applied professional practice in the helping profession in greater depth, while demonstrating an



understanding of inquiry-based learning, research, and scholarly writing expectations at the graduate level. The student is required to present his/her capstone project to the student body during a residency weekend. COUN 521 Capstone Project is a non-credit course that is considered the equivalent of three credit hours of academic work for financial aid purposes. COUN 521 is a fee-based course (see Tuition and Fee Schedule).

COUN 522 *Capstone Writing Extension* - 0 credits

This is a writing extension for students who have made satisfactory progress on the capstone project but need an additional term to complete it. COUN 522 Capstone Writing Extension is a non-credit course and does not have credit hour equivalency for financial aid purposes. COUN 522 is a fee-based course (see Tuition and Fee Schedule). COUN 522 does not qualify for loan deferral; students will be reported as registered less than half-time to external agencies. COUN 521 and COUN 522 may not be taken concurrently.

COUN 523 *Military Culture: Enhancing Clinical Competence* - 3 credits

This course is designed for students who want to develop a better understanding about how the military works and who comprises the armed forces. It provides an overview of military culture to include its history, organizational structure, core values, branches of the service, mission, and operations, as well as the differences between the active and reserve components. Students will acquire greater competency in working with service members by learning military culture and terminology, and by discussing how aspects of the military culture impact behaviors and perspectives.

COUN 524 *Treatment of Behavioral Health Issues in Veterans and their Families* - 3 credits

This course is designed for students who want to gain a better understanding of treatment approaches for service members and their families. It covers effective treatments for PTSD and discusses their implementation with service members, veterans and their families. It will focus on how to meet this population's unique needs, from conducting a thorough assessment to choosing an appropriate psychosocial or pharmacological treatment. Additional topics addressed are clinical issues and co-occurring problems that can arise in this population, such as traumatic brain injury and substance abuse, along with strategies for dealing with them.

COUN 525 *Diagnosis of Disorders Occurring in Childhood & Adolescence* - 3 credits

This course reviews the etiology, diagnostic criteria and developmental course of the mental and emotional disorders most commonly diagnosed during childhood and adolescence. Students learn how to conduct diagnostic assessments, develop case formulations, and how to diagnose children and adolescents using the current version of the Diagnostic and Statistical Manual of Mental Disorders (DSM). Corresponding International Classification of Diseases diagnoses will be reviewed.



COUN 529 *Biological Bases of Behavior* - 3 credits

This course examines physiological influences on normal and abnormal human behavior including the role of the central nervous system, sensory processes, memory, neurobiology, and psychopharmacology. The course focuses on recent developments in the field that are most relevant to the practice of counseling, particularly recent findings in neuroplasticity and epigenetics.

COUN/ADC 530 *Assessment, Diagnosis & Treatment Planning for Addictive Disorders* - 3 credits

This course focuses on addictive disorder diagnosis, assessment and treatment planning competencies. Clinical evaluation (screening, assessment) and treatment planning instruments and other methods are reviewed and practiced, including screening for co-occurring mental health problems. Referral and treatment plan implementation are also discussed. Treatment approaches, including utilizing different theoretical orientations and interventions (e.g., psychological, medical and social models) are discussed.

COUN 531 *Practicum* - 3 credit

This course is designed for students to complete a supervised clinical experience in a clinical mental health counseling setting. During that time, the student is expected to increase his or her competence in the areas of basic interviewing, assessment, and counseling skills. Furthermore, the student will be made more aware of the ethical, legal, and professional issues inherent in the counseling process. The student is provided practical, on-the-job, supervised and evaluated field experiences that provide the foundation for internship experiences. Practicum duties will be performed under the supervision of an on-site supervisor who must be approved by the internship coordinator.

Students are required to complete 100 clock hours, with 40 hours minimum being direct service at an approved site. Students will work under the supervision of a site supervisor and attend an average of 1.5 hours of group supervision with Counselor Education faculty. The practicum must be completed prior to internship.

COUN 542, 543, 544 *Internship in Counseling I, II and III* - 3 credits

This course is designed for students to complete a post-practicum supervised clinical experience in a clinical mental health counseling setting. During this time the student will refine and enhance basic counseling skills or student development knowledge and skills, and integrate and authenticate professional knowledge and skills related to program objectives. All aspects of counseling practice – individual counseling, group counseling, appraisal, therapeutic intervention, and consultation – will receive exposure in this experience. Students must lead or co-lead a counseling or psychoeducational group during the internship experience. Internship duties will be performed under the supervision of an on-site supervisor who must be approved by the internship coordinator.

Students are required to complete 600 clock hours (300 per term), with 240 hours minimum being direct service at an approved site. Students will work under the supervision of a site supervisor and attend an average of 1.5 hours of group supervision with Counselor Education faculty.

Prerequisites: COUN 501, 502, 504, 505, 506, 507, 508, 509 and COUN 531 Practicum.