

(CO) COUNSELING

Courses

CO 700. Orientation to the Professions of Counseling. 3 Hours.

This course is designed to provide an orientation to, and overview of, the counseling including a history of the counseling profession, standards, credentialing, professional role and identity development. Prerequisite(s): Major=MS Clinical Mental Health Counseling or Major=MS School Counseling.

CO 701. The Role of School Counselor. 3 Hours.

In this course, students review the historical and philosophical bases for school counseling programs, explore the role of a school counselor, and examine the ethical and legal responsibilities of school counselors. Focus is given to recent applications of contemporary theories in educational settings as well as the role of the counselor in assisting all students in academic, career, and personal/social domains.

CO 702. Human Growth and Development. 3 Hours.

This course includes a survey of the physiological, social and psychological factors that influence the development of personality. Students will learn about what makes people distinctively different as they critically evaluate the various theories of personality development.

CO 703. Research and Program Evaluation. 3 Hours.

Students learn to conceptualize research problems and develop hypotheses. Emphasis is on defining and measuring the important variables; design of research strategies; analysis of data; interpretation and inference; and writing and implementing a research proposal.

CO 704. Social and Cultural Diversity. 3 Hours.

This course is designed to promote understanding of social and cultural diversity through study of such issues as ethnicity, gender, race, socioeconomic status, religion/spirituality, sexual orientation, ability/disability, family structure and geographic location. Students will examine how their cultural identity impacts their beliefs, values and actions, and learn the skills for competent ethical practices with diverse populations. Prerequisite(s): CO 700.

CO 705. Theories of Counseling. 3 Hours.

This course provides an intensive look at selected theories of counseling and psychotherapy. The major concepts of each theory are reviewed and critiqued in light of current research and theory. Students are encouraged to begin to define their own theoretical approach.

CO 706. School Counseling Programs. 3 Hours.

This course surveys the philosophy, objectives, and principles of comprehensive developmental school guidance programs at the K-12 level. The course will focus on National and State Models of School Counseling.

CO 710. Counseling Techniques. 3 Hours.

This course is designed to help students acquire and develop skills essential to the helping process. Core elements include: the nature of the helping relationship, introduction to basic counseling skills, and an exploration of the attitudes and beliefs involved in developing and maintaining helping relationships and how these fundamental core elements apply to counselors. Emphasis will also be placed on practitioner self-awareness and self-care. Role-playing videotape experiences and other skill development exercises will be included. Prerequisite(s): CO 700.

CO 711. Legal, Ethical and Professional Issues in Counseling. 3 Hours.

This course provides a legal and ethical framework for the counseling profession as well as a focus on standards and credentialing and current professional issues relevant to the work of counselors. Prerequisite(s): CO 700 and CO 702 and CO 703 and CO 704 and CO 705.

CO 712. Group Process. 3 Hours.

This course enables students to understand the types of groups, their purpose, development and dynamics, counseling theories, and group counseling methods and skills. Ethical and legal considerations of group counseling are also explored. Students are required to participate in small groups for educational and self-assessment purposes.

CO 715. Advanced Counseling Techniques. 3 Hours.

This course provides advanced training in the art and technique of counseling, including, but not limited to, solution-focused techniques, motivational interviewing strategies, transference and counter-transference issues, rewards and "hazards" of the profession, counselor self-awareness, and use of the self as a tool in the counseling process. Prerequisite(s): CO 700 and CO 705 and CO 710.

CO 716. Adventure Therapy in Counseling. 3 Hours.

This is an introductory course in Adventure Therapy primarily for graduate students in the Counseling programs. The purpose of the course is to introduce students to adventure therapy programs that deal with people with psychological disorders. Students will learn the characteristics of selected disorders and will examine therapeutic adventure strategies that have been designed to work with specific identified populations including children, adolescents, and adults. A section dealing with professional ethics will also be included. Didactic as well as experiential pedagogy will require comfortable clothing and a limited amount of outside the classroom activities.

CO 717. Introduction to Play Therapy: Theories and Applications. 3 Hours.

This course is designed to introduce students to the knowledge of play therapy theories (the history, philosophy, beliefs, techniques and outcomes) and the application of these theories to special settings and special populations. Students examine the various theories of play therapy in the social, cultural, and economic contexts in which they were first implemented. The introductory course is one of the required courses for becoming a national registered play therapist (RPT).

CO 718. Child Centered Play Therapy. 3 Hours.

Child centered play therapy is one of the most popular modalities used today for children and adolescents in a variety of settings. This course provides students with the knowledge and skills for the application of the child-centered theory of play therapy. The course consists of interactive practice, discussion, journaling and supervision of our play therapy practice. The course is part of our summer play therapy course series which can count toward the Registered Play Therapist (RPT) credential. Prerequisite(s): CO 717.

CO 719. Adlerian Play Therapy. 3 Hours.

