

MSCMHC COURSE DESCRIPTIONS

Required Courses

CMHC 5110 Orientation to the Profession of Counseling I

2.5 Didactic Credits

This course provides an overview of the field of professional counseling. Students develop knowledge of the field as well as the program. Topics include the eight (8) core CACREP areas (e.g., counseling theories), legal and ethical issues, and the history of the profession.

CMHC 5120 Ethical and Legal Issues in Counseling I

2.5 Didactic Credits

This course provides current information related to ethical standards and legal mandates associated with professional counseling. The course covers ethical decision-making models in counseling and laws associated with professional practices at the national and state levels.

CMHC 5130 Orientation to the Profession of Counseling II

1 Didactic Credit

This course expands the overview of the field of professional counseling. Students continue to develop knowledge of the field as well as the program through both didactic as well as experiential learning. Specific topics covered in this course include interview skills, assessment techniques and approaches, as well as crisis and trauma-informed counseling procedures.

CMHC 5140 Ethical and Legal Issues in Counseling II

1 Didactic Credit

This course provides current information and best practices in both legal and ethical constructs in the field of professional counseling. Students will engage in self-directed, and instructor guided learnings focusing on topics including tests and assessments, diversity, career counseling, and program evaluation. Students will also acquire knowledge and skills in advocating for never and underserved populations.

CMHC 5210 Interprofessional Collaboration

1.5 Didactic Credits

This course prepares students to participate effectively as part of an interprofessional team in order to promote collaborative and non-hierarchical, patient centered, outcome focused care. Students will learn about the current healthcare landscape, the scope of practice of different conventional and integrative health care professions, how to function effectively as part of a health care team, and the positive impact of interprofessional collaboration on the quadruple aim of health care.

CMHC 5220 Counseling Research I

2.5 Didactic Credits

This course offers students the opportunity to examine the ways that research can inform counseling practices. Using evidenced-based counseling is critical for client welfare and the application of ethical practices in counseling. Students will learn differential research methods across both quantitative and qualitative research. Mixed-methods research will also be discussed as an emerging approach to research in counseling.

CMHC 5230 Evidence-Based Integrative Mental Health Care

1 Didactic Credit

Through a combination of didactic and experiential learning, this course introduces students to select evidence based integrative health modalities and systems of care that can enhance and support the mental health and well-being of their future clients while also promoting the student's own self-care. Students will review the evidence for lifestyle medicine and integrative health care to support mental health in general and mood disorders specifically with a special emphasis on nutrition, dietary and herbal supplements, Mindfulness Based Stress Reduction, meditation, physical activity, and the expressive arts.

CMHC 5240 Counseling Research II

1 Didactic Credit

This course provides students' knowledge and information on the processes involved in developing a research project. Specifically, students will learn how to develop a successful literature review on a counseling-related topic and then develop a professional conference-level poster.

CMHC 5310 Theories of Counseling I

2.5 Didactic Credits

This course provides the range of theories and philosophies used in professional counseling. Topics covered include specific theoretical orientations and the associated skills and techniques. Included in this course are issues of social justice, crisis management and evidence-based approaches to therapy.

CMHC 5320 Human Growth and Development I

2.5 Didactic Credits

This course is a survey of developmentally based processes identified in the field of counseling. Topics include typical human behavior, including moral and cognitive development across the lifespan according to Erikson, Piaget, Marcia, and Kohlberg.

CMHC 5330 Theories of Counseling II

1 Didactic Credit

This course requires students to apply evidenced-based counseling approaches to clinical cases. Students engage in theory-based treatment planning and formation of client goals for treatment.

Prerequisites: Theories of Counseling I

CMHC 5340 Human Growth and Development II

1 Didactic Credit

This course focuses on clinically oriented practices to address developmental issues observed in counseling. Students will analyze and then develop plans to work successfully with clients (case conceptualizations) with developmental stuckness and/or who have regressed to a previous developmental crisis.

