COUN - Counseling

Note that counseling courses may include self-growth experiential activities. All courses require adherence to ACA Code of Ethics (2014) and include professionalism about and confidentiality of comments made in class sessions by peers. Certain state licensure laws do not allow for courses to be completed through directed studies or electronically (online).

Certain Counseling courses will be taught only in an online format at particular campuses. Please contact your campus for a list of courses that are only offered online or occasionally offered in an online format.

COUN 5020 Foundations of Counseling: The Helping Relationship (Requisite Course) (3)
This course defines and examines the philosophic bases of counseling and the helping relationship, focusing on the foundational and theoretical concepts necessary for working with individuals, groups, children, and families in a multicultural context. Students also practice the development of basic counseling skills, professional identity, and related ethics. Students learn to define, generalize organize and critique the counseling process and profession including consultation theories, practice, and application in a multicultural society, as well as specific families, communities, and populations; related ethics and ethical decision making models; and culturally supported wellness. Self-growth experiential activities are associated with this course content.

COUN 5050 Human Growth and Development (3)
The student learns to identify, describe, and examine the nature and needs of individuals at all developmental levels and in multicultural contexts. Emphasis is placed on theories of individual and family development, life span transitions, human behavior (normal and abnormal), personality development, learning processes, wellness, related ethics, and addictions, as well as the effects of crisis, disaster, and other trauma-related events on persons of all ages. Self-growth experiential activities are associated with the content of this course.

COUN 5100 Social and Cultural Foundations of Counseling (3)
This course defines and examines the importance of understanding cultural and ethnic attributes and the impact these attributes have on relationships, professional issues and trends, and the counseling relationship. Attention is given to the influence on the counseling relationship of gender roles, ethnic groups, urban and rural societies, cultural mores, various family life patterns and personal constructs including but not limited to religion, sexual orientation, race, age, ability, gender, ethnicity, etc.; related counselor self-awareness; counselors' roles in eliminating bias and oppression; theories of multicultural development and identity formation; social advocacy for diverse populations; related ethics and ethical decision making models; and culturally supported wellness. Self-growth experiential activities are associated with this course content.

COUN 5110 Foundations of School Counseling (3)
This course will trace the development of school counseling; present contemporary roles and functions for both elementary and secondary school counselors; present emerging issues and diversity in the schools; and explore future possibilities for the profession. A large portion of this course will focus on the American School Counselor Association Model. Prerequisites: COUN 5020, COUN 5050, COUN 5200 and COUN 5800.

COUN 5140 Psychopharmacology (3)
This course provides an introduction to pharmacological agents that affect mental and emotional functions. Focus of the course will be on identification and comprehension of the effects and the actions of psychoactive drugs, including drugs used in the treatment of psychopathological disorders and drugs of abuse. Multicultural and ethical components are integrated.

COUN 5150 Psychopathology (3)
This course focuses on the identification and comprehension of the major psychological disorders as detailed in the current Diagnostic and Statistical Manual of Mental Disorders (APA). The behavioral manifestations and dynamics of mental disorders will be explored from a biopsychosocial model, focusing on therapeutic assessment and case conceptualization. Students will also learn about common pharmacological and counseling treatment strategies for the disorders covered in class. Multicultural, ethical, crisis and emergency components are integrated.

COUN 5160 Issues in Counseling (1-3)
This course is designed to provide for the definition and examination of various aspects of the counseling profession, important trends in the field of professional counseling, and focused topic areas. Course may be repeated for credit if content differs. Approval of course topic, content and syllabus by the Department Chair prior to course registration is required.

COUN 5190 Women's Issues in Mental Health (3)
This course examines various issues women face and deal with as a result of systemic, generational, socio-economic, political and cultural factors. Attention will focus on mental, emotional, spiritual, somatic, sexuality, gender identity, body image and racial/ethnic/cultural elements women present as the overwhelming majority of mental health clientele. Multicultural competence is emphasized and addressed throughout this seminar. Self-growth experiential activities are associated with this course content. This seminar is web-enhanced and follows a non-traditional format of 4 week intensive learning and immersion experiences. Please, refer to the schedule on syllabus for details. Content Areas: women's issues, professional practice, multicultural competence and mental health.

COUN 5200 Theories of Counseling (3)
This course defines and examines the application of basic theories, principles and related techniques of professional counseling. A major focus will be on the application of the theories in and methods used in counseling with consideration for multicultural and ethical contexts. A systems perspective, theories of addictions and optimal development and wellness for the life span are included.

