

M.A. COURSE DESCRIPTIONS

Common Core Curricular Courses

CMHC 500 *Orientation to Counselor Professional identity and Function (3 hours)*: This course introduces students to concepts regarding the professional functioning of licensed professional counselors, including history, roles, professional organizations, standards, and credentialing. Current issues in the practice of counseling and marriage and family therapy in a variety of professional settings are explored. Students are also introduced to program policies, graduate level writing and APA style.

CMHC 501 *Ethical and Legal Issues in Counseling (3 hours)*: This course introduces students to the current professional, ethical, and legal issues related to counselor functioning in a variety of settings. A focus on learning how to systematically evaluate ethical issues from both a clinical and biblical perspective is critical and will enable students to develop a solid foundation for facing the complex and challenging ethical issues that await them in the field of counseling.

CMHC 502 *Human Growth and Development (3 hours)*: This course explores individuals throughout the lifespan in the areas of cognitive, personality, physical, and social development specifically through the examination of various theories. Understanding development crises, specific interventions, and optimal wellness are key content areas within this course. Additionally, this course provides a framework for understanding the impact of various situational, environmental, and sociocultural factors on individuals and their families and communities.

CMHC 504 *Multicultural Counseling (3 hours)*: Prerequisite: CMHC 500, 501. This course focuses on the multiple dimensions related to competent multicultural counseling. Major ethnic groups are studied along with the counseling, social justice, and advocacy approaches appropriate to each. In a similar fashion, the overarching cultural context of relationships, including factors such as age, race, gender, sexual orientation, religious & spiritual values, mental and physical characteristics, education, family values, socioeconomic status, and within group as well as between group cultural differences are examined. Theories of multicultural counseling, identity development, pluralistic trends, and systems-oriented intervention strategies (couple, family, group, and community) are considered. Counselor cultural self-awareness and the role of counseling in eliminating biases, prejudice, oppression, and discrimination are emphasized.

CMHC 505 *Counseling Techniques & the Helping Relationship (3 hours)*: Prerequisites: CMHC 500, 501, 502. This course provides training in essential interview and counseling skills with an orientation towards wellness and prevention. Students will learn how personal characteristics and behaviors that influence the helping process as well as how counseling theory, including family systems, influences case conceptualization and interventions. Students will learn basic counseling skills for crisis intervention and suicide prevention and the role of the counselor in consultation.

CMHC 506 *Integration of Spirituality and Counseling* (3 hours): Prerequisites: CMHC 500, 501. Students critically examine how a Christian worldview and a client's spirituality impact the assessment, diagnosis, and treatment planning process in counseling. Ethical, diagnostic, and assessment issues relevant to the use of Christian spiritual interventions with appropriately religious individuals, couples, & families are considered, along with current research related to spirituality and counseling.

CMHC 510 *Theories of Counseling* (3 hours): Prerequisites: CMHC 500, 501. This course provides in-depth exploration of selected theories of counseling and psychotherapy, including empirically supported treatment modalities. Through this course, students learn about the nature and process of therapy, and begin to learn how to conceptualize client presentations and select appropriate interventions while considering issues of diversity. Students are encouraged to begin to define their own theoretical approach to their work with individuals, couples, and families.

CMHC 512 *Group Counseling* (3 hours): Prerequisites: CMHC 500, 501, 502, 504, 505, 510. This course provides in-depth training in group counseling methods including group counselor orientations and behaviors, group theories, principles of group dynamics, group process components, developmental stages of groups, group members' roles and behaviors, therapeutic factors of group work, and program design and evaluation. Group counseling skills, appropriate selection criteria and methods, , as well as leadership approaches, characteristics, and styles are studied. Ethical and legal considerations of group counseling are also explored. An experiential component is required in this course where students participate in small groups as members and/or leaders for a minimum of 10 clock hours.