Prerequisites: Human Growth and Development I

CMHC 5410 Counseling Diverse Clients I

2.5 Didactic Credits

This course provides students with the opportunity to explore prejudices, oppression, values, and discrimination across the landscape of groups of people. Further, similarities across all populations will be explored. Exploration into their own beliefs, values and prejudices will be used to help students become more aware of what they bring to the counseling relationship.

CMHC 5420 Group Counseling Theories and Techniques I

1.5 Didactic Credits

This course covers the variety of different theories and techniques associated with group counseling. Additionally, students will explore the different types of groups used in counseling including process, psychoeducational, support.

CMHC 5430 Counseling Diverse Clients II**1 Didactic Credit**

This course is highly experiential and includes immersion of students into different groups. Students will select two to three different groups (e.g., religious, LGBTQ+, minority culture events) and assess and reflect on their experience being in a different group. Students will present their findings to their peers and discuss ways they have grown from their immersions.

Prerequisites: Counseling Diverse Clients I

CMHC 5440 Group Counseling Theories and Techniques II**1.5 Didactic Credits**

This course will be experiential. Students will participate in a group process and share the responsibility of co-facilitating a session. Upon completion of the group experience, students will reflect on their experience and both the utility and limitations of groups in counseling.

Prerequisites: Group Counseling Theories and Techniques I

CMHC 5510 Career Counseling I**2.5 Didactic Credits**

This course offers students the opportunity to engage in meaningful study of career counseling approaches and techniques. Students will learn the use of technology in the process (e.g., ONET), and how to interpret and make meaning of assessment results with clients. Multi-measurements will be reinforced as part of the career counseling process including family genograms, personality traits, and values of the client in the world of work.

Prerequisites: Completed year 1, Q1-Q4 foundational courses

CMHC 5520 Assessment and Appraisal Techniques in Counseling I**2.5 Didactic Credits**

This course provides students with a variety of mental health related, career-related, and personality-based tests and assessments used in counseling. Students will successfully proctor and score several assessments. Further, students will understand the limitations of tests and assessments in counseling along with the need to understand psychometric properties associated with each instrument the use with clients.

Prerequisites: Completed year 1, Q1-Q4 foundational courses

CMHC 5530 Career Counseling II**1 Didactic Credit**

This course provides students with information about their career development and planning. Information covered includes cover letters, resumes, interview and job search skills. These skills and new knowledge serve to support the career process for students and help them become more effective with clients who need such information. Additionally, this course provides an overview for students on their steps toward licensure for their home state.

Prerequisites: Career Counseling I

CMHC 5540 Assessment and Appraisal Techniques in Counseling II**1 Didactic Credit**

This course requires students to apply assessment and appraisal techniques to case studies. Students will use data from multiple measures to improve the counseling process. Specifically, students will combine outcome data from projective techniques (thematic apperception test, early recollections, dreams), with formal assessments and tests (e.g., Beck Depression Inventory-II), and personality instruments (e.g., Myers-Briggs Personality Type Indicator), to influence and guide their clinical direction with clients.

Prerequisites: Assessment and Appraisal Techniques in Counseling I

CMHC 5610 Atypical Human Behavior I**2.5 Didactic Credits**

This course covers topics of counseling related to thoughts, feelings, and behaviors that negatively impact optimal human development. Areas of study include mood related issues (e.g., anxiety, depression, bi-polar), severe mental health issues (e.g., suicidal ideation, PTSD, schizophrenia), and neurobiological underpinnings of mental health concerns.

Prerequisites: Completed year 1, Q1-Q4 foundational courses

CMHC 5620 Substance Use Disorders and Addictions Counseling I**2.5 Didactic Credits**

This course serves as an introduction to the concepts, theories, and processes used in counseling clients who have substance use issues or addictions. Topics covered include relapse prevention planning, motivational interviewing, grief, assessment techniques, and both individual and group counseling with this population.

Prerequisites: Completed year 1, Q1-Q4 foundational courses

CMHC 5630 Atypical Human Behavior II**1 Didactic Credit**

This course builds on topics covered in Atypical Human Behavior I. Students practice applying their knowledge and skills by engaging in case studies in the Virtual Health Center Experience. Students will also continue to develop their skills in working across disciplines.