COUN 5220 Assessment (3)
This course examines the various frameworks for assessing the functioning of individuals, couples, groups and families in an ethical framework and the use of assessment in diagnosis and treatment in a multicultural context. Attention will focus on the methods of data gathering; ethical administration and interpretation from a multicultural perspective; historical perspective of the field; related statistical concepts; and reliability and validity of various instruments. Ethnic, cultural and sex/gender factors are considered. Additional lab fees are associated with this course for the purchase of assessment tools. Self-growth experiential activities are associated with this course content.

COUN 5230 Psychodiagnostics (3)
This course is designed to help students conceptualize mental disorders and to develop diagnostic strategies utilizing standard diagnostic nomenclature and treatment strategies, including choice of therapeutic models and indications/contraindications for particular kinds of counseling. Multicultural and ethical
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components are integrated. It is highly recommended that COUN 5150 is completed prior to taking this course.

COUN 5450 Trauma, Crisis, and Emergency Relief (3)
This course addresses the impact of crises, disasters and other trauma-causing events on people. In addition, students will explore the principles of crisis intervention; appropriate use of diagnosis during a related event, theories and models of individual, group and community resilience; operation of an emergency management system within clinical mental health agencies and self-care. The study of trauma and crisis intervention and the development of related skills can be a challenging experience. Students will be required to participate in self-awareness and self-growth activities.

COUN 5540 Family Systems Theory (3)
This course defines and explores the contribution of general systems theory to the development of family therapy. The focus is on examining different family systems theories, multicultural influences and ethical components. Self-growth experiential activities are associated with this course content.

COUN 5545 Blended Family Therapy (3)
This course focuses on the application of systems theory and family theories to the issues involved in establishing high-nurturance blended families. Multicultural and ethical components are integrated. Self-growth experiential activities may be associated with the content of this course. It is highly recommended that COUN 5540 is completed prior to taking this course.

COUN 5580 Human Sexuality Theory and Sexual Counseling (3)
This course defines and examines the current models and theories of human sexuality across the lifespan. It includes the physiological, psychological, and sociocultural variables associated with sexual identity, behavior, wellness, and disorders. Students will also examine theory, skills, and self-awareness related to sexual relationship counseling including understanding issues of counseling individuals with a history of sexual abuse, sexual addiction, and/or sexual offenses.

COUN 5600 Techniques of Group Counseling (3)
This course examines and defines theoretical and experiential understandings of group theory and types of groups; group purposes, practices, development, methods, related ethics, and dynamics; and facilitative counseling skills in a multicultural society. This course involves student participation in a direct experience as a group member in a small group activity, approved by the program, for a minimum of ten clock hours over the course of one academic term. Self-growth experiential activities are associated with this course content.

COUN 5610 Techniques of Counseling (3)
This course emphasizes the stages of the helping relationship. Students practice basic and advanced counseling skills. Students learn to help clients identify the problem that provides the focus for counseling and implement a treatment plan. They also learn the significance of openness to supervision and self-evaluation. Multicultural and ethical components are integrated. Students practice skills during in-class role play situations. Self-growth experiential activities are associated with this course content.

COUN 5630 Addictions and Substance Abuse Counseling (3)
This course examines theory, case conceptualization, diagnoses and treatment of addictions including substance abuse, chemical dependency and process addictions. This course will also address family dynamics that may maintain or worsen addiction. A portion of the course is devoted to evaluation of the services and programs available to individuals presenting with addictions, from the point of view of the affected individuals, their families and society. Multicultural and ethical components are integrated. Self-growth experiential activities may be associated with the content of this course.

COUN 5635 Techniques of Counseling Special Populations (3)
This course focuses on the examination and application of counseling theories when working with clients from special population groups (e.g., exceptional students, dropouts, minorities, women re-entering the labor force and older persons). Ethical implications are also discussed. Self-growth experiential activities may be associated with the content of this course. Course may be repeated for credit if content differs.

COUN 5640 Couples, Marriage and Family Counseling (3)
This course examines marriage, couples and family theories and therapies, stressing the identification and application of general systems theory. The focus is on the major constructs in marriage, couples and family therapies; identification of marriage, couples and family structures and communication patterns; as well as the formulation of related treatment plans and goals in a multicultural and ethical context. It is highly recommended that COUN 5540 is completed prior to taking this course.

COUN 5650 Conjoint Counseling (3)
This course examines the theory and application of differing styles of counseling couples and families, stressing therapeutic practice when counseling couples and or family members simultaneously. The primary focus is on theories, models, and interventions employed when counseling various combinations of persons in relationships (as differentiated from groups). Multicultural and ethical issues will be integrated. Students will explore the various forms of counseling couples, including persons in marriage, same sex unions, work relationships, friendships and extended family.