CMHC 515 *Research and Program Evaluation* (3 hours): Prerequisite: CMHC 500, 501, 502, 504, 505, 510 and MATH 201 or PSYC 355. Students learn the importance of scientific inquiry in the fields of clinical mental health counseling and marriage and family therapy. Emphasis is on research methods (designs, statistical analysis, needs assessment, and program evaluation) and locating, interpreting, and evaluating research and program evaluation articles that inform evidence-based practice. Ethical and cultural relevance as well as ethically appropriate integration is also addressed

CMHC 521 *Assessment Techniques in Counseling* (3 hours): Prerequisites: CMHC 500, 501, 502, 504, 505, 510. This course is designed to provide an understanding of individual and group approaches to assessment and evaluation in a multicultural society. Comprehension and application of basic concepts of standardized and nonstandardized testing and other assessment techniques, including norm-referenced and criterion-referenced assessment, environmental assessment, performance assessment, inventory methods, psychological testing, and behavioral observations are examined. Social and cultural factors related to the assessment and evaluation of individuals, groups, and specific populations are discussed. Identification of applicable ethical strategies for selecting, administering, and interpreting assessment and evaluation instruments and techniques in counseling are evaluated.

CMHC 522 *Career Development and Counseling (3 hours)*: Prerequisites: CMHC 500, 501, 502, 504, 505, 510. This course provides students an understanding of career development and related life factors. Students study career development theory and decision-making models, procedures for planning and conducting effective job searches, assessment instruments and techniques relevant to career planning and decision-making, and the use of career information. Emphasis is placed on understanding the interrelationships between career development and career decision-making and such factors as faith, values, family, socio-economic status, leisure, individual interests and abilities, and other life roles.

CMHC 670 *Comprehensive Exam – CPCE (0 hours)*: Prerequisites: CMHC 500, 501, 502, 504, 505, 506, 510, 512, 515, 521, 522, 667 must be taken no earlier than completion of the prerequisite courses listed. The Comprehensive Exam-CPCE (Counselor Preparation Comprehensive Exam) must be successfully completed prior to degree conferral. *Exam fee of \$45 will be billed to the student's account, due to outside institution administrative fees.

CMHC 671 *Comprehensive Exam – Integration (0 hours)*: Prerequisites: CMHC 500, 501, 502, 504, 505, 506, 510, 512, 515, 521, 522, 667 must be taken no earlier than completion of the prerequisite courses listed. The Comprehensive Exam-Integration must be successfully completed prior to degree conferral. There is no charge for the Integration part.

Clinical Mental Health Specialty Courses:

CMHC 601 *Marriage and Family Counseling I (3 hours)*: Prerequisites: CMHC 500, 501, 502, 504, 505, 510, 512, 515, 521, 522, 646. This course considers the dynamics of marriage and family relationships from a systems perspective. The emphasis is on understanding family and other systems theories, the structure and function of marriage, various aspects of the marital relationship and family systems, and models of family and systemic interventions. Considerations from a historical perspective are presented along with current developments within marriage and family systemic models.

CMHC 604 *Crisis Counseling (3 hours)*: Prerequisites: CMHC 500, 501, 502, 504, 505, 510, 512, 515, 521, 522, 646. This course provides students with foundational knowledge of the impact of crises, disasters, and other trauma-causing events on people as well as the principles of crisis intervention for people during crises, disasters, and other trauma-causing events. The appropriate use of diagnosis during crisis, disaster, or other trauma causing events and the differentiation between diagnosis and developmentally appropriate reactions during crises, disasters, and other trauma-causing events will be examined. Students will learn specific crisis intervention practices, including procedures for assessing and managing suicide risk, suicide prevention models, and the use of psychological first aid strategies. The counselors' roles & responsibilities as members of an interdisciplinary emergency management response team during a crisis, disaster or other trauma-causing event and the operation of emergency management systems will be studied

CMHC 646 *Psychopathology and Counseling* (3 hours): Prerequisites: CMHC 500, 501, 502, 504, 505, 510, 512, 515. This course studies psychological disorders and normalcy across the lifespan. Students are prepared to responsibly and competently assess, diagnose, conceptualize, and counsel clients as defined by the Diagnostic Statistical Manual classification system. Concepts and constructs, assessment processes, etiology, cultural factors, differential diagnosis, decision-making, and evidence-based therapeutic approaches are emphasized. Clinical and scientific research is integrated through the course with a biblical worldview so that students will have a robust biopsychosocialspiritual lens to understand and treat mental disorders.

