

Master of Arts in Clinical Mental Health Counseling Courses

Course	Title	Hrs.
COUN 5211	Professional Orientation to Counseling	3
COUN 5212	Ethics and Ethical Practice in Counseling	3
COUN 5213	Theories and Techniques in Counseling	3
COUN 5221	Counseling Skills	3
COUN 5231	Spirituality and Religion in Counseling	3
COUN 5214	Counseling Across the Lifespan	3
COUN 5215	Multicultural Counseling	3
COUN 5222	Mental Health Diagnosis and Treatment	3
COUN 5241	Career Counseling	3
COUN 5216	Assessment in Counseling	3
COUN 5223	Group Counseling	3
COUN 5217	Research Methods in Counseling	3
COUN 5251	Crisis Intervention/Crisis Counseling	3
COUN 5261	Substance Abuse Counseling	3
COUN 5271 COUN 5281	Child and Adolescent Counseling OR Marriage and Family Counseling	3
COUN 6221	Counseling Practicum	3
COUN 6222	Counseling Internship I	6
COUN 6223	Counseling Internship II	6
Total		*60

***Students receive a schedule for their entire program. Students normally take two 15-week courses and one 8-week course each semester. Students take practicum and internships individually in the last three semesters. If students follow the schedule, they will be finished in 8 terms, or 2.66 years.**

Clinical Mental Health Counseling (COUN)

COUN 5211 Professional Orientation to Counseling

This course will be an introductory exploration of the history of counseling as a profession as well as current trends in the practice of clinical mental health counseling. Students will begin to explore the various settings in which counseling can take place and the specialties within the profession, in addition to professional counseling licensure and credentialing. Additional topics covered in this course in an introductory way include counselor self-care, consultation, professional counseling organizations, advocacy, ethics, and multicultural competency. (3 credit, 15 weeks)

COUN 5212 Ethics And Ethical Practice in Counseling

This course will examine ethical standards and ethical decision making for the practice of counseling. Applicable codes of ethics will be examined and case studies will be used to challenge students to think critically about ethics and ethical decision-making. Ethical issues in individual, group, family, and couples counseling will be covered, as well as multicultural considerations. The course will also address confidentiality, informed consent, boundaries, multiple relationships, supervision, and consultation within an ethical framework. (3 credits, 8 weeks online)

COUN 5213 Theories and Techniques in Counseling

This course will provide an overview of counseling theories and related techniques including psychoanalytic, gestalt, behavioral, cognitive, reality, existential, Adlerian, family systems, feminist, and postmodern therapies. Students will have the opportunity to role-play and demonstrate beginning skills for counseling through videotaped role-play sessions with classmates. (3 credits, 15 weeks)

COUN 5221 Counseling Skills

This course will provide students an opportunity to continue to develop counseling microskills as well as foundational skills in interviewing in the helping professions. Students will videotape role-played sessions and participate in peer review as well as review with course instructor. (3 credits, 15 weeks)

COUN 5231 Spirituality and Religion in Counseling

This course will examine the role of spirituality and religious beliefs in the counseling relationship and process. Students will explore how different religious traditions that clients may participate in could influence the counseling process as well as examine their own religious and spiritual foundations for their counseling theory and practice. Ethical standards will be discussed. (3 credits, 8 weeks online)

COUN 5214 Counseling across the Lifespan

This course will provide an overview of human development across the lifespan, from birth until death and explore critical considerations for counseling individuals across these stages of development. (3 credits, 15 weeks)

COUN 5215 Multicultural Counseling

This course will provide students an opportunity to begin to develop skills for multicultural competency when providing counseling services to clients of diverse backgrounds. Multicultural competencies will be reviewed and students will explore their own identity as a cultural being. (3 credits, 15 weeks)

COUN 5222 Mental Health Diagnosis and Treatment

This course will provide students an overview of clinical diagnoses according to the current Diagnostic Statistical Manual (DSM V). Diagnosis criteria will be reviewed and current best practice treatment options will be reviewed. Case studies will be utilized to provide students opportunities to practice diagnostic skills. Treatment planning in counseling will also be discussed (3 credits, 15 weeks)

COUN 5241 Career Counseling

This course will provide an introductory exploration of career development across the lifespan, career-counseling theories, assessments relevant to career counseling, and occupational information sources. The course will allow students opportunity to role-play, consider case studies, and create a career intervention for a chosen population. (3 credits, 8 weeks online)

COUN 5216 Assessment in Counseling

This course will provide an overview of assessment methods and tools used in counseling, including intakes as well as standardized assessments. Ethical standards for the use of assessments in counseling will be reviewed. Students will experience taking an assessment as well as provide a critical review of assessments. (3 credits, 15 weeks)

COUN 5223 Group Counseling

This course will provide an overview of theory and principles of effective group work provide students an opportunity to develop skills in using group techniques, and plan activities for groups. Students will participate in a group experience during this course. Ethical standards for group counseling will be reviewed. (3 credits, 15 weeks)

COUN 5217 Research Methods in Counseling

This course will provide an overview of qualitative and quantitative research methodology and techniques and discuss the role of research in counseling. Ethical standards for conducting research will be discussed. Students will develop the ability to read and critically evaluate counseling literature as well as develop a research prospectus. (3 credits, 15 weeks)

COUN 5251 Crisis Intervention/Crisis Counseling

This course will provide students with an overview of counseling skills for working in crisis and trauma situations as well as crisis

intervention theory. Students will review case studies and create a crisis resource for a client population or counseling setting of interest. (3 credits, 8 weeks online)

COUN 5261 Substance Abuse Counseling

This course will provide an overview of the nature of substance use, abuse, and dependency. Education, prevention, treatment, and recovery will be addressed. (3 credits, 15 weeks)

COUN 5271 Child and Adolescent Counseling

This course will examine the developmental, cultural, relational, and social concepts related to working with children and adolescents in a variety of settings. (3 credits, 8 weeks)

COUN 5281 Marriage and Family Counseling

This course will examine the developmental, cultural, relational, and social concepts related to working with couples, marriages and families. It will investigate the system approaches to counseling. (3 credits, 8 weeks)

COUN 6221 Counseling Practicum

This is an experiential course and requires students to complete a minimum of 100 hours of clinical counseling practice, under supervision, at an approved site. Students will provide counseling services as well as continue to learn skills in intake, assessment, counseling, and consultation. Students will participate in weekly individual as well as group supervision. *Pre-requisites: Permission of program director.* (3 credits, 15 weeks)

COUN 6222 Counseling Internship I

This is an experiential course and requires students to complete a minimum of 300 hours of clinical counseling practice, under supervision, at an approved site. Students will provide counseling services as well as continue to learn skills in intake, assessment, counseling, and consultation. Students will also begin to complete paperwork required for licensure as an LPC-A (Licensed Professional Counselor Associate) in NC. Students will participate in weekly individual supervision as well as group supervision. *Pre-requisites: CN 675; permission of program director.* (6 credits, 15 weeks)

COUN 6223 Counseling Internship II

This is an experiential course and requires students to complete a minimum of 300 hours of clinical counseling practice, under supervision, at an approved site. Students will provide counseling services as well as continue to learn skills in intake, assessment, counseling, and consultation. Students will also begin to complete paperwork required for licensure as an LPC-A (Licensed Professional Counselor Associate) in NC. Students will participate in weekly individual supervision as well as group supervision. *Pre-requisites: COUN 6222; permission of program director.* (6 credits, 15 weeks)