Prerequisites: Atypical Human Behavior I

CMHC 5640 Substance Use Disorders and Addictions Counseling II**1 Didactic Credit**

This course is application based and requires students to develop a program for serving clients with substance use issues and/or addictions. Each student will select a unique population (e.g., military veterans, persons with disabilities), and develop an evidence-based program incorporating individual, group, and family counseling. Students will present a summary of their findings to the class.

Prerequisites: Substance Use Disorders and Addictions Counseling I

CMHC 5710 Pre-Practicum in Counseling I**1 Didactic Credit**

This course is both experiential and practical. Students are required to learn and then demonstrate the basic techniques used in professional counseling (e.g., paraphrase, open questions, summary, empathy). Students will complete weekly mock counseling sessions with their partner and reflect on their recorded session. Successful completion of this course is required prior to taking Practicum I. Failure to complete this course successfully after two attempts may result in dismissal from the program.

Prerequisites: Once a student has successfully completed all foundational courses, they must complete the courses listed in the course sequence for quarter five and six of the program prior to enrolling in Pre-Practicum in Counseling I

CMHC 5720 DSM and Psychopharmacology I**2.5 Didactic Credits**

This course covers the major components used in the latest DSM. Students will learn how to accurately diagnose a mental health condition as well as understand differential diagnosis and co-occurring disorders. Students will also explore the use of psychotropic medications as a part of the counseling and healing process.

Prerequisites: Completed year 1, Q1-Q4 foundational courses

CMHC 5730 Pre-Practicum in Counseling II**1 Didactic Credit**

This course is both experiential and practical. Students are required to learn and then demonstrate the basic techniques used in professional counseling (e.g., paraphrase, open questions, summary, empathy). Students will complete weekly mock counseling sessions with their partner and reflect on their recorded session. Successful completion of this course is required prior to taking Practicum I. Failure to complete this course successfully after two attempts may result in dismissal from the program.

Prerequisites: Pre-Practicum in Counseling I

CMHC 5740 DSM and Psychopharmacology II**1 Didactic Credit**

This course requires students to build upon learning in DSM and Psychopharmacology I by having students apply bio-psychosocial analysis to cases. Students will provide holistic views of different client cases. Specific attention will be made to using a cross/multi-disciplinary approach by consulting other helping professionals (e.g., nutritionists, medical doctors, social workers).

Prerequisites: DSM and Psychopharmacology I

CMHC 5810 Counseling Practicum I**2.5 Clinical Credits**

This course is a combination of students engaging in counseling and counseling activities at their chosen site while meeting weekly with their instructor and class. Students will complete a minimum of 15 direct counseling hours and 40 total hours (includes both direct and indirect counseling). Additionally, students will meet weekly for one and a half (1 ½) hours of group supervision each week with their instructor, and one (1) hour of individual/triadic supervision each week with their approved site supervisor.

Prerequisites: Pre-Practicum in Counseling I

CMHC 5820 Couples, Families and Systems Counseling I**2.5 Didactic Credits**

This course introduces students to systemic thinking in the counseling process. Areas covered include structural, Milan, strategic, and Bowenian family counseling. Students will engage in the multitude of different theories and techniques used in marriage, couples, and family counseling.

Prerequisites: Completed year 1, Q1-Q4 foundational courses

CMHC 5830 Counseling Practicum II**2 Clinical Credits**

This course is a combination of students engaging in counseling and counseling activities at their chosen site while meeting weekly with their instructor and class. Students will complete a minimum of 25 direct counseling hours and 60 total hours (includes both direct and indirect counseling). Additionally, students will meet weekly for one and a half (1 ½) hours of group supervision each week with their instructor, and one (1) hour of individual/triadic supervision each week with their approved site supervisor. Note that for a student to take Internship I (A), they must have completed a total of 40 direct hours, 60 indirect hours (100 total hours) across Counseling Practicum I and II.

