

# MASTER OF ARTS IN CLINICAL MENTAL HEALTH COUNSELING

## Required Major Courses

Title	Credits	Weeks
COU-503.....Introduction to Counseling and Professional Development .....	3 .....	15
COU-502 .....Counseling Ethics and Issues.....	3 .....	15
COU-501.....Counseling Theories .....	3 .....	15
COU-521.....Foundations of Marriage and Family Counseling .....	3 .....	15
COU-525.....Social and Cultural Foundations in Counseling .....	3 .....	15
COU-602.....Clinical Assessments.....	3 .....	15
COU-610.....Counseling Techniques .....	3 .....	15
COU-611.....Career Development .....	3 .....	15
COU-612.....Group Techniques.....	3 .....	15
COU-643.....Trauma Informed Advocacy and Crisis Intervention .....	3 .....	15
COU-653.....Addictions Counseling: Treatment and Intervention.....	3 .....	15
COU-661.....Psychopathology and Diagnosis .....	3 .....	15
COU-662.....Human Growth and Development .....	3 .....	15
COU-672.....Treatment of Mental and Emotional Disorders .....	3 .....	15
COU-675.....Technology-Assisted Counseling.....	1 .....	7
COU-680.....Psychopharmacology and Neuroscience in Counseling .....	2 .....	7
COU-700.....Research Methodology .....	3 .....	15
COU-782.....Practicum: Counseling Field Experience.....	3 .....	15
COU-784.....Internship I: Counseling Field Experience.....	3 .....	15
COU-785.....Internship II: Counseling Field Experience .....	3 .....	15
Core Courses .....	57 .....	284
Counseling Elective Course .....	3 .....	15
Total.....	60 .....	299

### Counseling Elective (Choose one)

COU-520.....Child and Adolescent Counseling .....	3 .....	15
COU-720.....Advanced Marriage and Couples Therapy: Assessment, Skills, & Practice.....	3 .....	15
COU-730.....Advanced Family Therapy: Assessment, Skills, & Practice .....	3 .....	15
COU-642.....Sociology of Trauma .....	3 .....	15
COU-652.....Sociology of Addictions .....	3 .....	15
COU-651.....Clinical Diagnosis Assessment of Addictions .....	3 .....	15

**Marriage and Family Therapy Emphasis** (optional; allows for Dual Licensure in Michigan)

COU-520.....Child and Adolescent Counseling .....	3 .....	15
COU-720.....Advanced Marriage and Couples Therapy: Assessment, Skills, & Practice....	3 .....	15
COU-730.....Advanced Family Therapy: Assessment, Skills, & Practice .....	3 .....	15
COU-788.....Internship III: Counseling Field Experience .....	3 .....	15
COU-789.....Internship IV: Counseling Field Experience (if needed).....	3 .....	15

**Addictions Counseling Emphasis** (optional)

COU-652.....Sociology of Addictions .....	3 .....	15
COU-651.....Clinical Diagnosis Assessment of Addictions .....	3 .....	15

**Trauma Counseling Emphasis** (optional)

COU-642.....Sociology of Trauma .....	3 .....	15
COU-644.....Trauma Counseling and Recovery.....	3 .....	15

## Course Descriptions

### Counseling

**COU-503 Introduction to Counseling and Professional Development 3/15**

This course provides an introduction to counseling, professional development, and consultation. This course aids the student in developing an understanding of the essential elements of the counseling profession, including history and philosophy of counseling and systemic work; responsibilities, functions, and roles of the professional counselor; collaboration and consultation skills with other professionals, groups and organizations; theories of supervision and consultation; and various professional practice settings. Students will articulate personal model of counseling that includes the development of multicultural counseling competencies and integration of a Christian worldview.

**COU-502 Counseling Ethics and Issues 3/15**

This course is a study of the professional roles, legal requirements, and ethical codes for professional counselors. Discussions include legal and ethical problems commonly encountered within the counseling profession. Students will engage an ethical decision- making model to effectively utilize the ACA Code of Ethics (2014), AAMFT Code of Ethics (2015). This course must be taken within the first 15 credits of enrollment at Education Human Services (EHS).

**COU-501 Counseling Theories 3/15**

This course provides a history, survey, and the development of various theoretical approaches to counseling. Through study, interaction, and research of the diverse linear and systemic theoretical models, students are given the opportunity to evaluate the models and establish a personal theoretical orientation to counseling.

