

Clinical Mental Health Counseling (CMHC)

CMHC 6000. ACA Ethics and Professional Orientation. (3 Credits)

Prerequisite(s): Admission to Clinical Mental Health Counseling, M.S. program

Explores the roles and functions of a professional counselor and the ethical standards that govern the profession. Provides a foundation for the ethical practice of professional Counseling. Introduces students to the history of the Counseling profession as well as professional roles (practitioner, supervisor, educator, etc.) and professional organizations. Examines and applies the American Counseling Association (ACA) Code of Ethics (and ethical standards of its divisions) to a variety of ethical and legal situations using a variety of ethical decision-making models.

CMHC 6010. Theories of Counseling. (3 Credits)

Prerequisite(s): Admission to Clinical Mental Health Counseling, M.S. program or Master of Education in School Counseling, M.S. program

Introduces basic Counseling and psychotherapeutic theories and associated techniques. Provides a survey of models and theories consistent with current research (evidenced-based) and practice in the Counseling profession. Analyzes approaches including psychoanalytic, individual psychology, person-centered, existential, cognitive-behavioral, Gestalt, family systems, and postmodern theories. Examines the influence of sociocultural and historical factors on the development of Counseling theories.

CMHC 6020. Techniques of Counseling. (3 Credits)

Prerequisite(s): Admission to Clinical Mental Health Counseling, M.S. program or Master of Education School Counseling, M.S. program

Analyzes the theoretical approaches to Counseling which have been demonstrated to be culturally-relevant and conceptually inclusive of multiple theories and techniques: Advanced Cognitive Behavioral Therapy techniques will be emphasized (other techniques will also be explored). Emphasizes selected readings, academic discussion and clinical application. Requires critical thinking and active participation. Applies theoretical information towards a goal of case conceptualizations as a precursor to effective treatment planning.

CMHC 6030. DSM Diagnostics. (4 Credits)

Prerequisite(s): Admission to Clinical Mental Health Counseling, M.S. program

Provides an overview of the major disorders in the current edition of the DSM. Examines a range of mental disorders from adjustment disorders to serious psychopathologies, and includes an overview of the etiology, developmental course, multiaxial diagnosis, treatment planning, and policy/advocacy issues associated with various disorders to address socially responsible practice. Addresses biological, environmental, cultural, intrapersonal, and interpersonal risk and protective factors, along with the sociocultural and theoretical critiques of limitations of diagnosis and the DSM.

CMHC 6040. Professional Orientation. (3 Credits)

Prerequisite(s): Admission to Clinical Mental Health Counseling, M.S. program

Provides a detailed exploration of the field of mental health counseling. Offers inquiry into the nature of the profession, including the professional organization and why many professionals join them. Describes the usual career trajectories of mental health counselors across various disciplines. Requires student development of a career plan and specialization-appropriate resume. Orients students to the requirements for their internship and practica.

CMHC 6050. Career Counseling. (3 Credits)

Prerequisite(s): CMHC 6000, CMHC 6010, CMHC 6020, CMHC 6030, and Admission to Clinical Mental Health Counseling, M.S. program

Introduces students to the concepts of career development. Presents the philosophical and historical foundations of career Counseling. Applies career Counseling theory to practice. Includes career Counseling technique, career assessment, career exploration, job market strategies, examination of workplace issues, and lifestyle and wellness concepts.

CMHC 6060. Psychological Assessment. (3 Credits)

Prerequisite(s): CMHC 6010, CMHC 6020, and Admission to Clinical Mental Health Counseling, M.S. program or Master of Education in School Counseling, M.S. program.

Provides an introductory overview of assessment methods, instrumentation, and basic principles of measurement. Reviews techniques for assessing intellectual ability, aptitude/ achievement, psychopathology, emotion, and personality. Includes clinical assessment, communicating results, multicultural considerations, and ethical/ legal issues. Orients students to common instruments used in educational and clinical settings, common selection procedures, measurement methods, administration, scoring, and interpretation.