COUN 5670 Counseling of Children (3)
This course examines issues related to the counseling of children. Focus is on the application of counseling theories related to children, cultural competence in the treatment of children, techniques for interviewing children and their families, methods for designing and evaluating treatment plans and the application of counseling related ethical standards and legal requirements. Self-growth experiential activities are associated with the content of this course.

COUN 5680 Counseling in the School Setting (3)
This course examines counseling practices and theory in relation to children and adolescents in the school setting and the role and function of the counselor as a partner in the learning process. Focus is on developmental needs and age-related issues, guidance counseling in classroom and multicultural settings, collaboration with school team members and families and related ethics. Special problems of physical and sexual abuse, substance abuse, suicide, grief and career and college preparation are also examined.
Note: If this course is taken at a Webster campus outside of New Mexico or Florida, the course content should not be construed as leading toward a position in school counseling.

**COUN 5685 Program Development for School Counselors (3)**
This course focuses on theory, design, implementation and evaluation of comprehensive developmental school guidance and counseling programs from a multicultural perspective to include technological interventions and identification of student academic, career and personal/social competencies; leadership and management and advocacy and the ASCA model.

Note: If this course is taken at a Webster campus outside of New Mexico or Florida, the course content should not be construed as leading toward a position in school guidance counseling.

**COUN 5700 Lifestyle and Career Development (3)**
This course examines, evaluates and applies vocational choice theories, assessments and techniques; the relationship between career choice and lifestyle; sources of occupational and educational information, assessment and technology; approaches to decision-making models; interrelationships among and between work, family and life roles including multicultural issues; career planning, placement and evaluation and career development exploration techniques and assessments in an ethical context. Self-growth experiential activities may be associated with this course content. Additional lab fees are associated with this course for the purchase of assessment tools.

**COUN 5800 Professional Orientation and Ethical Practice (3)**
This course identifies and examines the history and philosophy of the counseling profession, goals and objectives of professional counseling organizations, the ACA Code of Ethics, professional credentialing and licensure, professional, legal and ethical considerations, role identity of types of professional counselors, application of ethical and legal considerations in counseling, self-care strategies and advocacy processes to address social and institutional barriers that impede access, equity and success for clients. Self-growth experiential activities may be associated with the content of this course.

**COUN 5820 Consultation and Supervision (3)**
This course examines consultation and supervision theories and practices as employed by counselors working and supervising in mental health facilities, educational institutions and other professional counseling settings. Identification and application of consultation with other professionals and parents in counseling settings (including multicultural issues) are reviewed. Related ethical practice is integrated.

**COUN 5840 School Counseling Methods and Skills (3)**
This course examines counseling practices and theory in relation to children and adolescents in the school setting and the role and function of the counselor as a partner in the learning process. Focus is on the developmental needs and age-related issues; guidance counseling in classroom and multicultural settings; collaboration with school team members and families and related ethics. Special problems of physical and sexual abuse, substance abuse, suicide, grief and career and college preparation are also examined. **Prerequisite:** COUN 5110.

**COUN 5850 Research and Program Evaluation (3)**
This course examines areas including statistics, research design and development of research and demonstration proposals related to the field of professional counseling in a multicultural society through the use of professional counseling literature. Related ethical codes and practices in research are examined. Additional goals of the course include understanding the importance of research in advancing the counseling profession; program development and demonstration proposals; development and evaluation of program objectives; principles, models and applications of needs assessment; and culturally and ethically relevant strategies for interpreting the results. Self-growth experiential activities may be associated with the content of this course.

**COUN 5860 MA Counseling Thesis (3)**
The master's thesis consists of an individual research project designed by the student and carried out under the direction of a Faculty Supervisor in the field of counseling or psychology. The thesis project allows students to actively contribute to research in the field of counseling or psychology and to gain important research experience that prepares them to follow a doctoral program. All thesis topics must be approved by the Faculty Supervisor and the Department Chair. Students are expected to select a topic in collaboration with their Faculty Supervisor, develop research questions and/or hypotheses for the study, collect and analyze data and report the results of their research in APA format. Following completion of the qualitative or quantitative thesis, students are encouraged to submit their work for possible publication. In addition to the individual feedback and support they receive from their Faculty Supervisor, students working on a thesis are encouraged to participate in the research meetings hosted by the department for further presentation and critique of their work. The written thesis must follow current thesis guidelines and include appropriate graduate thesis forms. **Prerequisites:** Advanced program standing, completion of COUN 5850 Research and Program Evaluation, and Faculty Supervisor approval.

