

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 PROFESSIONAL COUNSELING 3 sem. hrs.

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.

This course is designed to give an overview of the major counseling theories that have influenced and are still utilized in the counseling field today, introduce students to the dynamics of behavioral change, explore counseling processes in a multicultural society, and discover the importance of relationships as applied to individuals, couples, families, and groups. The concept of consultation as a proactive means in the field of counseling is also discussed and practiced.

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

This course is designed to provide students with theoretical understanding and training in group counseling. Included will be an application of various counseling theories to group process as well as the theories unique to a variety of group interventions. Group work as a counseling specialty will be emphasized and the application of group interventions in a variety of clinical and education settings will be detailed. Included will be participation in an experiential process group led by PhD students with experience in group counseling.

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

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 3 sem. hrs.
OF SCHOOL COUNSELING
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 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 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.

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 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 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.

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

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

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

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 710 **INTERNSHIP IN COUNSELING** **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. Two semesters required.

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