

Master of Arts in Counseling Psychology Course Descriptions

GCP 6010: 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.

GCP 6020: 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.

GCP 6030: 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, and 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.

GCP 6040: 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.

GCP 6050: 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.

GCP 6060: 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.

GCP 6070: 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.

GCP 6080: 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.

- ***Prerequisite: GCP 6060: Advanced Theories of Counseling & Intervention***

GCP 6090: 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.

GCP 6095: Assessment in Counseling (3 credits)

This theoretical and applied course addresses the major principles, approaches, and theoretical perspectives utilized in counseling measurement and assessment. This course involves

discussion of the theory and application of counseling 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 assessment contexts are addressed including individual, group, educational counseling and guidance.

GCP 7010: 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.

- ***Prerequisite: GCP 6040: Professional & Ethical Issues in Counseling***

GCP 7020: 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: GCP 7010: Practicum***

GCP 7021: 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: GCP 7020: Internship with Seminar I***

GCP 7040: 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.

GCP 7041: 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.

GCP 7049: Family Development Processes (3 credits)

This course is designed to provide students with an understanding of family development processes – the patterns and dynamics of interaction within families. We will examine the challenges that families confront as they move through the family life cycle. We will focus both on developments that have historically been considered “normative” and “non-normative.” Counseling applications will be woven throughout the course.

GCP 7050: 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.

GCP 7051: 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.

GCP 7052: 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 considerations when working with sexuality issues in counseling.

GCP 7053: Advocacy & Social Justice Counseling (3 credits)

This course addresses working with individuals, couples and families from a systemic lens with 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.

GCP 7055: 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.

GCP 7056: 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.

GCP 7057: Trauma Counseling: Awareness, Assessment and Treatment

This graduate level class provides a comprehensive exploration of trauma counseling including the history and current theories in the field, the nature of trauma (including but not limited to sexual abuse, combat, and natural disasters), how trauma affects individuals and systems, grief reactions and traumatic stress. The course explores professionals' response to trauma, vicarious traumatization, disenfranchised grief, crisis intervention, co-morbid disorders and general treatment issues. Evidence-based practices in trauma counseling will be addressed. A variety of theoretical frameworks are presented, including cognitive, neurobiological, clinical, and socio-cultural (including the main controversies surrounding the field of trauma). Students will develop culturally informed skills for working with trauma.