

# COUNSELING (COUN)

## Counseling Undergraduate Courses

### **COUN 2020 INTRODUCTION TO COUNSELING THEORY AND PSYCHOTHERAPY (3 credits)**

This course introduces the major theoretical paradigms and concepts of psychotherapy that are taught in graduate level counseling programs and utilized by professional counselors and allied mental health professionals in the provision of mental health services. Selected readings, video-based lectures, discussion boards, case studies, written assignments, and exams are utilized as means of introducing these concepts and their use and applicability with clients within and across different therapeutic contexts (i.e., individual, group, family, crisis).

**Prerequisite(s):** Completion of an introductory course in social sciences, human services, or human development. Consult your primary advisor, program coordinator, and/or program chair/director to determine viability of course for your plan of study.

### **COUN 4000 SPECIAL STUDIES IN COUNSELING (1-6 credits)**

This course is designed to allow candidates to pursue independent study of a topic under the direction and guidance of a faculty member. Topics studied and the nature of the learning activities are mutually agreed upon by the candidate and instructor. This course will prepare graduate (or undergraduate) candidates as dedicated practitioners, reflective scholars, and responsible citizens who can meet the challenges of their profession in a changing world.

### **COUN 4010 MENTAL HEALTH IN SCHOOLS: RISK FACTORS AND INTERVENTIONS (3 credits)**

This course explores the role that educators and school mental health professionals play in identifying the risk factors and warning signs of children and youth with mental health concerns. Students will understand the risk and protective factors at the individual, family, school, and community level as related to children and youth's mental health.

The course will provide an overview of externalizing and internalizing disorders as well as school-based and community-based treatments and interventions. (Cross-listed with COUN 8016, SPED 4010, SPED 8016).

**Prerequisite(s):** SPED 1500 or SPED 3800, TED 2300 prior to or concurrent, Minimum 2.75 GPA. Not open to non-degree graduate students.

### **COUN 4300 COUNSELING TECHNIQUES I (1 credit)**

This course will present the counseling process, knowledge of beginning skills development and application of techniques related to a specific approach. Topics may include Adlerian counseling (specified in this syllabus), anger management, play therapy, solution focused, cognition, and other topics as needed.. (Cross-listed with COUN 8306)

**Prerequisite(s):** Not open to non-degree students. Must take prior to practicum.

### **COUN 4310 COUNSELING TECHNIQUES II (1 credit)**

This course will present the counseling process, knowledge of beginning skills development and application of techniques related to a specific approach. Topics may include Rational Emotive Behavior Therapy (REBT) (specified in this syllabus), anger management, play therapy, solution focused, cognition, and other topics as needed. (Cross-listed with COUN 8316)

**Prerequisite(s):** Admission to students seeking a Bachelor degree in General Studies Option One Major with a concentration in Behavioral Health. Not open to non-degree graduate students

### **COUN 4400 COUNSELING TECHNIQUES III (1 credit)**

This course will assist candidates in developing more systematic integration of previously learned information and skills and the application to specific counseling situations related to various approaches. Topics may include Solution Focused Counseling - SFC (specified in this syllabus), Dialectical Behavioral Therapy, anger management, art therapy, play therapy, solution focused, cognition, and other topics as needed. (Cross-listed with COUN 8406)

**Prerequisite(s):** Admission to students seeking a Bachelor degree in General Studies Option One Major with a concentration in Behavioral Health. Not open to non-degree graduate students.

### **COUN 4510 TREATMENT ISSUES IN CHEMICAL DEPENDENCY (3 credits)**

This course addresses chemical dependency treatment issues including denial, minimization, relapse and its prevention, resistance, family dynamics, poly-substance abuse, co-occurring disorders, spirituality and the influence of self-help groups. The education will include the clinical treatment needs of individuals suffering from chemical dependency, taking into consideration diversity, gender, culture and lifestyle. (Cross-listed with COUN 8516, SOWK 4510, SOWK 8516).

**Prerequisite(s):** Admission to counseling program or social work programs or permission of instructor. Not open to non-degree graduate students.

### **COUN 4680 MEDICAL AND PSYCHOSOCIAL ASPECTS OF SUBSTANCE USE DISORDERS (3 credits)**

This course introduces students to substance use disorders and their impact on the individual, family, and society. It covers psychopharmacology, alcohol and drug interactions, drug classifications, theories of substance use disorders, various models of treatment, vulnerable populations, and ethical and legal issues. (Cross-listed with SOWK 4680, SOWK 8686, COUN 8686).

### **COUN 4690 ASSESSMENT AND CASE MANAGEMENT IN SUBSTANCE USE DISORDERS (3 credits)**

This course focuses on assessment of clients and their environment, and diagnosis and referral for substance use disorder treatment. Emphasis is given to assessment instruments, treatment levels, treatment planning, case management, and social justice. (Cross-listed with COUN 8696, SOWK 4690, SOWK 8696).