**COU-520 Child and Adolescent Counseling 3/15**

This course is designed to provide an understanding of the unique developmental issues of the child and adolescent years. Included are strategies, theories, and methodologies necessary to successfully counsel these important groups.

**COU-521 Foundations of Marriage and Family Counseling 3/15**

The purpose of this course is to provide historical, theoretical, conceptual, ethical, and practical foundation for counseling diverse couples and families from a systemic perspective. Students will explore a variety of theories, including a systems approach perspective to address the needs of couples and families in counseling. Students will also learn how to engage in the family assessment process to effectively treatment plan and implement therapeutic interventions to assist with promoting optimal wellness and growth with couples and families.

**COU-525 Social and Cultural Foundations in Counseling 3/15**

This course will examine substantive and theoretical constructs concerning the inherently complex dynamics involved in counseling people from diverse cultural contexts. An emphasis will be placed on expanding awareness

about diverse cultures and personal bias in the effort to enhance cultural sensitivity and diffuse potential barriers in the counseling relationship and process. Current research about specific cultural issues will be addressed, including race, ethnicity, socioeconomic class, gender, age, marital status, sexual orientation, and disability.

**COU-602 Clinical Assessments 3/15**  
This course will examine the purpose of clinical assessments in counseling and how the usage of assessments can enhance the mental health services provided to clients. Students will become familiar with statistical concepts as well as ascertain basic competency in the selection, administration, scoring, interpreting, and relaying the results generated from psychological, educational, and vocational assessments utilized in clinical practice. Students will gain the necessary skills to effectively utilize information gathered through standardized and non-standardized instruments to serve as a supportive indicator for diagnosing, intervention planning and clinical recommendations that contribute to symptom reduction, behavioral change, and client wellness.

**COU-610 Counseling Techniques 3/15**  
This course provides an exploration of counselor characteristics and behaviors that influence the counseling process. Students will explore various counseling techniques and strategies useful in the change process. Students will study specific techniques for effective risk assessment and crisis/trauma intervention.

**COU-611 Career Development 3/15**  
This course prepares the student to facilitate a client's career and personal development. Relevant career development theories, models and approaches will be explored. Students will gain competency in the use of assessment tools related to career and life decision making. Students will be charged an additional course fee for course materials.

**COU-612 Group Counseling Techniques 3/15**  
This course is designed to expose students to the theories and dynamics of group counseling. A variety of group settings and formats will be explored. Students will learn about group formation, therapeutic factors and effective group leadership techniques that impact the group process. Students will gain direct experience as a member and leader of a counseling group.

**COU-642 Sociology of Trauma 3/15**  
This course provides an in-depth exploration of the sociological aspects associated with the context of traumatic events from a local and global perspective. Extensive consideration is given to the elements that contribute to natural and human-generated disasters from a systemic theoretical construct. Various aspects of society, the existing infrastructure in an environment and culture will be studied, including barriers, challenges, resources, corruption, oppression, poverty, disease, depravity, and other factors that impact a community's ability to prevent and respond to traumatic related events.

**COU-643 Trauma Informed Advocacy and Crisis Intervention 3/15**  
This course is designed to prepare students to become aware of diverse critical incidents that are potentially traumatic, with specific attention given to how to respond and intervene in crisis situations. These circumstances can include situations with homicidal or suicidal clients, school shootings, natural disasters (such as earthquakes or fires), terrorism, war, sex/drug trafficking and other dangerous instances. The ethical guidelines and professional protocol will be emphasized for the purpose of preparing students for effective immediate response to the psychological impact of life-threatening situations from a professional counseling perspective to serve individuals, families, marriages/couples, and communities.

**COU-644 Trauma Counseling and Recovery 3/15**  
This course provides an opportunity to explore the current research about traumatology from a Christian worldview, which includes the most effective counseling theories and techniques for counseling children and adults that are recovering from traumatic events. These include instances of physical, sexual abuse and domestic violence as well as natural disasters that could cause a client to experience the symptoms of post-traumatic stress disorder or complex

trauma. There will be an emphasis on helping clients increase their capacity for emotional/ cognitive restoration, coping skills, resiliency, and ability to optimize functioning. There will also be considerable attention given to issues associated with vicarious trauma and compassion fatigue, which can promote healthy stress management for the counselor and clients that are served.