The goal of this course is to explore Adlerian theory and to gain counseling skills appropriate to an Adlerian theoretical perspective. Working with children and adolescents using Adlerian Play Therapy is the focus, as well as working with parents and systems. This course will be interactive and experiential while also using the modalities of lecture, discussion and role play. This course may be used in applying for the credential of Registered Play Therapist (RPT). Prerequisite(s): CO 717 and CO 718.

CO 720. School Counseling for Exceptional Students. 3 Hours.

This course provides the school counselor with an overview of the philosophies, theories, assessments, and interventions to work with exceptional populations in PK-12 schools. Students explore the history, legislation, and current trends of special education through the lens of a school counselor. Students also demonstrate knowledge of evidence-based interventions, differentiated instruction, inclusion models, and relevant laws that impact diverse students.

CO 721. Assessment in Counseling. 3 Hours.

This course explores the use of measurement and results in the counseling professions. It offers an understanding of group and individual educational and psychometric theories, statistics and approaches to measurement, as well as techniques for gathering data and information. Concepts of validity, reliability and factors that influence measurement are covered.

CO 722. Career Development and Counseling. 3 Hours.

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 inter-relationships between career development and career decision-making, family, socioeconomic status, leisure, individual interests, and abilities.

CO 723. Counseling Young Children and Adolescents. 3 Hours.

In this course, students address the physical, emotional and social development of children and adolescents and examine the relationship between development and counseling needs. Students also explore the implications of child development for counseling interventions and learn developmentally appropriate counseling theory and techniques, as well as diagnosis and treatment of mental health disorders of childhood and adolescence. Prerequisite(s): CO 700 and CO 702 and CO 705 and CO 710.

CO 724. Spirituality, Religion, and Mindfulness in Counseling. 3 Hours.

This course will provide an overview of current trends regarding spirituality and religion in the practice of professional counseling. Guided by the American Counseling Association code of ethics and the Association for Spiritual, Ethical, Religions, and Values Issues in Counseling. This course will cover topics such as culture, ethics, assessment, and spiritual/religious practices within the context of professional counselor. Students will be invited to explore their own spiritual/religious history with a view toward developing a "spirituality of counseling".

CO 725. Art Therapy. 3 Hours.

Art therapy embraces the use of creative expression as a path toward healing, growth, and self-discovery. This class will explore what art therapy is and how it is used in a wide variety of settings. Students examine their own healing traditions in the context of creativity within their home communities. The course provides students with personal experience and an introductory knowledge of art therapy.

CO 726. Exploration of Animal Assisted Activities & Therapies. 3 Hours.

This course provides an overview of the use of animals in the therapeutic process for persons of all abilities with focuses on the role of animals in counseling, education and rehabilitation. The course provides the necessary foundation for understanding animal assisted activities and therapies in improving the lives of humans with basic overview of animal assisted activities and therapies (AAA/T). Emphasis is placed on the importance of the human-animal bond as part of AAA/T for clients, practitioners, and their animal partners.

CO 727. Trauma Recovery & Building Resilient Therapists. 3 Hours.

This course explores the theoretical explanations around trauma and the treatment of trauma. Students learn about research and theory regarding the impact of traumatic experiences on individuals of all ages, couples, families, and other groups. Students also review research on child maltreatment (emotional, physical and sexual abuse and neglect), intimate partner violence, combat exposure, historical trauma, and the concept of post traumatic growth.

CO 799. Topic/. 1-12 Hour.

Selected topics are offered centering on the needs and interests of the students and the availability of expert faculty. Enhancing student knowledge and building on past learning in a challenging scientific environment is one of the course's objectives. Exploring innovation and the edge of knowledge is another endeavor of this course.

CO 801. Marriage and Family Counseling. 3 Hours.

The dynamics of marriage and family relationships are examined. The emphasis is on understanding the structure and function of marriage, the various aspects of the marital relationship, family systems, and ways the counselor may approach marriage and family counseling as a creative, preventative and healing interaction.

CO 805. Addictions Counseling: Treatment and Contemporary Issues. 3 Hours.

Provides an introduction to the theoretical knowledge and clinical skills necessary to provide addictions counseling services in both school and mental health settings. Emphasis is on diagnosis and evidence-based treatment for addictions, problem gambling, and co-occurring disorders. The impact of "stigma" as well as the history and contributions of the recovery movement are explored. Consideration is given to current trends, cultural context and primary prevention resources. Ethical and legal considerations in practice are addressed. Prerequisite(s): CO 700 and CO 710 and CO 705.

CO 810. Human Sexuality. 3 Hours.

An analysis of the anatomical, psychological, and cultural aspects of a wide range of topics in the area of human sexuality is undertaken. Emphasis is on the development of an understanding and appreciation of the role of sexuality throughout the various stages of life. Prerequisite(s): CO 705 and CO 710.

CO 825. Psychopharmacology and Counseling. 3 Hours.