CMHC 667 *Clinical Diagnosis and Treatment Planning* (3 hours): Prerequisites: CMHC 500, 501, 502, 504, 505, 510, 512, 515, 521, 522, 646. Students become knowledgeable of the principles and practice of clinical diagnosis and the development of treatment plans using the current edition of the Diagnostic and Statistical Manual. Emphasis is also placed on mental status, substance use, and risk assessment. Consideration is given to ethical, dimensional, relational, multicultural, and systemic issues important in diagnosis and treatment planning.

CMHC 691 *Substance Abuse: Diagnosis, Treatment, and Prevention* (3 hours): Prerequisites: CMHC 500, 501, 502, 504, 505, 510, 512, 515, 521, 522, 646. This course is designed to introduce the student to current theories and etiology of addictions and addictive behaviors, including strategies for prevention, intervention, and treatment. The identification of standard screening and assessment instruments for substance use disorders and process addictions are practiced, as well as screening for aggression, and danger to self and/or others, as well as co-occurring mental disorders are reviewed. The course also describes appropriate counseling strategies when working with clients with addiction and co-occurring disorders in a multicultural society.

CMHC 698 *Counseling Practicum* (3 hours): Prerequisites: CMHC 500, 501, 502, 504, 505, 510, 512, 515, 521, 522, 646. This course involves highly supervised experience of professional counseling at an approved clinical site in the counseling community. This supervision includes both individual and group supervision. Students are required to complete a total of 100 hours of counseling and related services, 40 of which are direct client contact hours. Written and oral presentations accompanied by audio and video recordings are a basic part of the group supervisory process. Additionally, the class will focus on the development of counseling related skills, ethics, and professionalism based on observation and exposure to the counseling field.

CMHC 699 *Counseling Internship* (3 hours) Prerequisites: CMHC 500, 501, 502, 504, 505, 510, 512, 515, 521, 522, 646, 667, 698. This course requires successful completion of the practicum as one of its prerequisites and involves an intensely supervised experience in the student's designated program area at an approved site. Students are required to complete a total of 600 clock hours of counseling and related services, 240 of which are direct client contact hours. While gaining direct service experience with clients, students regularly meet with an approved onsite supervisor. Student counseling performance is evaluated throughout the internship. Written and oral presentations accompanied by audio and video recordings form the basis of the group supervisory process. The dynamics of the counseling relationship, diagnosis, treatment, and legal/ethical issues are primary areas of focus.

Marriage and Family Therapy Specialty Courses:

CMHC 602 *Marriage and Family Counseling II (3 hours)*: Prerequisites: CMHC 500, 501, 502, 504, 505, 510, 512, 515, 521, 522, 601, 646. This course is an experiential exploration of selected, major treatment approaches utilized in marital and family counseling. The development of practical skills and techniques constitutes the primary focus. The intent is to make practical application of family counseling theories and awareness presented in CMHC 601. Students will have significant engagements in diagnosis, treatment planning, and role-play of clinical practice of various marriage and family therapy methods. Additionally, the impact of addiction, crisis, disasters, and other trauma-causing events on diagnosis and treatment planning in marriage and family therapy will be addressed

CMHC 603 *Premarital and Marital Counseling (3 hours)*: Prerequisites: CMHC 500, 501, 502, 505, 510, 512, 515, 521, 522, 646. This course introduces students to a variety of approaches that have been developed for through premarital counseling. The course also teaches students a conceptual model of understanding the variety of ways marriages can become dysfunctional, and introduces them to short-term method that can be used when those kinds of problems develop.

