

Master of Arts, Counseling Psychology Course Descriptions

Advanced Theories of Counseling & Intervention (3 credits)

This course addresses the theoretical approaches used in counseling, therapy and intervention. A goal of the course is to allow students with an interest in human services to better understand the options open to both counselors and clients when engaging in counseling and therapeutic processes. Students are encouraged to think about how the various approaches might fit with their personal style and beliefs about counseling. This course provides a foundation of knowledge about the major theories by addressing ethical issues in counseling, counseling terminology, the major contributors, and the culturally appropriate use of theories and interventions in the context of human development.

Advanced Life Span Development (3 credits)

This course will address the major processes of human development from conception to death. Discussion will focus on critical examination of traditional and contemporary theories of human development focusing on physical, cognitive, social and emotional development across the human life span. Culturally competent implications for counseling will be addressed.

Research Methods in Counseling (3 credits)

This course examines counseling research methods used to study human behavior and counseling processes. Research designs including experimental, correlation and survey methods are examined. Course topics include the design of psychological research, data collection, basic data analysis, data interpretation and preparing an American Psychological Association research report. Students will be introduced to the elemental functions of statistical analysis software.

Professional & Ethical Issues in Counseling (3 credits)

This course addresses ethical and professional issues in counseling including the history of counseling psychology, the roles and functions of professional counselors and the

processes involved in ethical decision making. Other topics to be discussed include: privileged communication, confidentiality, rights of the client and agency, civil commitment, and licensure. Legal, moral and ethical issues in professional counseling, including employing culturally competent interventions, will be examined.

Practicum (3 credits)

This course helps students to develop necessary basic culturally-competent counseling skills to prepare for an internship in a variety of counseling settings. Students will engage in a 100-hour practicum placement in order to gain initial clinical experience in an agency setting. Of the 100 hours, 40 hours must be in direct clinical contact. The weekly practicum seminar is designed to provide support and supervision for students in their ongoing development as counseling practitioners. The goal is to increase awareness of the clinical & ethical skills needed to function in a professional role, gain experience with the daily operations of a counseling organization and develop an appreciation of multiculturally competent clinical practices. Students are required to carry malpractice insurance for the duration of the clinical placement.

Advanced Counseling Techniques (3 credits)

This experiential lab-based course addresses basic and advanced skills used in counseling and helping relationships. The focus is on developing the core skills necessary to facilitate effective helping relationships while being mindful of culturally appropriate interventions. Students will apply and practice a variety of counseling skills and techniques including active listening, reflection skills, immediacy, verbal and non-verbal attending behavior, encouraging, summarizing and paraphrasing. Training is done through the use of video feedback and in-class practice demonstrations involving personal disclosure, role-play, and group and instructor feedback.

Advanced Multicultural Counseling (3 credits)

This multicultural counseling course will introduce students to a variety of psychological concepts about intersecting identities and culture and how they affect interactions with others. This course focuses on understanding and working with diverse populations across

dimensions including but not limited to ethnicity, race, gender, sexual orientation, socioeconomic status, gender identity, ability status, age, and religion with a particular emphasis on ethnicity. Current theoretical and research literature regarding multiculturally competent counseling practices will be addressed. Students will identify and explore their own unique ethnic and cultural worldviews and see how it affects their counseling approaches. Students are simultaneously encouraged to reflect upon one's own sense of self, beliefs, assumptions, behaviors and social power in an effort to increase multicultural awareness and competence.

Internship with Seminar I (3 credits)

Students are required to engage in 600 clinical internship hours over the course of one year, 300 of which have to be in direct client contact. The weekly internship seminar is designed to provide support and supervision for students in their ongoing development as counseling practitioners. The goal is to continue to develop awareness of the clinical & ethical skills needed to function in a professional role, gain additional experiences with the daily operations of a counseling organization and develop an appreciation of multiculturally competent clinical practices. Students will demonstrate oral and written case conceptualization skills. Students are required to carry malpractice insurance for the duration of the clinical placement.

Prerequisite: Practicum

Internship with Seminar II (3 credits)

Students are required to engage in 600 clinical internship hours over the course of one year, 300 of which have to be in direct client contact. The weekly internship seminar is designed to provide support and supervision for students in their ongoing development as counseling practitioners. The goal is to further awareness of the clinical & ethical skills needed to function in a professional role, gain additional experiences with the daily operations of a counseling organization and develop an appreciation of multiculturally competent clinical practices. Students will demonstrate oral and written case conceptualization skills. Internship with Seminar II serves as a capstone course where students will complete a final project that showcases their clinical, professional and

personal development over the course of the program. Students are required to carry malpractice insurance for the duration of the clinical placement.

Prerequisite: Internship with Seminar I

Group Counseling (3 credits)

The experiential course addresses various approaches to group counseling and therapy. Students will learn about the theories and practices of group therapy, stages of group development and the therapeutic factors that are effective when utilizing this counseling modality. In addition, students will participate as a group member in an applied classroom group that fosters experiential learning.

Career Counseling (3 credits)

This course addresses theories of career choice across the life span, along with cultural and social justice influences that impact experience of work. Career development theories, approaches to career decision-making, personality, assessment, and career exploration techniques are addressed. Theoretical explorations include trait and type approaches, work adjustment, and Myers-Briggs approaches. Culturally competent career counseling across the lifespan is addressed.

