

# MENTAL HEALTH COUNSELING (COUN)

---

## **COUN 501 — Theories of Counseling**

This course introduces students to the major counseling theories and related therapeutic practices that have had significant influence on the counseling profession. Emphasis is placed on practical applications of each theory as well as the theory's historical development. To assist students in understanding how theories are applied in practice, the course will integrate lectures, videos, and case-based discussions. This course was designed to meet the NBCC content requirements for Helping Relationships in Counseling.

3 credits

Hybrid, In-Person

## **COUN 503 — Psychodiagnosis & Psychopharmacology**

This course consists of an advanced study of abnormal human behavior. It covers the etiology, symptomatology, incidence, assessment, treatment, and prognosis of the major psychological disorders. Current theoretical approaches and research findings relevant to the etiology and treatment of these disorders including an introduction to psychopharmacology are presented.

3 credits

In-Person

## **COUN 504 — Group Therapy**

Through didactic and experiential learning activities, this course enables students to explore the principles of group dynamics; historical and theoretical foundations of group work in community mental health; ethical, legal, and professional issues; techniques and methods of group leadership and development; multicultural issues relevant to group work; and students' own interpersonal styles of behavior. The course also focuses on the identification of the implicit and explicit role functions of the group members and the group leader. The recognition and awareness of one's own behavior with multiple feedback sources is of primary concern. Prerequisites: COUN 501, COUN 503, COUN 505, COUN 506, COUN 507, COUN 508, COUN 509, COUN 510, COUN 552

3 credits

In-Person

## **COUN 505 — Counseling Skills**

This course introduces and provides foundational education in clinical interviewing, assessment, and counseling skills. It includes an introduction to the development of clinical hypotheses and treatment conceptualizations based on available data as well as how to use counseling skills effectively with culturally diverse clients. You will be required to explore and demonstrate counseling skills that are necessary throughout the entire process of counseling from initiating, maintaining, and terminating therapeutic relationships.

3 credits

In-Person

## **COUN 506 — Fundamentals of CBT and Suicidology**

Theoretical considerations, principles, and interventions in cognitive behavior therapy (CBT) and other empirically validated counseling procedures are covered in this course. This course is designed to provide a general introduction to basic counseling skills, suicide assessment, case conceptualization, and CBT based interventions.

3 credits

In-Person

## **COUN 507 — Social and Cultural Foundations in Counseling**

This course presents an overview of health and social problems at individual, group, institutional and societal levels. The purpose of this course is to familiarize students with the concepts and paradigms used in counseling diverse populations, create a space for critical introspection, and the development of multicultural competencies. Through personal reflection, students have the opportunity to grow personally and develop the knowledge, skills and attitudes necessary to work with culturally diverse clients. Completion of this course will provide a foundational understanding of current theories, trends, and issues in counseling special populations; relevant skills to work with diverse populations; and strategies for practicing from a social justice orientation. Students will be expected to examine their own cultural attitudes, experiences, influences, and biases in a safe learning environment.

3 credits

In-Person

## **COUN 508 — Lifespan Development**

This course consists of a comprehensive survey of the theory and research concerning the physical, cognitive, emotional, behavioral and social aspects of development. Across the lifespan, this course focuses on personal development, family development, and systemic issues from a counseling perspective. It covers the study of the psychology of the growing person from conception through the elder years

3 credits

In-Person

## **COUN 509 — Tests and Measurements**

This course covers the tests and measurement tools used in contemporary counseling, with special emphasis on intellectual and personality variables. Critical concepts and strategies in testing including standardization, reliability, validity and test selection are discussed.

3 credits

In-Person

## **COUN 510 — Professional, Legal, & Ethical Issues in Counseling**

The professional and ethical issues confronting the counseling profession in mental health are the focus of this course. It emphasizes appropriate management of common legal and ethical dilemmas encountered in clinical practice. Additionally, this course introduces a space for counselors-in-training to begin a foundation for professional development through self-awareness, advocacy, and involvement in professional organizations.

3 credits

In-Person

## **COUN 512 — Intro to Marriage & Family Counseling**

This course familiarizes students with various theories of marriage and family therapy, including the historical context of each. Approaches include narrative, psychoeducation, structural, strategic, intergenerational, cognitive-behavioral, and psychodynamic models. Case studies, critical discussions, role plays and video tapes of master counselors are used to deepen students' understanding of the different counselors' models.