**COUN 6000 Counseling Learning Practicum (3)**
This Practicum course applies only to the family life and the community counseling emphases. In this course, students are required to complete a nine week practicum in conjunction with the counseling curriculum. Practicum is considered a beginning clinical counseling experience and should provide beginning counseling activities. This course is time consuming and demanding. Students should be prepared to apply more hours to this course than to most other courses. It is recommended that students reduce to part time employment during this course. Practicum students are required to complete a total of 100 clinical hours, 40 of which are direct, before they can take Internship. Students will be required to meet weekly for a minimum of 50 consecutive minutes with their site supervisor in individual or triadic supervision and a minimum of 90 minutes (or more) of group supervision with the Practicum class. Weekly skills evaluations and activity logs are a critical component of this course. Self-growth experiential activities are associated with this course content.

Each student is required to plan for practicum with the counseling program coordinator or Faculty Advisor before completion of 15 credit hours in the program. Students should seek advisement early in the program regarding their program plan. Enrollment in this course requires permission of the faculty supervisor or counseling program coordinator. The **Professional Field Experience Agreement** must be reviewed and completed by each student and site supervisor and submitted to the counseling program coordinator or faculty supervisor before a student can register for Practicum. Students are required to abide by the ACA Code of Ethics (2014) in their Practicum experience. The site supervisor is required to be a licensed mental health professional and have a minimum of two years of experience supervising counselors in training. Students must purchase
professional liability insurance and taping equipment in this course. Students are required to provide evidence of professional liability insurance prior to seeing clients.

**Prerequisites:** Completion of seven core counseling courses including COUN 5020, COUN 5050, COUN 5100, COUN 5150, COUN 5200, COUN 5600, and COUN 5800. COUN 5540 is a prerequisite for field experiences that require a majority of family counseling, and COUN 5630 is a prerequisite for field experiences that require a majority of substance abuse counseling.

This course may be repeated for credit. Practicum is graded on the credit/no credit (CR/NC) grading option. No grades of Incomplete are permitted; hence, students should be prepared to complete all required clinical hours in Practicum. For Practicum students taking leave due to military or exceptional medical situations, see the counseling program coordinator and/or Practicum faculty supervisor for grade completion options.

**COUN 6100 Counseling Learning Practicum I (1.5)**

Practicum is considered a beginning clinical counseling experience and should provide beginning counseling activities. This course is time consuming and demanding. Students should be prepared to apply more hours to this course than to most other courses. Practicum students are required to complete a total of 100 clinical hours, 40 of which are direct, before they can take Internship. Students will split these hours over COUN 6100 and COUN 6200 (typically half in each). Students will be required to meet weekly for a minimum of 50 consecutive minutes with their site supervisor in individual or triadic supervision and a minimum of 90 minutes (or more) of group supervision with the Practicum class. Weekly skills evaluations and activity logs are a critical component of this course. Self-growth experiential activities are associated with this course content.

Each student is required to plan for Practicum with the counseling program coordinator or Faculty Advisor before completion of 15 credit hours in the program. Students should seek advisement early in the program regarding their program plan. Enrollment in this course requires permission of the faculty supervisor or counseling program coordinator. The Professional Field Experience Agreement must be reviewed and completed by each student and site supervisor and submitted to the counseling program coordinator or faculty supervisor before a student can register for Practicum. Students are required to abide by the ACA Code of Ethics (2014) in their Practicum experience. The site supervisor is required to be a licensed mental health professional and have a minimum of two years of experience supervising counselors in training. Students are required to purchase professional liability insurance and taping equipment in this course. Students are required to provide evidence of professional liability insurance prior to seeing clients.

**Prerequisites:** Completion of eight core counseling courses including COUN 5020, COUN 5050, COUN 5100, COUN 5150, COUN 5200, COUN 5600, COUN 5800, in addition to COUN 6100. COUN 5540 is a prerequisite for field experiences that require a majority of family counseling, and COUN 5630 is a prerequisite for field experiences that require a majority of substance abuse counseling.

This course may be repeated for credit. Practicum is graded on the credit/no credit (CR/NC) grading option. No grades of Incomplete are permitted; hence, students should be prepared to complete all required clinical hours in Practicum. For Practicum students taking leave due to military or exceptional medical situations, see the counseling program coordinator and/or Practicum faculty supervisor for grade completion options.