Prerequisites: Counseling Practicum I

CMHC 5840 Couples, Families and Systems Counseling II**1 Didactic Credit**

This course will expand on Couples, Families, and Systems Counseling by having students engage in case study discussions related to systems approaches. The course will also enhance students' self-awareness of their family history and how considerations such as countertransference, transference, and unresolved family issues may impact the students' work with couples and families. Each week, students will participate in both synchronous and asynchronous discussions of cases aligned with the major theories in marriage, couples, and family counseling.

Prerequisites: Couples, Families and Systems Counseling I

CMHC 5910 Counseling Internship I (A)**2.5 Clinical Credits**

This course is a combination of students engaging in counseling and counseling activities at their chosen site while meeting weekly with their instructor and class. Students will complete a minimum of 30 direct counseling hours and 75 total hours (includes both direct and indirect counseling). Additionally, students will meet weekly for one and a half (1 ½) hours of group supervision each week with their instructor, and one (1) hour of individual/triadic supervision each week with their approved site supervisor.

Prerequisites: Counseling Practicum II

CMHC 5920 Crisis, Trauma and Grief in Counseling I**2.5 Didactic Credits**

This course provides students with information, processes and techniques used in counseling clients in crisis, who have experienced significant trauma and/or grief from their loss. The mind-body connection related to trauma will be studied. Models of grief and loss counseling including Worden's Complicated Grief Model will be addressed. Additionally, crisis management skills for working with clients with psychotic episodes, suicidal and/or homicidal ideation will be covered.

Prerequisites: Completed year 1, Q1-Q4 foundational courses

CMHC 5930 Counseling Internship I (B)**2 Clinical Credits**

This course is a combination of students engaging in counseling and counseling activities at their chosen site while meeting weekly with their instructor and class. Students will complete a minimum of 30 direct counseling hours and 75 total hours (includes both direct and indirect counseling). Additionally, students will meet weekly for one and a half (1 ½) hours of group supervision each week with their instructor, and one (1) hour of individual/triadic supervision each week with their approved site supervisor.

Prerequisites: Counseling Internship I (A)

CMHC 5940 Crisis, Trauma and Grief in Counseling II**1 Didactic Credit**

This course utilizes the Virtual Health Center to allow students to apply the theories and techniques learned in Crisis, Trauma, and Grief in Counseling I. Students will engage in cases that allow them to demonstrate the ability to meaningfully support clients under such duress.

Prerequisites: Crisis, Trauma and Grief in Counseling I

CMHC 6010 Counseling Internship II (A)**2.5 Clinical Credits**

This course is a combination of students engaging in counseling and counseling activities at their chosen site while meeting weekly with their instructor and class. Students will complete a minimum of 30 direct counseling hours and 75 total hours (includes both direct and indirect counseling). Additionally, students will meet weekly for one and a half (1 ½) hours of group supervision each week with their instructor, and one (1) hour of individual/triadic supervision each week with their approved site supervisor.

Prerequisites: Counseling Internship I (B)

CMHC 6020 Technology in Counseling**2 Didactic Credits**

This course covers technologies associated with the documentation, facilitation and communication used in professional counseling. Specific technologies including Zoom, TherapyNotes, and VSee will be explored, and legal and ethical issues related to the use of technology will be addressed.

Prerequisites: Counseling Practicum I

CMHC 6030 Counseling Internship II (B)**2 Clinical Credits**

This course is a combination of students engaging in counseling and counseling activities at their chosen site while meeting weekly with their instructor and class. Students will complete a minimum of 30 direct counseling hours and 75 total hours (includes both direct and indirect counseling). Additionally, students will meet weekly for one and a half (1 ½) hours of group supervision each week with their instructor, and one (1) hour of individual/triadic supervision each week with their approved site supervisor.

Prerequisites: Counseling Internship II (A)

CMHC 6040 Success Academy**1 Didactic Credit**

This course prepares students for success in the business of clinical mental health counseling from establishing, marketing, and managing a successful clinical practice to monetizing their knowledge in innovative ways. Diverse practice models will be explored

Prerequisites: Completed year 1, Q1-Q4 foundational courses