

## GRADUATE COUNSELING

**COU 600                      HUMAN GROWTH AND DEVELOPMENT                      3 sem. hrs.**

A study of the issues influencing the developmental process throughout the life span, including the domains of physical, cognitive, and psychosocial development. The perspective taken in this developmental course is a systemic, contextual point of view.

**COU 601n                      INTRODUCTION TO TECHNIQUES OF                      3 sem. hrs.**  
**PROFESSIONAL COUNSELING**

With an emphasis on Rogerian theory, this course promotes the assessment and application of basic person-centered skills necessary for professional development and success. Personality, behavior, and skill-focused measures are used to assess a fundamental ability to appropriately provide mental health services to a diverse population.

**COU 602                      SOCIAL AND CULTURAL FOUNDATIONS                      3 sem. hrs.**

This course provides an understanding of the cultural context of relationships, issues, and trends in a multicultural and diverse society, including the characteristics and concerns of diverse groups and societal attitudes and behaviors, based on ethnicity, gender, socioeconomic status, sexual orientation, disability, age, religion, and other factors. It addresses individual, family, and group counseling strategies and includes ethical issues.

**COU 605                      CAREER AND LIFESTYLE DEVELOPMENT                      3 sem. hrs.**

This course provides an understanding of career development and related life factors, including career development theories and decision-making models. It includes an overview of career and educational information sources, assessment techniques in career counseling, computer-assisted career guidance systems, and interrelationships among work, family, and ecological factors, including multicultural and gender issues related to career development.

**COU 606                      THEORIES OF COUNSELING                      3 sem. hrs.**

A study of the major counseling theories, dynamics of behavioral change, counseling processes in a multicultural society, and relationships as applied to individuals, couples, families, and groups. The concept of consultation is also addressed.

**COU 607                      THEORY AND PRACTICE OF GROUP COUNSELING                      3 sem. hrs.**

This course provides an understanding of group development, dynamics, theories, methods, and applications of group work. Topics addressed include developmental stage theories, leadership styles, ethical considerations, diversity, and the four group work specializations. Required experiential component involves 10 hours of process group participation.

**COU 609**                    **PROFESSIONAL ORIENTATION AND ETHICS**                    **3 sem. hrs.**  
**IN COUNSELING**

This course provides an understanding of all aspects of professional functioning, including ethics, history, roles, organizational structure, standards, and credentialing. This comprehensive overview stresses the ethical standards of professional counseling, ethical and legal issues, and their applications to various counseling activities. The aforementioned all lead to the integration and formulation of an identity within the counseling profession.

**COU 610**                    **RESEARCH METHODOLOGY AND**                    **3 sem. hrs.**  
**PROGRAM EVALUATION**

This course provides an understanding of research methods, sampling theory, statistical analysis, needs assessment, and program evaluation, including an understanding of the nature of counseling and counseling-related research, including research methods, research design, and ethical and legal considerations. Includes an overview of quantitative and qualitative methodology, systemic perspectives in research, basic parametric and nonparametric statistics, and program evaluation with an emphasis on clinically relevant inquiry.

**COU 615**                    **DIAGNOSIS AND TREATMENT OF**                    **3 sem. hrs.**  
**MENTAL DISORDERS**

A study of abnormal psychology and individual differences throughout the lifespan, which includes the identification of mental, emotional, behavioral disorders, and psychopathology, along with diagnostic protocol of behavioral pathology and psychopathology as maintained in the DSM-5 and/or ICD-10.

**COU 616**                    **TECHNIQUES OF COUNSELING**                    **3 sem. hrs.**  
**Prerequisite: Permission of the Department Chair**

A study of counseling techniques from the major counseling theories, including the core conditions of the therapeutic relationship. Emphasis is placed on a systemic orientation with application and the experiential component being addressed. The elements of consultation, professional identity, and selection and use of appraisal instruments are also considered. The course provides students with practice in assessment, treatment planning, and case conceptualization.

**COU 618**                    **APPRAISAL IN COUNSELING**                    **3 sem. hrs.**

This course provides an understanding of statistics, sampling theory, test construction, test and measurement, and individual differences within the context of assessing individuals, couples, and groups in order to assist in the selection of proper therapeutic modalities. It provides an understanding of individual, group, and systemic approaches to assessment and evaluation. It includes an overview of theoretical bases for assessment techniques, psychometric statistics, diversity factors, and ethical factors in assessment and evaluation, and strategies for selecting, administering, and interpreting assessment and evaluation instruments. A variety of assessment methods is addressed.