3 credits

In-Person

**COUN 513 — Working with Children and Adolescents**

This course provides specialized knowledge and skills training in counseling children and adolescents. Students will learn to assess behavior and incorporate developmentally, ethnically, legally, and gender appropriate strategies and techniques to meet the needs of counseling children and adolescents.

3 credits

In-Person

**COUN 515 — Crisis & Trauma Counseling**

Studies estimate that between 51 and 98% of clients accessing community mental health treatment have trauma histories. More than just PTSD, trauma is a complex disorder requiring assessment of clients' thoughts, feelings, and behaviors, as well as their ability to regulate their own physiologic, emotional, and social environments. This class explores how trauma impacts not only one's cognitive and emotional processing, but also dysregulates one's neurophysiology, and discusses evidence-based assessments and interventions that counselors can use to help alleviate the negative impact of trauma with their clients.

3 credits

OnLine

**COUN 515A — Crisis & Trauma Counseling I**

Studies estimate that between 51 and 98% of clients accessing community mental health treatment have trauma histories. More than just PTSD, trauma is a complex disorder requiring assessment of clients' thoughts, feelings, and behaviors, as well as their ability to regulate their own physiologic, emotional, and social environments. This class explores how trauma impacts not only one's cognitive and emotional processing, but also dysregulates one's neurophysiology, and discusses evidence-based assessments and interventions that counselors can use to help alleviate the negative impact of trauma with their clients. This is part of a three-course sequence, each one credit.

1 credits

OnLine

**COUN 515B — Crisis & Trauma Counseling II**

Studies estimate that between 51 and 98% of clients accessing community mental health treatment have trauma histories. More than just PTSD, trauma is a complex disorder requiring assessment of clients' thoughts, feelings, and behaviors, as well as their ability to regulate their own physiologic, emotional, and social environments. This class explores how trauma impacts not only one's cognitive and emotional processing, but also dysregulates one's neurophysiology, and discusses evidence-based assessments and interventions that counselors can use to help alleviate the negative impact of trauma with their clients. This is part of a three-course sequence, each one credit.

1 credits

OnLine

**COUN 515C — Crisis & Trauma Counseling III**

Studies estimate that between 51 and 98% of clients accessing community mental health treatment have trauma histories. More than just PTSD, trauma is a complex disorder requiring assessment of clients' thoughts, feelings, and behaviors, as well as their ability to regulate their own physiologic, emotional, and social environments. This class explores how trauma impacts not only one's cognitive and emotional processing, but also dysregulates one's neurophysiology, and discusses evidence-based assessments and interventions that counselors can use to help alleviate the negative impact of trauma with their clients. This is part of a three-course sequence, each one credit.

1 credits

OnLine

**COUN 517 — Dialectical Behavior Therapy**

Through engaging didactic and experiential learning activities, this course enables students to master the clinical application of Dialectical Behavior Therapy (DBT) skills. Students will gain in-depth knowledge of the four DBT Skills modules of Mindfulness, Emotion Regulation, Interpersonal Skills and Distress Tolerance to treat suicidal and difficult to treat clients. Students will watch and engage in role plays, review case examples, and actively practice skills learned in class. Lastly, Students will collaborate with their peers and get feedback on how to approach the unique challenges of implementing DBT skills with difficult-to-treat clients.

3 credits

In-Person

**COUN 518 — Integrated Behavioral Health in Primary Care**

This course provides an overview of the pertinent skills and knowledge necessary for clinical practice in integrated primary care settings. Emphasis will be placed on the context of primary care in the healthcare system, the Primary Care Behavioral Health (PCBH) model of behavioral health integration, behavioral medicine approaches for chronic disease management, and targeted, empirically supported interventions from a single session therapy mindset.

3 credits

**Prerequisites:** COUN 509

In-Person

**COUN 519 — ACT in Behavior Medicine**

This course introduces the student to Acceptance and Commitment Therapy (and related practices such as Compassion Focused Therapy (CFT), Functional Analytic Psychotherapy (FAP), and Relational Frame Theory (RFT)), and its application to behavioral medicine. Applications within behavioral medicine include disease prevention, health promotion, symptom management, and disease management, particularly where medical methods provide incomplete solutions, such as with chronic health conditions.