This course is designed to teach the prospective counselor about the history and development of psychopharmacologic agents, the biochemical nature of the central nervous system and its relationship to psychopharmacology. The legitimate use of medications and their importance for treatment are also examined.

CO 826. Cognitive Behavior Therapy. 3 Hours.

This is a survey of the theory and practice of cognitive behavior therapy. Behavioral assessment and treatment of a variety of common clinical problems is studied. Emphasis is placed on more recent cognitive behavior therapy approaches.

CO 827. Crisis Intervention. 3 Hours.

This course provides an understanding of the theory and practice of crisis intervention, short-term crisis, counseling intervention strategies and the social context of therapy in crisis intervention. Prerequisite(s): CO 710.

CO 846. Clinical Diagnosis and Treatment Planning. 3 Hours.

This course provides a framework for understanding psychopathology and the process of diagnosing mental health disorders as well as designing treatment plans. Prerequisite(s): CO 700 and CO 702 and CO 703 and CO 704 and CO 705 and CO 710 and CO 721.

CO 868. Capstone Course. 3 Hours.

Students in the MS in Human Relations program will complete a supervised experience in their area of interest, thesis, or special project that has been pre-approved by the department during the final semester of study.

CO 881. School Counseling Internship I. 1 Hour.

This course allows students to apply their theoretical knowledge and practical counseling skills in an actual practice setting under professional supervision. School counseling students will complete required hours in a school setting.

CO 882. School Counseling Internship II. 1 Hour.

This course allows students to apply their theoretical knowledge and practical counseling skills in an actual practice setting under professional supervision. School counseling students will complete required hours in a school setting.

CO 883. School Counseling Internship III. 1 Hour.

This course allows students to apply their theoretical knowledge and practical counseling skills in an actual practice setting under professional supervision. School counseling students will complete required hours in a school setting.

CO 884. School Counseling Internship IV. 1 Hour.

This course allows students to apply their theoretical knowledge and practical counseling skills in an actual practice setting under professional supervision. School counseling students will complete required hours in a school setting.

CO 885. School Counseling Internship V. 1 Hour.

This course allows students to apply their theoretical knowledge and practical counseling skills in an actual practice setting under professional supervision. School counseling students will complete required hours in a school setting.

CO 886. School Counseling Internship VI. 1 Hour.

This course allows students to apply their theoretical knowledge and practical counseling skills in an actual practice setting under professional supervision. School counseling students will complete required hours in a school setting.

CO 890. Practicum. 3 Hours.

This course provides practical clinical instruction and experience in counseling for the purpose of developing individual and group counseling skills. These experiences are similar to what a professional counselor would be expected to perform and enhance the internship experience. Prerequisite(s): CO 715.

CO 891. Clinical Counseling Internship I. 1 Hour.

This course allows students to apply their theoretical knowledge and practical counseling skills in an actual practice setting under clinical supervision. Clinical mental health counseling students will complete required hours in a clinical setting. Prerequisite(s): CO 890.

CO 892. Clinical Counseling Internship II. 1 Hour.

This course allows students to apply their theoretical knowledge and practical counseling skills in an actual practice setting under clinical supervision. Clinical mental health counseling students will complete required hours in a clinical setting.

CO 893. Clinical Counseling Internship III. 1 Hour.

This course allows students to apply their theoretical knowledge and practical counseling skills in an actual practice setting under clinical supervision. Clinical mental health counseling students will complete required hours in a clinical setting.

CO 894. Clinical Counseling Internship IV. 1 Hour.

This course allows students to apply their theoretical knowledge and practical counseling skills in an actual practice setting under clinical supervision. Clinical mental health counseling students will complete required hours in a clinical setting.

CO 895. Clinical Counseling Internship V. 1 Hour.

This course allows students to apply their theoretical knowledge and practical counseling skills in an actual practice setting under clinical supervision. Clinical mental health counseling students will complete required hours in a clinical setting.

CO 896. Clinical Counseling Internship VI. 1 Hour.

This course allows students to apply their theoretical knowledge and practical counseling skills in an actual practice setting under clinical supervision. Clinical mental health counseling students will complete required hours in a clinical setting.

CO 897. Clinical Counseling Internship VII. 1 Hour.

This course allows students to apply their theoretical knowledge and practical counseling skills in an actual practice setting under clinical supervision. Clinical mental health counseling students will complete required hours in a clinical setting.

CO 898. Clinical Counseling Internship VIII. 1 Hour.

This course allows students to apply their theoretical knowledge and practical counseling skills in an actual practice setting under clinical supervision. Clinical mental health counseling students will complete required hours in a clinical setting.

CO 900. Clinical Counseling Internship IX. 1 Hour.

This course allows students to apply their theoretical knowledge and practical counseling skills in an actual practice setting under clinical supervision. Clinical mental health counseling students will complete required hours in a clinical setting.