**COU 623**                    **FOUNDATIONS OF SCHOOL COUNSELING**                    **3 sem. hrs.**

This course provides an introduction to the historical background and the current concepts relative to the school environment, which includes the principles and administration of school counseling programs. It emphasizes the structuring and implementation of a feasible comprehensive

counseling program, using the American School Counseling Association model, which incorporates the academic, career, social, and behavioral needs of students/clients.

**COU 624**                      **CONTEXTUAL DIMENSIONS AND PRACTICE  
OF SCHOOL COUNSELING**                      **3 sem. hrs.**  
**Prerequisite: COU 623**

This course includes an overview of the coordination of school counseling components as they relate to the total school community, including crisis intervention, referral, advocacy, integration of school counseling into curriculum, and promotion and implementation of guidance activities. It provides an overview of knowledge and skills for the practice of school counseling, including program development and evaluation, individual and group interventions, consultation, and clinical instruction.

**COU 625**                      **CRISIS INTERVENTION**                      **3 sem. hrs.**

This course examines the theoretical and practical application of crisis intervention techniques. Special attention is given to the impact on people of crises, disasters, and trauma-causing events, as well as circumstantial and developmental life crises.

**COU 627**                      **ADDICTIONS TREATMENT AND PRACTICE I**                      **3 sem. hrs.**

This course provides an overview of the etiology and symptomology of the various addictive disorders. It includes an introduction to diagnosis and evidence-based treatment for persons with addictive disorders.

**COU 628**                      **ADDICTIONS TREATMENT AND PRACTICE II**                      **3 sem. hrs.**

This course provides advanced studies of addictive disorders and the diagnosis and treatment of addictive disorders. It includes ethical issues specific to addictions counseling and an overview of addiction prevention programs.

**COU 629**                      **PROGRAM MANAGEMENT AND SUPERVISION  
IN ADDICTIONS**                      **3 sem. hrs.**

This course provides an overview of federal, state, and local laws and regulations related to treatment of persons with addictive disorders and requirements for treatment facilities and credentials required of staff members. It reviews skills and techniques in supervising addiction counselors and addresses methods of developing skills of counselors, professional and ethical standards in addictions counseling, program development, quality assurance, program administration, program evaluation, and knowledge of treatment approaches.

**COU 631**                      **MARRIAGE, COUPLE, AND FAMILY COUNSELING**                      **3 sem. hrs.**

This course presents a survey of the basic concepts and methods of Marriage, Couple, and Family Counseling/Therapy, including a review of its history and evolution, its early pioneers, various models of Marriage, Couple, and Family Counseling/Therapy theory, in addition to recent developments, multiculturalism, evaluation, and effectiveness research. Specific focus is centered on the practical application of systemic interventions in the clinical setting.

**COU 632**                      **COUNSELING STRATEGIES**                      **3 sem. hrs.**  
**FOR PARENT/CHILD RELATIONS**

This course presents counseling strategies, principles, and techniques used in establishing effective parent/child relationships from a marriage and family systems perspective. Equipping children to become life-enhancers who are self-reliant, synergistic, and spiritually anchored is taught as the central task of effective parenting. Knowledge-based and creative approaches for building mutually life-enhancing parent/child relationships within the context of diverse, multicultural family forms are discussed.

**COU 635**                      **CHEMICAL DEPENDENCY FROM**                      **3 sem. hrs.**  
**SYSTEMS PERSPECTIVE**

This course examines the distinction between a disease model and systemic views of addiction and treatment and cultivates a binocular approach to understanding substance abuse and dependence in a relational context. A number of theoretical approaches are illuminated from systemic frameworks, including traditional and postmodern treatment approaches. A selected review of outcome research highlights the efficacy of a systemic perspective for treatment of substance abuse and addiction. The course presents the epidemiology and theories of the etiology of substance use and co-occurring disorders, as well as the working knowledge of the neurobiological basis of addiction and its underlying mechanisms.

**COU 637**                      **PASTORAL COUNSELING I**                      **3 sem. hrs.**

This course provides an overview of counseling practices in pastoral settings. It investigates methods of incorporating the spiritual dimensions of the lives of clients in the context of a professional counseling experience.

**COU 638**                      **PASTORAL COUNSELING II**                      **3 sem. hrs.**

Advanced studies in pastoral counseling. The course includes ethical issues specific to pastoral counseling, coordination of client care with other professionals, and employment opportunities for counselors in pastoral settings.

**COU 640**                      **SPECIAL TOPICS**                      **3 sem. hrs.**

Current issues facing counselors in a variety of specialization settings (school, community, family) in such topic areas as chronic illness and disabilities across the life span, gerontology, family transitions, separation, divorce and remarriage, trauma and recovery, human sexuality/sex therapy, and counseling special populations.