3 credits

In-Person

**COUN 520 — Assessing and Treating Addiction**

The course presents a broad discussion of both traditional empirically validated methods for assessing substance use disorders and effectively treating those disorders. Particular emphasis is placed on behavioral and cognitive behavioral counseling approaches.

3 credits

OnLine

**COUN 521 — Biopsychosocial Basis of Addiction**

This course presents an overview of the biopsychosocial theories of addiction, with a specific emphasis on integrating these theories into the counseling process. Neurobiological, cognitive-behavior, psychodynamic and traditional 12-step processes will be covered.

3 credits

In-Person

**COUN 523 — Advanced Interventions in Addiction Counseling**

This course presents both theory and practice of motivational interviewing and mindfulness therapy as well as other empirically validated treatments for addicted clients. Throughout the use of lecture, demonstration and role-plays, students learn how to effectively utilize these counseling techniques in their addiction practice.

3 credits

In-Person

**COUN 526 — Psychotherapeutic Aspects of Human Sexuality**

This course provides information, attitudinal training, and counseling experience for graduate students in the area of human sexuality. It will be a counseling course dealing with basic concepts of human sexual and affectional development as well as the bio-psycho-sexual dynamics influencing sexual behavior throughout the life cycle for diverse groups of people. There is a focus on sex related issues, disorders, and problem behaviors along with appropriate therapeutic treatment. Issues related to sexuality and relationships in counseling are also covered. This course is a balance of examining one's own personal sexual values and how they affect the counseling relationship, along with didactic information about human sexuality.

3 credits

In-Person

**COUN 527 — Advanced Issues in Clinical Mental Health Counseling**

This course focuses on the application of the current issues associated with clinical mental health counseling, including community-based interventions, the continuum of care, consultation, supervision, licensure, and interprofessional collaboration. Emphasis is placed on the knowledge and skills necessary for advanced case conceptualization and treatment planning, professional development and advancement, systemic issues, and practice management issues. Exploration of current implications in clinical mental health counseling in various domains, such as clinical, administrative, financial, ethical, legal, and cultural, will occur.

3 credits

In-Person

**COUN 527A — Advanced Issues in Clinical Mental Health Counseling I**

This course focuses on the application of the current issues associated with clinical mental health counseling, including community-based interventions, the continuum of care, consultation, supervision, licensure, and interprofessional collaboration. Emphasis is placed on the knowledge and skills necessary for advanced case conceptualization and treatment planning, professional development and advancement, systemic issues, and practice management issues. Exploration of current implications in clinical mental health counseling in various domains, such as clinical, administrative, financial, ethical, legal, and cultural, will occur. This is part of a three-course sequence, each one credit.

1 credits

In-Person

**COUN 527B — Advanced Issues in Clinical Mental Health Counseling II**

This course focuses on the application of the current issues associated with clinical mental health counseling, including community-based interventions, the continuum of care, consultation, supervision, licensure, and interprofessional collaboration. Emphasis is placed on the knowledge and skills necessary for advanced case conceptualization and treatment planning, professional development and advancement, systemic issues, and practice management issues. Exploration of current implications in clinical mental health counseling in various domains, such as clinical, administrative, financial, ethical, legal, and cultural, will occur. This is part of a three-course sequence, each one credit.

1 credits

In-Person

**COUN 527C — Advanced Issues in Clinical Mental Health Counseling III**

This course focuses on the application of the current issues associated with clinical mental health counseling, including community-based interventions, the continuum of care, consultation, supervision, licensure, and interprofessional collaboration. Emphasis is placed on the knowledge and skills necessary for advanced case conceptualization and treatment planning, professional development and advancement, systemic issues, and practice management issues. Exploration of current implications in clinical mental health counseling in various domains, such as clinical, administrative, financial, ethical, legal, and cultural, will occur. This is part of a three-course sequence, each one credit.

1 credits

In-Person

**COUN 528 — Advanced Marriage and Family Counseling**

This course covers advanced skills in marriage, couple, and family counseling. Students apply marriage and family theory and skills acquired throughout the program and allows them to gain a deeper understanding of working with diverse families.

