

CLINICAL MENTAL HEALTH COUNSELING (CMHC)

CMHC-6000: Introduction to the Counseling Profession (3 hours)

Training, role and professional identity of counselors and other professions in the helping profession. Professional organizations, publications, certification and licensing. Roles and functions of counselors in various settings. Ethical and legal issues in counseling. Replaces: CED-6000. Fee: Required.

CMHC-6010: Counseling Theory and Practice (3 hours)

This course provides an in-depth examination of major counseling theories, their historical development, and their application in diverse settings. Students will explore foundational approaches such as psychoanalytic, behavioral, humanistic, and cognitive theories, as well as contemporary perspectives like solution-focused, narrative, and multicultural counseling models. Emphasis will be placed on integrating theoretical concepts with practical counseling techniques to develop a personal comprehensive framework for effective change with various populations.

CMHC-6015: Counseling Intervention and Techniques (3 hours)

This course addresses the competence, attitudes, and skills essential to developing the character and identity of a professional counselor. Foundational and advanced counseling skills and therapeutic interventions are examined as they apply to the personal, social, and academic realms. Counseling techniques from the major schools and orientation including crisis intervention, multicultural and ethical issues. This course will use role playing and videotaping to fortify burgeoning skills and interventions.

CMHC-6020: Career Counseling and Education (3 hours)

This course provides students with an in-depth understanding of theories, techniques, and practical skills necessary for effective career counseling. Emphasis is placed on helping individuals explore career options, make informed decisions, and develop strategies to achieve their career goals. Topics include vocational assessment, career development theories, counseling interventions, ethical considerations, and cultural factors influencing career choices.

CMHC-6025: Assessment Techniques (3 hours)

This course provides an exploration of assessment techniques and tools used in counseling practice. Students will learn the principles of psychological measurement, including reliability, validity, and standardization, as well as the ethical considerations involved in assessment. The course emphasizes the selection, administration, interpretation, and integration of various assessments, including personality inventories, aptitude tests, achievement tests, and diagnostic tools used in school counseling and clinical mental health counseling. Practical application through case studies and simulated practice will prepare students to use assessment data effectively to inform counseling interventions and treatment planning.

CMHC-6030: Research in Counseling (3 hours)

This course provides candidates with a comprehensive understanding of research methods and evaluation techniques relevant to the field of clinical counseling. Through theoretical exploration, practical application, and hands-on experience, candidates will develop the skills necessary to critically evaluate counseling interventions, assess client outcomes, and contribute to the evidence base of effective counseling practice. Candidates will explore ethical guidelines and cultural consideration relevant to counseling research and evaluation. Throughout the course, candidates will engage in hands-on activities, literature reviews, research projects, and critical discussions to apply research concepts and methodologies to real-world counseling scenarios.

CMHC-6035: Counseling and Human Development (3 hours)

Students are provided with an understanding of the nature and needs of persons throughout the lifespan including developmental and multicultural domains. Counseling approaches and issues are discussed in relation to developmental stages. Resiliency factors and ethical issues are applied across the lifespan.

CMHC-6040: Applied Diagnosis for Counselors (3 hours)

This course addresses the principles of diagnosis and the use of current diagnostic tools using the current edition of the Diagnostic and Statistical Manual (DSM) and the introduction of a case conceptualization model of the diagnostic process.

CMHC-6045: Ethics, Law, and Morality for Counselors (3 hours)

This course addresses the competencies, attitudes, and skills essential to developing the character and identity of a professional counselor. This course is designed to give the student an understanding of ethics and applicable laws in the profession of counseling as well as allowing them to examine their own moral values.

CMHC-6055: Multicultural Counseling (3 hours)

This course is designed to equip clinical mental health counselors with the knowledge and skills necessary to effectively work with culturally diverse student populations within the community settings with special emphasis on understanding the cultural context of relationships, issues, and trends in multicultural counseling. By reflecting on one's own cultural preferences, candidates can better appreciate the cultural implications of others. Recognizing the importance of cultural competence in counseling practice, this course explores various aspects of multicultural counseling, including theories, concepts, and practical applications.