**COU 641**                      **CLINICAL MENTAL HEALTH COUNSELING**                      **3 sem. hrs.**

This course addresses the basic tenets of clinical mental health counseling. Included is the study of the history, philosophy, and trends in clinical mental health counseling; ethical and legal considerations; roles, functions, preparation standards; credentialing, licensure, and professional identity of clinical mental health counselors; recognition, reimbursement; right-to-practice; and other issues relevant to the practice of clinical mental health counseling.

**COU 642**                      **INTRODUCTION TO PLAY THERAPY**                      **3 sem. hrs.**

This course is an introduction to and survey of the various forms of play therapy: directive, non-directive, and filial. In addition, strategies and applications are presented using play therapy across

the lifespan (young children, adolescents, adults). Attention is directed to specific clinical populations and concerns and the type of play therapy most likely to benefit the client. The history, evolution, and current research concerning play therapy approaches are addressed as well.

**COU 643**                    **INTERMEDIATE PLAY THERAPY**                    **3 sem. hrs.**  
**Prerequisite: COU 642**

This course builds upon and enhances the basic skills and techniques already acquired by aspiring play therapist in training. It specifically introduces the student to the importance of filial therapy and ways to determine when and how parents/families are to be incorporated in the therapeutic process. Special considerations in the course include how to effectively utilize play therapy with sexually abused children and adolescents, treating adolescent drug abusers, treating children of alcoholics/addicts, and using play therapy appropriately as a diagnostic tool.

**COU 644**                    **ADVANCED PLAY THERAPY**                    **3 sem. hrs.**  
**Prerequisites: COU 600, COU 642, and COU 643**

This course builds upon and enhances the basic skills and techniques already acquired by aspiring play therapists in training. Special considerations in the course include specialized training in sand tray therapy, art therapy, bibliotherapy, and other specialized techniques necessary for effective therapeutic interventions when counseling children and adolescents.

**COU 645**                    **COUNSELING MILITARY PERSONNEL**                    **3 sem. hrs.**  
**AND THEIR FAMILIES**

This course is a study of the unique counseling needs of military personnel and their families, with particular focus on familiarization with the etiology of PTSD, assessing combat PTSD, and gaining an appreciation for the uniqueness of military life. Counseling techniques and evidence-based treatment plans are explored.

**COU 646**                    **INTEGRATING SPIRITUALITY WITH MARRIAGE**                    **3 sem. hrs.**  
**AND FAMILY COUNSELING**

This course explores spirituality and its integration into the counseling process. It includes the conceptual and clinical perspectives of spirituality and counseling. Respect for and appreciation of diverse approaches to spirituality are explored and integrated.

**COU 647**                    **GESTALT THERAPY**                    **3 sem. hrs.**

This course addresses the philosophy and implementation of gestalt theory in counseling. The history of the development of gestalt theory is examined, as well as the ways the theory has evolved up to the present. The course is taught in an experiential format where students practice various gestalt interventions and learn how to create gestalt experiments with their clients. The use of Neurolinguistic Programming (NLP) in conjunction with gestalt therapy is demonstrated.

**COU 648**                    **SEXUALITY IN FAMILY COUNSELING**                    **3 sem. hrs.**

This class covers the basic knowledge, theory, and interventions used to help family counseling clients deal with sexual issues. It introduces methodology of conducting sexual assessment interviews, as well as structuring and implementing treatment strategies for a variety of issues, including sexual dysfunctions, selected varieties of sexual behavior, aging, disabilities, and transmitted diseases.

**COU 650                      SEXUAL TRUAMA                      3 sem. hrs.**

This course is designed to provide the graduate counseling student with skills to evaluate and treat persons who have experienced sexual trauma. The course examines the characteristics of various forms of sexual trauma, the dynamics of incestuous families, the after-effects of sexual trauma (including family and relationship issues), and the associated DSM-5 and/or ICD-10 diagnoses. Graduate counseling students practice case conceptualization and learn how to develop treatment plans to assist clients who have experienced sexual trauma. The class also incorporates the assessment and treatment planning of sexual trauma within the context of marriage and family systems

**COU 661                      COUPLES COUNSELING                      3 sem. hrs.**

A study of issues faced by contemporary couples in counseling, and the methods, models, and techniques used to treat couples. Issues include forming and maintaining intimacy, the couple's communication, marriage and divorce, sexuality, premarital issues, partner violence, etc. Students experientially practice counseling mock couples and employ a variety of techniques. The course also includes professional and ethical issues of working with couples and families.