**COU-651                      Clinical Diagnostic Assessment of Addictions                      3/15**

This course will provide the clinical knowledge that is necessary to facilitate an initial intake and diagnostic orientation for the client in the counseling process. Students will learn the diagnostic skills necessary to administer a comprehensive and thorough evaluation for the purpose of determining effective treatment plans for clients who are suffering from diverse addictive and compulsive disorders. An emphasis will be placed on integrating and analyzing current research in the field of addictions counseling assessment from a Christian worldview.

**COU-652                      Sociology of Addictions                      3/15**

This course introduces sociological and systems perspectives of addictions counseling from a Christian worldview. The environmental context of the client will be considered to promote cultural competence and an awareness of the sociopolitical and economic aspects of addictions. Special attention will be devoted to expanding awareness about collaboration, consultation, case management, client education, service coordination and how to develop a referral network in the community.

**COU-653                      Addictions Counseling: Treatment and Intervention                      3/15**

This course is designed to help the student become more knowledgeable about counseling philosophy, techniques, theory, and professional/ethical standards that are most effective in counseling clients who have been diagnosed with an addictive or compulsive disorder. Current research about the most effective and practical theoretical counseling models that foster personal growth, recovery, healing, and change are studied. There will be a concentration on documentation/record keeping, crisis intervention, treatment planning and the important aspects of clinical supervision. Students will also have an opportunity to learn and critically examine how their intrapersonal awareness can enhance the counseling process.

**COU-661                      Psychopathology and Diagnosis                      3/15**

This course will examine the neurobiological and medical etiology of mental health, co-occurring and addiction disorders and normalcy across the lifespan. Students will gain experience in making efficient diagnoses using the Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR) and the International Classification of Diseases (ICD). Relevant cultural factors, differential diagnosis and evidence-based approaches will be emphasized to make appropriate diagnoses.

**COU-662                      Human Growth and Development                      3/15**

This course is designed to introduce students to a meaningful exploration of human development throughout the lifespan. Core themes from the disciplines of individual and family developmental psychology will be emphasized with consideration to a multicultural context. Special attention will be devoted to studying broad theoretical perspectives about the various aspects of optimal human development as well as factors that impede or diminish a person's ability to thrive and flourish.

**COU-672                      Treatment of Mental and Emotional Disorders                      3/15**

Students will become knowledgeable in the development of measurable client outcomes, effective treatment plans and biopsychosocial/spiritual case conceptualizations. Consideration will be given to relational, systematic, trauma-informed, and community-based strategies that impact treatment planning. Students will be exposed to classifications, indications, and contraindications of commonly prescribed psychopharmacological medications for appropriate medical referral.

**COU-675                      Technology-Assisted Counseling                      1/7**

This course is designed to inform students about telemental/telehealth counseling, ethical and legal requirements to ensure competency and best practices to serve clients. This course provides an overview of technology requirements

needed for HIPPA compliance, to ensure effective assessment competencies to manage emergency situations, and appropriateness of services with diverse individuals, relationships, and families.

**COU-680                    Psychopharmacology and Neuroscience in Counseling                    2/7**

This course is a presentation of basic neuroscience competencies, theory, research, practice issues, and the psychological and physiological implications of psychopharmacology when treating mental disorders as a non-medical professional.

**COU-700                    Research Methodology                    3/15**

This course is a presentation of the basic research designs used by counselors. The student will be introduced to quantitative, qualitative, and mixed research methodologies. The course will explore research ethics, statistical analysis, needs assessment, evidence-based practice, and program evaluation.

**COU-720                    Advanced Marriage and Couples Therapy: Assessment, Skills, and Practice                    3/15**

The study, application, and development of premarital, marital, and couple's theories, diagnosis/assessments, treatment planning, techniques, and interventions from a systemic methodology. Additional focus will include human sexuality and sex therapy, affair work, and other relevant topics when working with premarital, marital, and couples. This course is an extension of the Foundations of Marriage and Family Therapy with a focus on clinical skill development.

**COU-730                    Advanced Family Therapy: Assessment, Skills, and Practice                    3/15**

The study, application, and development of family therapy theories, diagnosis/assessments, treatment planning, techniques, and interventions from a systemic methodology. This course is an extension of the Foundations of Marriage and Family Therapy with a focus on clinical skill development.