CMHC-6060: Child and Adolescent Counseling (3 hours)

Develop foundational theory and clinical counseling skills for working with child and adolescent populations. Enhanced understanding of systemic play among children, adolescents, and families. Ethical, legal, diagnostic, and cultural issues are highlighted with basic competencies to counsel children and adolescents.

CMHC-6310: Clinical Mental Health Counseling Profession (3 hours)

This course provides a knowledge base for understanding the history and trends in clinical mental health counseling as well as the political systems and interventions for change. Students will obtain a perspective on clinical mental health counseling program development and delivery of services to diverse clientele. Replaces: CED-6310.

CMHC-6330: Transforming Crisis into Wellness and Prevention (3 hours)

This course provides candidates a comprehensive understanding of crisis management and its role in promoting individual and collective wellness. This course aims to explore the various dimensions of crises, their impact on mental health and well-being, and strategies for coping and recovery. Stages of crisis and recovery are explored as well as the role of the mental health professional in each stage. Candidate self-care issues and ethical concerns evaluated.

CMHC-6340: Clinical Group Counseling (3 hours)

Will provide an understanding, both theoretical and experiential, of group purpose, development, dynamics, theories, methods, skills, ethics, and other group approaches in a multicultural society. Students will experience and participate as group members in small group activities. Replaces: CED-6340.

CMHC-6355: Cognitive Behavior Theory and Therapy (3 hours)

An examination of cognitive and cognitive-behavioral theories and their therapeutic application for clients with emotional and behavioral disorders. Assessment of pathology from a cognitive framework and implementation of appropriate cognitive and cognitive behavioral techniques and interventions in the clinical setting. Comparison of CBT to alternative approaches with a focus on empirical evidence supporting its effectiveness with particular diagnoses.

CMHC-6420: Substance/Alcohol Use and Treatment (3 hours)

Pharmacology, signs and symptoms, screening and assessment, treatment models, and the profession of substance use counseling and ethics will be introduced and processed. Replaces: CED-6420. Field Experience: Required.

CMHC-6500: Counseling and Psychopharmacology (3 hours)

The understanding of the basic neurobiology of psychopathology and how psychotropic medications treat such conditions is the foundation of this class. An emphasis is placed on the role of the counselor as a member of a treatment team who helps facilitate client treatment compliance and monitors the efficacy and side effect manifestations of psychotropic treatment, while helping to integrate that treatment with other non-pharmacological modalities.

CMHC-6550: Family Systems Theory and Therapy (3 hours)

Counseling from a systems perspective focusing on the competencies, cognitions, and skills to developing the orientation of a family systems counselor. Strategic and systems theories of family therapy are examined in light of multicultural and ethical issues. Family systems counseling techniques and interventions are described and demonstrated including crisis, multicultural, and multigenerational considerations related to the family life cycle. Replaces: CED-6550.

CMHC-6610: Advanced Clinical Mental Health Counseling (3 hours)

Reviews application of counseling approaches, supervision techniques, documentation styles and all domains involved in professional mental health counseling. This advanced course reinforces and emphasizes the application of skills and approaches when working in a mental health setting including issues related impact of legislation and reimbursement. Replaces: CED-6610. Corequisite: CMHC-6930.

CMHC-6930: Practicum: Clinical Mental Health Counseling (3 hours)

On-site and campus-based experiences to introduce the student to various functions of clinical mental health counselors. Students will be applying prior classroom knowledge to working with clients under the supervision of a university and community supervisor. Supervision of student work with clients is based on video/audio taping, live observations, and course interactions. Replaces: CED-6930. Field Experience: Required. Fee: Required. Corequisite: CMHC-6610.

CMHC-6935: Internship I: Clinical Mental Health Counseling (3 hours)

On-site and campus-based experiences to introduce the student to various functions of clinical mental health counselors. Students will be applying prior classroom knowledge to working with clients under the supervision of a university and community supervisor. Replaces: CED-6935. Field Experience: Required. Prerequisite: B or higher in CMHC-6930.

CMHC-6940: Internship II: Clinical Mental Health Counseling (3 hours)

On-site and campus-based experiences to introduce the student to various functions of clinical mental health counselors. Students will be applying prior classroom knowledge to working with clients under the supervision of a university and community supervisor. Prerequisite: B or higher in CMHC-6935.