CMHC 6070. Group Counseling. (3 Credits)

Prerequisite(s): CMHC 6010, CMHC 6020, and Admission to Clinical Mental Health Counseling, M.S. program or Master of Education in School Counseling, M.S. program

Provides an introduction to many of the important challenges facing group leaders and group members in contemporary society. Discusses ethical guidelines particular to group work. Exposes students to how common Counseling theories can be applied in group settings. Provides an understanding of group developmental stages and processes, and how these dynamics influence group growth and productivity. Emphasizes leader skill development. Includes approximately 20 hours of class time spent in a laboratory experience wherein each student is provided the opportunity to function in a group.

CMHC 6080. Eastern Counseling Approaches. (3 Credits)

Prerequisite(s): CMHC 6000, CMHC 6010, CMHC 6020, CMHC 6030, and Admission to Clinical Mental Health Counseling, M.S. program

Explores the new trends in the field of counseling around mindfulness and meditation interventions. Discusses the history and background of each approach embedding them in their original frame. Facilitates critique of utilizing techniques divorced from original intent. Practices the intended form of these modes of being. Encourages model and psychotherapeutic interventions expanding the usual analytic frame.

CMHC 6090. Psychopharmacology. (3 Credits)

Prerequisite(s): CMHC 6000, CMHC 6010, CMHC 6020, CMHC 6030, and Admission to Clinical Mental Health Counseling, M.S. program

Explores the principles of psychopharmacology from a practitioner-oriented frame. Introduces the basic principles and concepts behind the types and purposes of various psychoactive substances. Provides neurochemical and biological models appropriate to non-physicians. Presents the mechanisms of action and the relationships between various drugs in the mental health field.

CMHC 6100. Crisis Management. (3 Credits)

Prerequisite(s): CMHC 6000, CMHC 6010, CMHC 6020, CMHC 6030, and Admission to Clinical Mental Health Counseling, M.S. program

Provides an overview of the types of crises mental health practitioners may involve themselves with, including natural disasters, terrorism, crime, suicide, and homicide. Discusses the research on responses to these types of traumas and some of the mental health conditions that may arise due to such experiences. Provides models of treatment for acute and chronic crises, including both systemic and organizational interventions as well as individual psychotherapeutic interventions.

CMHC 6110. Research Methods. (3 Credits)

Prerequisite(s): CMHC 6000, CMHC 6010, CMHC 6020, CMHC 6030, and Admission to Clinical Mental Health Counseling, M.S. program

Provides a conceptual understanding of research design and application. Offers an overview of research principles and methodology including qualitative and quantitative approaches and analysis. Enables students to become better, more critical consumers of research projects, methods, and designs. Prepares students to apply relevant research to their clinical practice.

CMHC 6120. Addiction Counseling. (3 Credits)

Prerequisite(s): CMHC 6010, CMHC 6020, and Admission to Clinical Mental Health Counseling, M.S. program or Master of Education-School Counseling Emphasis program

Introduces relevant theory, research, and practice associated with substance abuse and addictions Counseling. Presents a blend of didactic and practical elements to increase student knowledge of fundamental concepts while providing opportunities to experiment with approaches to working with clients presenting with substance abuse and /or addictions concerns. Explores topics that include pharmacological issues and terminology, models of addiction, theories on etiology, diagnosis and assessment, and evidence-based treatment strategies. Requires students to practice the introductory concepts of Motivational Interviewing in a practicum element that will accompany lectures, group discussion, case studies, and demonstrations over the course of the semester.

CMHC 6130. Multicultural Counseling. (3 Credits)

Prerequisite(s): CMHC 6000, CMHC 6010, CMHC 6020, CMHC 6030, and Admission to Clinical Mental Health Counseling, M.S. program

Exposes students to various cultures and the methods, values, and beliefs that organize family life and human development. Utilizes the oppression model to examine how the intersections of race, class, culture, gender, ethnicity, and sexuality shape and affect the lives of individuals and families and the therapeutic process itself. Explores intervention practices, social advocacy models, and resistance strategies.

