Counseling Courses (COUN)

Courses

COUN 4100. Introduction to Professional Counseling — 3 hrs.
General overview of the profession of counseling. Outlines the different areas of expertise such as clinical mental health, school, substance abuse, rehabilitation, career, and couples/marriage counseling among others. General theories, ethical, and legal issues are explored. Examination of current trends in the profession of counseling and the evolving profile of a professional counselor. Prerequisite(s): junior standing; consent of department head. (Fall)

COUN 4105/5105 (290:105g). Counseling Skills — 3 hrs.
Focus on developing counseling skills with emphasis on self-understanding. Verbal and non-verbal counseling skills are developed through lecture, demonstration, and extensive laboratory practice. Prerequisite(s): junior standing; consent of department head. (Fall and Spring)

COUN 4198 (290:198). Independent Study — 1-6 hrs. (Variable)

COUN 6103. Professional Orientation and Ethics in Counseling — 3 hrs.
This course provides an orientation to the profession of counseling with an emphasis on the development of the professional counselor's identity. This course will provide an introduction into the professional roles, the history and philosophy of counseling, current trends and practices of counseling, professional credentials, as well as ethical and legal standards for the profession. The course emphasizes the position of the national accrediting body of the counseling profession (CACREP) focusing on professionalism, self-care, and self-awareness grounded in an understanding of neuroscience and wellness. Additionally, the course covers the area of supervision, consultation, evaluation, research, evidence-based practices, assessment and diagnosis. The areas of crisis, trauma, and disaster are introduced within the framework of school and clinical mental health counseling. This is an introductory class for the first semester in the program. (Fall)

COUN 6104. Counseling Theories — 3 hrs.
Overview of predominant counseling and human development theories, including emphasis on learning and personality development and normal and abnormal human behavior. Stresses practical applications in school and mental health settings. Prerequisite(s): consent of department head. Prerequisite(s) or corequisite(s): COUN 4103; COUN 4105/5105 (290:105g). (Fall)

COUN 6207. Diagnosis and Psychopharmacology in Mental Health Counseling — 3 hrs.
This course will provide an opportunity for students to acquire knowledge of psychopathology, etiology, diagnosis, and treatment of mental and emotional disorders and dysfunctional behavior. Students will learn the drug mechanisms and drug actions for drugs used in the treatment for mental disorders, the efficacy and risks of specific classes of drugs and the roles of the non-prescribing mental health professional in combination treatment of mental disorders Prerequisite(s): COUN 4103; COUN 4105/5105 (290:105g); COUN 6104. (Summer)

COUN 6210 (290:210). Developing Comprehensive School Counseling Programs — 3 hrs.
Focus on managing, organizing, and designing K-12 comprehensive, sequential, developmental guidance programs. Prerequisite(s): School Counseling major; COUN 4103; COUN 4105/5105 (290:105g); consent of department head. (Summer)

Emphasis on theoretical and experiential understandings of group dynamics, development, theories, and methods. Focus on group leadership and group membership. Experiential laboratory participation incorporated. Prerequisite(s): COUN 4103; COUN 4105/5105 (290:105g); consent of department head. (Fall and Spring)

Exploration of career development theory and career counseling techniques. Emphasis on significance of occupational choice; examination of sociological, psychological, and economic factors. Prerequisite(s): COUN 4103; COUN 4105/5105 (290:105g); consent of department head. (Summer)

COUN 6228 (290:228). Assessment Techniques in Counseling — 3 hrs.
Assessment and appraisal procedures of individuals and groups. Primary focus on the understanding and use of standardized and non-standardized tests, inventories, observations, and case data for diagnosis in counseling. Prerequisite(s): COUN 4103; COUN 4105/5105 (290:105g); COUN 6205 (highly recommended); consent of department head. (Fall and Spring)

Normal and abnormal child/adolescent development, problem conceptualization from an individual as well as a systems-based perspective, and development of advanced-level counseling skills with emphasis on age-appropriate assessment and interventions. Lab practice and actual counseling experience with young clients. Prerequisite(s): COUN 4105/5105 (290:105g) (grade of B or higher); COUN 6227 (highly recommended); consent of department head. (Fall)

COUN 6256 (290:256). Multicultural Counseling — 3 hrs.
Emphasizes examination of personal attitudes, perceptions, and behaviors regarding women, ethnic minorities, elderly, gays and lesbians, and persons with disabilities and concepts such as oppression. Increases understanding of counseling theories and techniques within a multicultural paradigm. Prerequisite(s): COUN 4103; COUN 4105/5105 (290:105g); COUN 6227; consent of department head. (Spring and Summer)