**COUN 6200 Counseling Learning Practicum II (1.5)**

This course is a continuation of COUN 6100. This course is time consuming and demanding. Students should be prepared to apply more hours to this course than to most other courses. Practicum students are required to complete a total of 100 clinical hours, 40 of which are direct, before they can take Internship. Students will split these hours up over COUN 6100 and COUN 6200 (typically half in each). Students will be required to meet weekly for a minimum of 50 consecutive minutes with their site supervisor in individual or triadic supervision and a minimum of 90 minutes (or more) of group supervision with the Practicum class. Weekly skills evaluations and activity logs are a critical component of this course. Self-growth experiential activities are associated with this course content.

Each student is required to plan for Practicum with the counseling program coordinator or Faculty Advisor before completion of 15 credit hours in the program. Students should seek advisement early in the program regarding their program plan. Enrollment in this course requires permission of the faculty supervisor or counseling program coordinator. The Professional Field Experience Agreement must be reviewed and completed by each student and site supervisor and submitted to the counseling program coordinator or faculty supervisor before a student can register for Practicum. Students are required to abide by the ACA Code of Ethics (2014) in their Practicum experience. The site supervisor is required to be a licensed mental health professional and have a minimum of two years of experience supervising counselors in training. Students are required to purchase professional liability insurance and taping equipment in this course. Students are required to provide evidence of professional liability insurance prior to seeing clients.

**Prerequisites:** Completion of seven core counseling courses including COUN 5020, COUN 5050, COUN 5100, COUN 5150, COUN 5200, COUN 5600, and COUN 5800. COUN 5540 is a prerequisite for field experiences that require a majority of family counseling, and COUN 5630 is a prerequisite for field experiences that require a majority of substance abuse counseling.

This course may be repeated for credit. Practicum is graded on the credit/no credit (CR/NC) grading option. No grades of Incomplete are permitted; hence, students should be prepared to complete all required clinical hours in Practicum. For Practicum students taking leave due to military or exceptional medical situations, see the counseling program coordinator and/or Practicum faculty supervisor for grade completion options.

**COUN 6500 Internship (1.5 credit hours per term, for a total of 6 total credit hours, and 9 total credit hours in FL)**

Internship is an intensive counseling experience that provides the student with the opportunity to perform a variety of counseling activities expected of a professional mental health counselor (e.g., intake, application of diagnostic and therapeutic skills, documentation, information and referral techniques, staff meetings, and weekly supervision). Interns are required to experience a variety of counseling experiences including individual counseling and complete a minimum of ten hours of group facilitation as part of the total Internship experience. Sites are required to provide a comprehensive experience. Sites that only provide one type of counseling experience (such as group facilitation or intake activities) will not be approved.
This course is time-consuming and demanding. Students should be prepared to apply more hours to this course than to most other courses. Students will be required to meet weekly for a minimum of 50 minutes of uninterrupted time with their site supervisor; and to meet weekly for a minimum of 90 minutes (or more) of group supervision with the Internship class. Weekly skills evaluations and activity logs are a critical component of this course. Self-growth experiential activities are associated with this course content.

The site supervisor is required to be a licensed mental health professional with a minimum of two years of experience supervising counselors in training. A formal Professional Field Experience Agreement must be completed by the student and the Internship site supervisor and submitted to the faculty supervisor and/or counseling program coordinator prior to the initial class meeting when the Internship site is different than the Practicum site (see counseling program coordinator or 6500 Instructor for more information). Students are required to abide by the ACA Code of Ethics (2014) in their Internship experience. Students are required to purchase professional liability insurance and taping equipment in this course. Students must provide evidence of professional liability insurance prior to seeing clients. No school settings may be used for an internship site at this time.

Prerequisites: Completion of seven core courses to include COUN 5020, COUN 5050, COUN 5100, COUN 5150, COUN 5200, COUN 5600, COUN 5800, in addition to completion of COUN 6000/6100/6200. The Practicum faculty supervisor and/or counseling program coordinator must approve the student's initial registration for COUN 6500. COUN 5540 is a prerequisite for field experience sites that require a majority of family counseling, and COUN 5630 is a prerequisite for field experience sites that require a majority of substance abuse counseling.

This course may be repeated for credit. Internship is proposed as four terms of 1.5 credit hours each of COUN 6500. Internship is graded on the credit/no credit (CR/NC) grading option. For Internship students taking leave due to military or exceptional medical situations, see the counseling program coordinator and/or the Internship faculty supervisor for grade completion options.