CMHC 6140. Program Evaluation. (3 Credits)

Prerequisite(s): CMHC 6010, CMHC 6020, and Admission to Clinical Mental Health Counseling, M.S. program or Master of Education-School Counseling Emphasis program

Introduces research methods and program evaluation as it pertains to the field of professional Counseling. Explores major research designs including both quantitative and qualitative methods. Discusses research procedures, such data collection, sampling, and data analysis, and issues related to validity, reliability, and limitations of different approaches. Examines the history and development of program evaluation and provides an introduction to needs assessment in regard to program development, data collection methodology, and data analysis. Reviews ethical and culturally relevant strategies for interpreting and reporting the results of research and program evaluation studies.

CMHC 6150. Cognitive Therapies. (3 Credits)

Prerequisite(s): CMHC 6000, CMHC 6010, CMHC 6020, CMHC 6030, and Admission to Clinical Mental Health Counseling, M.S. program

Explores the principles of cognitive-behavioral theory, conceptualization, and psychotherapy techniques. Provides a framework for assessing and treating child and adult clinical problems from the perspective of cognitive-behavioral treatment approaches that have been empirically supported. Presents several assessment strategies including behavioral observation, self-report, self-monitoring, and structured interviews and rating scales. Stresses the important link between assessment and treatment planning, and evaluating treatment outcome. Explores the advantages and disadvantages of techniques discussed within a developmental framework. Emphasizes the assessment of anxiety, depression, addictive behaviors, social skills, and marital dysfunction.

CMHC 6160. Human Development. (3 Credits)

Prerequisite(s): CMHC 6010, CMHC 6020, and Admission to Clinical Mental Health Counseling, M.S. program or Master of Education in School Counseling, M.S. program

Presents an overview of various models and theories in the discussion of the characteristics, developmental needs, and tasks at different stages of a person's life cycle. Discusses the impact of social, cultural, biological, and psychological factors on prenatal life, childhood, adolescence, adulthood, and aging. Explores the psychosocial development, cognitive functioning, life transitions, coping and adaptation, work and retirement, bereavement, and related issues in a person's life cycle in relation to students' work as counselors.

CMHC 671R. Practicum. (3 Credits)

Prerequisite(s): CMHC 6000, CMHC 6010, CMHC 6020, CMHC 6030, and Admission to Clinical Mental Health Counseling, M.S. program

Provides a forum for students to attain supervised clinical experience in which the students develop basic Counseling skills and integrate professional knowledge. Requires students to complete 100 hours of field training in a clinical mental health setting, including attaining 40 direct hours through both individual and group Counseling. Provides students with individual supervision by faculty and group supervision in seminar which is designed to be responsive to students' practicum experiences and concerns for their clients and sites. Evaluates students' ability to apply Counseling theories and techniques assessment and diagnostic information, clients' characteristics in case conceptualization, and treatment planning. Provides peer support and consultation. Must be taken twice to complete requirements. May be repeated for a maximum of 12 credits toward graduation to complete clinical hours.

CMHC 689R. Internship. (1-3 Credits)

Prerequisite(s): CMHC 671R taken until 300 practicum hours completed and Admission to Clinical Mental Health Counseling, M.S. program

Provides a forum for students to attain clinical experience in which they develop more advanced counseling skills and integrate course knowledge into their work. Requires that this course is repeated until students complete direct and indirect clinical hours as required by DOPL and the CMHC accrediting body. Requires attendance to a one hour per week course group supervision, in addition to the individual and group supervision provided at their internship site. Assists student practice of their clinical skills particularly case conceptualization, treatment planning, and treatment implementation. Allows flexibility for student scheduling, but is typically a 3 credit course. May be repeated for a maximum of 12 credits toward graduation.