COUN 6262 (290:262). Intervention and Prevention in Lifespan Development — 3 hrs.
Explores crises and challenges during developmental stages, which may bring individuals, couples, or families to counseling. Discussion of diversity, human development theory, and ethical considerations in lifespan development for application to counseling. Prerequisite(s): COUN 4103; COUN 4105/5105 (290:105g); consent of department head. (Fall)
COUN 6285 (290:285). Readings in Counseling. (Variable)

COUN 6289 (290:289). Seminar in Counseling. Special topics as indicated in the Schedule of Classes. (Variable)

COUN 6290 (290:290). Practicum in Counseling — 3 hrs. First-level intensive experience designed to further develop individual and group counseling skills. Offered on credit/no credit basis only. Prerequisite(s): for School Counseling: COUN 4103; COUN 4105/5105 (290:105g); COUN 6220 (290:220); COUN 6227; COUN 6250 (recommended); COUN 6254 (290:254) (grade of B or higher); COUN 6262 (290:262) (highly recommended); consent of department head. Prerequisite(s): for Mental Health Counseling: COUN 4103; COUN 4105/5105 (290:105g); COUN 6205 (grade of B or higher); COUN 6220 (290:220); COUN 6227; COUN 6241 (recommended/can take as corequisite); COUN 6250 (recommended); PSYCH 3403/5403 (400:142g); consent of department head. (Fall and Spring)

COUN 6291 (290:291). Internship — 3-6 hrs. Advanced intensive experience designed to integrate counseling and consultation skills in a work setting. Offered on credit/no credit basis only. May be repeated for up to 12 credits. Six hours are required for students to complete requirements for licensing in each emphasis area (Clinical Mental Health or School Counseling). Prerequisite(s): for School Counseling: COUN 6262 (290:262); COUN 6290 (290:290); consent of department head. Prerequisite(s) for Mental Health Counseling: COUN 6290 (290:290); consent of department head. (Fall and Spring)

COUN 6299 (290:299). Research. Prerequisite(s): consent of department. (Variable)

COUN 6304. Crisis and Trauma Intervention and Management — 3 hrs. This course provides an opportunity to learn the necessary crisis counseling skills to apply in various school and mental health settings. Students will design specific crisis and trauma informed interventions and community-based strategies for management and treatment of individuals and groups during crisis, disasters, or traumatic experiences. Students will identify counselors’ roles and responsibilities as members of interdisciplinary community outreach and emergency management response teams. Students will apply procedures for assessing risk of aggression or danger to others, self-inflicted harm, or suicide to crisis case studies according to Council of the Accreditation of Counseling and Related Educational Programs (CACREP) standards. Prerequisite(s): COUN 4103; COUN 4105/5105 (290:105g) (grade of B or higher); and COUN 6104. (Summer)

COUN 6405. Advanced Psychopathology and Treatment — 3 hrs. This course will provide students with the opportunity to acquire knowledge of the general principles of diagnosis, neuroscience, and treatment and prevention of dysfunctional behavior and mental-emotional disorders. Students will develop an advanced understanding of therapeutic change, create clinical hypothesis, and build case conceptualization and treatment planning skills based on the Council for the Accreditation of Counseling and Related Educational Programs (CACREP) and American Mental Health Counseling Association (AMHCA) Standards of Practice for Clinical Mental Health Counselors. Students will apply clinical knowledge to case studies and integrate. Prerequisite(s): COUN 4103; COUN 4105/5105 (290:105g) (grade of B or higher); COUN 6104; COUN 6205 (grade of B or higher); or consent of department head. (Fall)

COUN 6406. Foundations of School Counseling — 3 hrs. This course provides students the opportunity to gain knowledge and information pertaining the basic principles of supervision, its stages of development, theories associated with it, and its ramifications for school counselors in the field. Students will have the opportunity to integrate theory and application via the introduction of school guidance activities in the classroom for students at the K-12 level using the basic tenets of the comprehensive guidance system established by the American School Counseling Association (ASCA) and the Council for the Accreditation of Counseling and Related Educational Programs (CACREP), apply clinical knowledge to case studies and integrate. Additionally, core curriculum design, lesson plan development, classroom management strategies, and differentiated instructional strategies are applied and integrated based on age appropriate levels. Prerequisite(s): COUN 4103; COUN 4105/5105 (290:105g) grade B or higher; COUN 6210 (290:210) grade B or higher. (Fall)