3 credits

In-Person

**COUN 552 — Research Methods, Statistics, & Program Evaluation**

Statistical analysis and research design in counseling are covered, including sampling, measurement, hypothesis development and testing, and interpretation of results. This course is designed to teach program evaluation and research methods in counseling while providing the student with a hands-on approach to collecting and analyzing data.

3 credits

In-Person

**COUN 561 — Practicum Seminar**

This course is designed to develop students' counseling skills through a 100 hour field experience that includes at least 40 client contact hours. This course involves supervised application of counseling and therapy processes with clients. Students participate in weekly small group and individual supervision experiences. Prerequisites: COUN 503, COUN 505, COUN 506, COUN 510

3 credits

In-Person

**COUN 562 — Internship I**

A year-long sequence of applied clinical work will promote the development of counseling skills and the integration of theory with real-world experience. In addition, there is intensive supervision, skill development exercises, and literature reviews tailored to the student's experiences provided in a weekly seminar. This course sequence is required for students' who major in: Counseling and Clinical Health Psychology, Mental Health Counseling, and Mental Health Counseling with a concentration in Addiction and Offenders. Prerequisites:

COUN 503, COUN 504, COUN 505, COUN 506, COUN 510, COUN 561

3 credits

In-Person

**COUN 563 — Internship II**

A year-long sequence of applied clinical work will promote the development of counseling skills and the integration of theory with real-world experience. In addition, there is intensive supervision, skill development exercises, and literature reviews tailored to the student's experiences provided in a weekly seminar. This course sequence is required for students' who major in: Counseling and Clinical Health Psychology, Mental Health Counseling, and Mental Health Counseling with a concentration in Addiction and Offenders. Prerequisites: COUN 503, COUN 504, COUN 505, COUN 506, COUN 510, COUN 561, COUN 562

3 credits

In-Person

**COUN 565 — Capstone Advocacy Project**

An integral part of being a counselor is advocating for clients, populations, and/or the profession. Therefore, PCOM has established an advocacy project requirement for all students. This advocacy project is concentration specific and requires students to actively engage in a project aimed at advocating for clients, populations, or the profession. Students begin working on their advocacy project idea during their first term in the COUN 510, Professional, Legal, and Ethical Issues course. Students then work with their advisor on their advocacy project and present their advocacy project during the Spring term prior to them graduating. Please see appropriate rubric for details.

0 credits

In-Person

**COUN 571 — Career and Vocational Counseling**

This online course provides an understanding of career development, theories, decision-making models and related life factors. Students are also introduced to career counseling processes, techniques, and resources.

3 credits

OnLine

**COUN 575 — Advanced Cognitive Behavior Therapy**

This course focuses on the theoretical, historical, philosophical and technical bases of cognitive behavior therapy. Specific treatments for various psychological disorders will be reviewed, and clinical skills will be developed through the discussion of case presentations. This course is a year-long course that is registered in the Fall.

3 credits

Hybrid

**COUN 585 — Internship III**

A year-long sequence of applied clinical work will promote the development of counseling skills and the integration of theory with real-world experience. In addition, there is intensive supervision, skill development exercises, and literature reviews tailored to the student's experiences provided in a weekly seminar. This course sequence is required for students' who major in: Counseling and Clinical Health Psychology, Mental Health Counseling, and Mental Health Counseling with a concentration in Addiction and Offenders. Prerequisites: COUN 503, COUN 504, COUN 505, COUN 506, COUN 510, COUN 561, COUN 562, COUN 563

3 credits

In-Person

**COUN 590 — Objective Comprehensive Exam**

There are three parts to the comprehensive exam in the program. Students register for the objective comprehensive exam in the term in which they take the exam.

0 credits

**COUN 591 — Case Conceptualization Comprehensive Exam**

There are three parts to the comprehensive exam in the program. Students register for the case conceptualization comprehensive exam in the term in which they take the exam.

0 credits

**COUN 593 — Comprehensive Exam (Standardized Patient Video)**

There are three parts to the comprehensive exam in the program. Students register for the STEPPS VI comprehensive exam in the term in which they take the exam.

0 credits

**COUN 599 — Advanced Standing**