

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)

Individual, couple and systems theories of counseling/psychotherapy. Examination of the helping process, client and counselor characteristics that influence the process consistent with current professional research and practice in the field allowing the development of a personal model of counseling.

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)

Career counseling approaches through the lifespan. Developmentally appropriate career programming in educational and agency settings. Occupation information sources and self-awareness emphasized.

CMHC-6025: Assessment Techniques (3 hours)

History, purpose, principles and methods of assessment; techniques and instruments employed in measuring abilities, achievement, interests and personality; statistical procedures, limitations of measurement, especially among children. Relationship of assessment to the objectives of the counseling procedures.

CMHC-6030: Research in Counseling (3 hours)

This course introduces the purpose, methods and ethics for conducting and interpreting research in counseling and the behavioral sciences. Includes emphasis on developing the necessary knowledge to critique research studies.

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)

Assessment and therapeutic treatment of diverse populations with special emphasis on understanding of the cultural context of relationships, issues, and trends in a multicultural society. Emphasis on specific problems associated with age, race, disability, religious preferences, etc., and how these affect the counseling relationship.

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)

Designed to prepare candidates to work with individuals and families in mental health agencies. Candidates will learn counseling techniques for application in the development of multi-systemic interventions for individuals and families. A crisis model will be introduced and practiced. Community based prevention strategies will be explored and client-care as well as self-care models will be enforced.

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.