Concepts of Psychopathology & Wellness (3 credits)

This course will provide an introduction to human mental distress and abnormal behavior with a particular emphasis on cultural and sociopolitical contexts. Symptoms, causes, treatment, assessment, classification and diagnosis of various psychological disorders will be addressed from a strengths-oriented perspective. The biological, psychological, social and sociocultural factors involved in the development of various psychological disorders will be examined. Research related to the etiology of psychological disorders and the efficacy of current treatments, including current trends in psychopharmacology, will be presented. Students will learn how mental health problems are categorized and develop applied skills in diagnostic interviewing.

Advanced Psychological Assessment (3 credits)

This theoretical and applied course addresses the major principles, approaches, and theoretical perspectives utilized in psychological measurement and assessment. This course involves discussion of the theory and application of psychological measures of intellectual functioning, achievement, aptitude, interests, attitudes and personality. Culturally competent approaches to counseling assessment are addressed. Students will have the opportunity to gain first-hand experience administering and taking various assessment instruments. Multiple testing contexts are addressed including educational, psychological research, counseling and guidance.

Child and Adolescent Counseling (3 credits)

This course discusses aspects of children and adolescent development that relate to the counseling experience. Topics to be addressed include: relationships children and adolescents establish with important adults (e.g., parents, teachers, coaches), developmental processes specific to youth; multicultural influences on youth; and intervention models available. Students also will analyze different theoretical approaches to child and adolescent counseling.

Advanced Childhood Psychopathology & Wellness (3 credits)

This course explores the biological, psychological and social/cultural factors in the etiology, course and treatment of childhood disorders. Students will gain familiarity using the most current version of the Diagnostic and Statistical Manual. Special attention will be devoted to understanding societal definitions of normal/abnormal, and applying a developmental perspective.

Child and Adolescent Research (3 credits)

This course will provide a systematic look at the process of child and adolescent psychology research by critically examining revolutionary studies in the field. Attention also will be given to special ethical considerations when conducting research with children and adolescents.

Special Topics in Child and Adolescent Therapy: *Play Therapy* (3 credits)

This course addresses the major theories and techniques involved in play therapy, and their implications for treatment. Topics will include the stages of the play therapy relationships, selecting play therapy materials, creating an appropriate therapeutic atmosphere, and development of skills necessary for play therapy.

Psychology of Gender (3 credits)

Students will develop an awareness of the social and cultural basis of gender roles. Diverse gender identities will be examined and the implications for counseling with individuals, couples, families, and groups will be examined. This course will address the scientific literature related to gender in various cultural settings and encourage students to critically evaluate current research findings regarding the psychology of gender. Course topics include the history of gender research, gender role attitudes, theories of gender development across the lifespan, gender socialization and current issues in mental health.

Advanced Couples & Family Counseling (3 credits)

This course addresses the theoretical approaches used in couples and family counseling. A goal of the course is to allow students with an interest in human services to better understand the options open to both counselors and clients when engaging in the therapeutic process from systems-oriented perspectives. Topics include family development and interventions associated with major family therapy models. Students are encouraged to think about how the various approaches might fit with their personal style and beliefs about counseling when working with families from diverse backgrounds. The course will provide a solid foundation of knowledge about the major family systems theories.

Sexualities (3 credits)

This course addresses the research about the physiological, psychological, and sociocultural variables associated with sexual behavior, sexual disorders, sexual function and dysfunction, sex roles, sexual identity, gender identity, trauma and abuse, and aging. Topics addressed include the biopsychosocial assessment of sexual dysfunctions, current

theoretical models, treatment strategies and ethical and considerations when working with sexuality issues in counseling.

Advocacy & Social Justice Counseling (3 credits)

This course addresses working with individuals, couples and families from a systemic lens with a particular emphasis on institutionalized social injustice and the steps necessary to promote community change. This course emphasizes theoretical approaches to social advocacy and an understanding of how social, cultural, political and economic factors influence human development, mental health and psychological well being. Social justice counseling focuses on counselors as change agents and outlines strategies to advocate for clients at the meso and macro level to challenge social inequities.

Prerequisite or Co-requisite: Multicultural Counseling

Independent Research (3 credits)

Students may engage in an independent research project under the supervision of a faculty member. The completed research project should include an extensive literature review that results in a paper or presentation suitable for a professional conference presentation or publication in a peer-reviewed journal article. Students are encouraged to work with faculty members to present their work at conferences and engage in other professional scholarly activities. This option is especially recommended for students planning on pursuing further academic studies, such as admission to a doctoral program.

Prerequisite: Research Methods in Counseling

Foundations of Addictions (3 credits)

This course addresses the research on the complex etiologies, behavioral manifestations and treatment of various addictions including but not limited to substances, eating, internet, shopping, gambling and sex. Utilizing a biopsychosocial perspective, students will explore the research on trauma, family dynamics, environment, and biological predisposition as it relates to addictive behaviors. Identification, diagnosis and various treatment models will be addressed.

Introduction to Autism Spectrum Disorders (3 credits)

This course provides an overview of the current clinical research about Autism Spectrum Disorders in children and adolescents. The transition to adulthood will be discussed as well. Identification, diagnosis, assessment, treatment and various interventions methods will be addressed. Students will apply information to classroom and family cases.

Essentials of Private Practice (1 credit)

This seminar-style course is designed to provide practical information for individuals considering starting or joining a private counseling practice. Topics addressed include the pros and cons of private practice versus agency work, realities of managed care and insurance, basic business practices, building a client base, advertising, ethical issues, record keeping, insurance, professional organizations and consultation. Practical business strategies for building or joining a practice will be addressed.