COUN 6503. Wellness, Self-Care, and Brain-Based Strategies — 3 hrs. This course provides students the opportunity to develop intervention and prevention strategies regarding wellness and self-care of clients and counselors. Students will integrate neuroscience principles and counseling practice that demonstrate the use of brain-based strategies which align with the Council for the Accreditation of Counseling and Related Educational Programs (CACREP) standards. Prerequisite(s): COUN 4103; COUN 4105/5105 (290:105g) (grade of B or higher); COUN 6104. (Spring)

COUN 6505. Dynamics of Family, Couples and Human Sexuality in Counseling — 3 hrs. This course is an introduction to conducting couples and family therapy in mental health counseling. The course content focuses on couple and family systems perspective. It includes theoretical foundations, development life cycles, issues related to human sexuality in couples and families, identification of functional/ dysfunctional family systems, survey of interventions and general process of couple and family counseling. Prerequisite(s): COUN 4103; COUN 4105/5105 (290:105g); COUN 6104; COUN 6207 (grade of B or higher); COUN 6405 (grade of B or higher). (Fall and Spring)

COUN 6506. Counseling Issues with Families and Parents in School Settings — 3 hrs. This course provides an overview of the application of family counseling concepts and techniques in school settings. It examines four specific modes of counselor intervention: (a) collaborating with parents and teachers to resolve individual student issues, (b) providing staff training and consultation to address common needs of students and their families, (c) designing school-wide interventions to change the culture of the school so as to more fully engage families and facilitate student development, and (d) building referral relationships with professionals in the community to address student needs. It embraces the school counselor roles of leader, advocate, collaborator and system change agent and facilitates an epistemological shift from an individual/intrapsychic way of thinking to a relational/systemic way of thinking in designing and providing counseling services. Prerequisite(s): COUN 4103; COUN 4105/5105 (290:105g) (grade of B or higher); COUN 6210 (290:210) (grade of B or higher); COUN 6405 (grade of B or higher). (Spring)

Focus on case conceptualization and specific interventions for initiating, sustaining, and terminating a counseling experience addressing substance abuse and co-occurring disorders as outlined in the American Mental Health Counseling Association Standards for the Practice of Clinical Mental Health Counseling and related Council for the Accreditation of Counseling and Related Educational Programs (CACREP) standards. Extensive skill practice/lab.

Prerequisite(s): COUN 4103; COUN 4105/5105 (290:105g); COUN 6104; COUN 6207 (grade B or higher); COUN 6405 (grade B or higher); COUN 6506 (grade B or higher). (Spring)

This course provides an overview of the current legal, licensure, ethical and professional issues in school counseling. It also emphasizes data collection and usage to enhance a school counselor’s accountability applying the National Model established by the American School Counseling Association (ASCA). Prerequisite(s): COUN 4103; COUN 4105/5105 (290:105g); COUN 6104 (grade of B or higher); COUN 6210 (290:210); COUN 6406; COUN 6506. (Summer)

COUN 6805. Integrated Counseling Practice and Clinical Supervision — 3 hrs.
Provides an overview of integrated behavioral health counseling practice, legal and licensure issues related to mental healthcare settings, and the consultation and supervision processes provided by clinical mental health counseling professionals as outlined in the American Mental Health Counseling Association (AMHCA) Standards for the Practice of Clinical Mental Health Counseling and standards of the Council for the Accreditation of Counseling and Related Educational Programs (CACREP). Prerequisite(s): COUN 4103; COUN 4105/5105 (290:105g); COUN 6104; COUN 6207 grade of B or higher; COUN 6405 grade of B or higher; COUN 6605 grade of B or higher. (Spring and Summer)

COUN 6806. Leadership, Consultation, and Collaboration in School Counseling — 3 hrs.
This course provides an overview of the most up-to-date school-based collaboration and consultation models consistent with the American School Counseling Association (ASCA) model and school counseling competencies. It encapsulates the school counselor's roles as leaders, advocates, and system change agents in P-12 schools. It has practical applications and techniques on how to foster collaboration and teamwork within schools and community agencies using the principles of multidisciplinary teams from a school counseling perspective. Prerequisite(s): COUN 4103; COUN 4105/5105 (290:105g) grade of B or higher; COUN 6210 (290:210) (grade of B or higher); COUN 6406 (grade of B or higher); COUN 6506 (grade of B or higher); COUN 6706 (grade of B or higher). (Spring)