CMHC 610 *Human Sexuality (3 hours)*: Prerequisites: CMHC 500, 501, 502, 504, 505, 510, 512, 515, 521, 522, 646. An analysis of the physiological, psychological, cultural, and religious aspects of a wide range of topics in the area of human sexuality. Emphasis is on the development of an understanding and appreciation of the role of sexuality in individuals, couples and families throughout the various phases of the life cycle.

CMHC 620 *Counseling Children, Adolescents and Their Families (3 hours)*: Prerequisites: CMHC 500, 501, 502, 504, 505, 510, 512, 515, 521, 522, 646. This course examines the developmental and psychological needs and problems of children, and the transitions of adolescence emphasizing family, social, spiritual/moral, and physical issues. Counseling theories and practices for working with children, adolescents, and their families are explored. Crisis interventions with children, adolescents, and their families will be addressed.

M.A. Counseling Elective Courses

COUN 507 *Theology and Spirituality in Counseling (3 hours)*: An examination of the content, comprehensiveness, and validity of several counseling theories that have been developed by prominent Christian counselors.

COUN 605 *Community and Agency Counseling (3 hours)*: Prerequisites: CMHC 500, 501, 502, 504, 505, 510, 512, 515, 521, 522, 646. This course provides an overview of the theory and practice of counseling in human services agencies and other community settings. Emphasis is given to principles and practices of community outreach, intervention, education, consultation, and client advocacy in multicultural settings.

COUN 611 *Counseling Children and Their Families (3 hours)*: Prerequisites: CMHC 500, 501, 502, 504, 505, 510, 512, 515, 521, 522, 646. The developmental and psychological needs and problems of children are examined through the analysis of personality types and family structure. Counseling techniques (e.g. play therapy) for children are also examined.

COUN 630 *Gerontology and Counseling (3 hours)*: CMHC 500, 501, 502, 504, 505, 510, 512, 515, 521, 522, 646. This course acquaints the counselor with the issues and problems unique to the elderly in American society. Topics such as suffering, societal attitude, and family structures are examined.

COUN 687 *Counseling Women (3 hours)*: Prerequisite: CMHC 500, 501, 502, 504, 505, 510, 512, 515, 521, 522, 646. This course examines the most common problems women bring to counseling, including developmental and situational crises. It explores biblical perspectives and the most effective treatments for these situations.

Advanced Electives:

COUC 712 *Psychopharmacology (3 hours)*: CMHC 500, 501, 502, 504, 505, 510, 512, 515, 521, 522, 646. This course is a study of neurology, brain-behavioral relationships, diseases, injuries, and psycho-pharmacology. The effects of psychotropic drugs on individuals are examined and Pastoral Care and Counseling treatments are developed

COUC 713 *Community Systems Counseling: Programs and Practice (3 hours)*: Prerequisite: CMHC 500, 501, 502, 504, 505, 510, 512, 515, 521, 522, 646. Principles of service delivery in community agencies is reviewed, including roles and functions of counselors, trends in community systems, problems, and special populations.

COUC 714 *Counseling Supervision (3 hours)*: Prerequisites: Completed CMHC 699 and Instructor Permission. Theory, practice, and experience of supervision for counselors in training are reviewed. Students apply principles and theory while supervising other students, as well as being supervised themselves. (I)

COUC 716 *Consultation and Counseling (3 hours)* Prerequisites: CMHC 500, 501, 502, 504, 505, 510, 512, 515, 521, 522, 646. Consultation strategies in working with individuals and groups are surveyed. Topics, problems and research are taken from counseling, adult education, community service agencies, and instructional technology.

M.A. Counseling Independent Study Courses

COUN 695 *Directed Research in Counseling (1 to 3 hours)*. Prerequisite: Offered to M.A. and Th.M. students or by permission of instructor and advisor: Designed for advanced students in good standing who have demonstrated an ability to work on their own. Students will work with the instructor in developing a proposal for guided research in a specified area of counseling