**COU-782                    Practicum: Counseling Field Experience                    3/15**

An introductory supervised field experience that provides students the opportunity to practice clinical counseling skills in an established professional counseling setting. Students will have the opportunity to develop competencies in interviewing, clinical assessment, case conceptualization and documentation when working with individuals, couples and marital, family, and/or groups. Students' clinical counseling abilities will be evaluated by both self-assessment and supervisory assessment throughout the placement. *Prerequisites: COU-501, COU-502, COU-503, COU-525, COU-602, COU-610, COU-661 and COU-672. Registration for this course requires faculty supervisor approval and the submission of the EHS Special Enrollment Form with a signed CU Ethics Agreement and attached proof of student liability insurance.*

**COU-784                    Internship I: Counseling Field Experience                    3/15**

An extended supervised field experience that provides students the opportunity to practice clinical counseling skills in an established professional counseling setting. Students will have the opportunity to develop competencies in interviewing, clinical assessment, case conceptualization and documentation when working with individuals, couples and marital, family, and/or groups. Students' clinical counseling abilities will be evaluated by both self-assessment and supervisory assessment throughout the placement. *Prerequisites: COU-501, COU-502, COU-503, COU-525, COU-602, COU-610, COU-661, COU-672 and COU-782. Registration for this course requires faculty supervisor approval and the submission of the EHS Special Enrollment Form with attached proof of student liability insurance.*

**COU-785                    Internship II: Counseling Field Experience                    3/15**

An extended supervised field experience that provides students the opportunity to practice clinical counseling skills in an established professional counseling setting. Students will have the opportunity to develop competencies in interviewing, clinical assessment, case conceptualization and documentation when working with individuals, couples and marital, family, and/or groups. Students' clinical counseling abilities will be evaluated by both self-assessment and supervisory assessment throughout the placement. *Prerequisites: COU-501, COU-502, COU-503, COU-525, COU-602, COU-610, COU-661, COU-672, COU-782 and prior completion or simultaneous enrollment in COU-*

784. Registration for this course requires faculty supervisor approval and the submission of the EHS Special Enrollment Form with attached proof of student liability insurance.

**COU-786 Internship Completion: Counseling Field Experience 1/15**

A continued supervised field experience that provides students the opportunity to practice clinical counseling skills in an established professional counseling setting. Students will have the opportunity to develop competencies in interviewing, clinical assessment, case conceptualization and documentation when working with individuals, couples and marital, family, and/or groups. This course is intended for students who completed all course assignments for COU-784 Internship I and COU-785 Internship II but need to complete outstanding hours remaining for COU-785 Internship II. *Prerequisites: COU-784 and COU-785. Registration for this course requires faculty supervisor approval and the submission of the EHS Special Enrollment Form with attached proof of student liability insurance.*

**COU-788 Internship III: Counseling Field Experience (Marriage and Family Emphasis Only) 3/15**

An extended supervised field experience that provides students the opportunity to practice clinical counseling skills in an established professional counseling setting. Students will have the opportunity to develop competencies in interviewing, clinical assessment, case conceptualization and documentation when working with individuals, couples and marital, family, and/or groups. Students' clinical counseling abilities will be evaluated by both self-assessment and supervisory assessment throughout the placement. *Prerequisites: COU-501, COU-502, COU- 503, COU- 525, COU-602, COU-610, COU-661, COU-672, COU-782 and prior completion or simultaneous enrollment in COU-784. Registration for this course requires faculty supervisor approval and the submission of the EHS Special Enrollment Form with attached proof of student liability insurance.*

**COU-789 Internship IV: Counseling Field Experience (Marriage and Family Emphasis Only) 3/15**

An extended supervised field experience that provides students the opportunity to practice clinical counseling skills in an established professional counseling setting. Students will have the opportunity to develop competencies in interviewing, clinical assessment, case conceptualization and documentation when working with individuals, couples and marital, family, and/or groups. Students' clinical counseling abilities will be evaluated by both self-assessment and supervisory assessment throughout the placement. *Prerequisites: COU-501, COU-502, COU- 503, COU- 525, COU-602, COU-610, COU-661, COU-672, COU-782 and prior completion or simultaneous enrollment in COU-784. Registration for this course requires faculty supervisor approval and the submission of the EHS Special Enrollment Form with attached proof of student liability insurance.*

**COU-790 Advanced Topics: Counseling 3/15**

A formal class which addresses the interests of students and faculty. Courses may include current issues in counseling and other subjects which call for special analysis.

**COU-791 Independent Study: Counseling 1-3/15**

Supervised independent study for advanced students in counseling. Registration for this course requires adviser approval.