**COU 662                      COUNSELING FAMILIES                      3 sem. hrs.**

A study of issues faced by families in counseling, and the methods, models, and techniques used to treat families. Issues include family dynamics, family life-cycle, parent/child relationships, parenting and co-parenting, communication, family crisis, along with normal, developmental family processes. Students experientially practice counseling mock families and employ a variety of techniques. The course also includes the professional and ethical issues of working with families.

**COU 663                      ADVANCED STUDIES IN SYSTEMS THEORY                      3 sem. hrs.**

**Prerequisites: COU 631, COU 661, and COU 662**

Building on the prerequisite material, Advanced Studies in Systems Theory refocuses the student's attention to the social-systemic context of the family. Students are encouraged to further evaluate their clinical work with families by engaging in a more thorough and informed exploration of system-principles, concepts, and theory. While the focus in previous courses is on the clinical context of families, this course expands that context to include larger system exploration, appreciation, and assimilation. Furthermore, students are encouraged to utilize their systemic orientation in evaluating non-clinical social issues.

**COU 664                      PLAY THERAPY ACROSS THE LIFESPAN                      3 sem. hrs.**

**Prerequisite: COU 601n or COU 616**

This course is a survey of the history, evolution, and current research concerning play therapy approaches. While a specific focus is on the use of play therapy when working with children and adolescents, the use of play therapy across the lifespan is also addressed. Attention is directed to specific clinical populations and concerns and the type of play therapy most likely to benefit the client.

**COU 665**                      **CONTEXTUAL DIMENSIONS IN PLAY THERAPY**                      **3 sem. hrs.**  
**Prerequisite: COU 601n or COU 616**

This course includes specialized training in specific play therapy modalities. Students receive in-depth knowledge on the origins, principles, and practical application of play therapy models. The contextual dimensions of various modalities and other specialized techniques necessary for effective therapeutic interventions when counseling children and adolescents as well as adults are presented.

**COU 667**                      **SYSTEMS APPROACHES IN PLAY THERAPY**                      **3 sem. hrs.**  
**Prerequisites: COU 601n or COU 616**

This course introduces the student to the practice of filial therapy and ways to determine when and how parents/families are to be incorporated in the therapeutic process. Students learn the systemic applications of play therapy for families and the diverse applications within the home, office, school, foster home, or hospital setting.

**COU 699**                      **PRACTICUM IN COUNSELING**                      **3 sem. hrs.**  
**Prerequisite: Approval of the Department**

Practicum is an experiential training course requiring a minimum of 100 clock hours of supervised counseling. Students receive both individual and group supervision while counseling individuals, couples, and families at the Thomas E. Chambers Counseling and Training Center. Students make assessments and engage in planning for the treatment of mental, intellectual, emotional and behavioral disorders.

**COU 701**                      **INTERNSHIP IN COUNSELING I**                      **3 sem. hrs.**  
**Prerequisites: COU 699 and approval of the Department**

First semester of intensive supervised clinical work experience in an appropriate specialization setting (school, community, couple, family, child-centered agencies), including the Thomas E. Chambers Counseling and Training Center. The course is focused on solidifying the students' knowledge in the assessment and planning for the treatment of mental, intellectual, emotional, and behavioral disorders. This experience is designed to reflect the current CACREP standards. A minimum of 300 clock hours (120 direct client contact) is required. Students receive both individual and group supervision.

**COU 702**                      **INTERNSHIP IN COUNSELING II**                      **3 sem. hrs.**  
**Prerequisites: COU 701 and approval of the Department**

Second semester of intensive supervised clinical work experience in an appropriate specialization setting (school, community, couple, family, child-centered agencies), including the Thomas E. Chambers Counseling and Training Center. The course is focused on solidifying the students' knowledge in the assessment and planning for the treatment of mental, intellectual, emotional, and behavioral disorders. This experience is designed to reflect the current CACREP standards. A minimum of 300 clock hours (120 direct client contact) is required. Students receive both individual and group supervision.

**COU 703**

**INTERNSHIP IN COUNSELING III**

**3 sem. hrs.**

**Prerequisites: COU 702 and approval of the Department**

Third semester of intensive supervised clinical work experience in an appropriate specialization setting (school, community, couple, family, child centered agencies), including the Thomas E. Chambers Counseling and Training Center. The course is focused on solidifying the students' knowledge in the assessment and planning for the treatment of mental, intellectual, emotional, and behavioral disorders. This experience is designed to reflect the current CACREP standards. A minimum of 300 clock hours (120 direct client contact) is required. Students receive both individual and group supervision. COU 703 may be repeated until the student is approved for graduation.