

MHC COURSE DESCRIPTIONS -COED & UED (Graduate Courses)

UED 606 Multicultural Concepts and Perspectives (in-person full term)

3 Credits

The course examines the impact of culture on behavior and provides knowledge that candidates can use to increase effectiveness in counseling and leading individuals from other cultures. In addition, candidates explore ways in which their respective cultures form their worldview and how this worldview may impact their interactions with others. Candidates learn about their cultural identity development through an exploration of applicable theories and current research. Candidates learn about the cultural norms of specific groups and explore the importance of implementation of equity of policies and procedures, counseling skills and techniques, and decision-making approaches that best meet the needs of all stakeholders in a diverse society.

COED 612 Human Growth and Lifespan (online mini term)

3 Credits

In this course, candidates will be able to understand the stages of lifespan development with applications to counseling. Current research findings on major developmental issues including physical, social, emotional, speech and language, and cognitive processes of individuals will be emphasized.

COED 620 Legal and Ethical Issues in Counseling (online mini term)

3 Credits

This course provides an orientation to ethics in the counseling profession through identifying, and exploring relevant issues in counseling practice through research, teaching and examining ethical dilemmas commonly experienced by professional counselors. Coursework covers ACA ethical standards, national and state laws, and regulations as related to accountability, responsibility, client welfare, emotional health, institutional policies, cross cultural and cross social class practices, and their impact on the counseling profession. Focal areas include professional roles and functions, professional identification, the discipline appropriate professional associations and organizations, and publications regarding best practices and strategies in providing counseling services to students, individuals, and families in various counseling settings.

UED 622 Counseling Theories and Psychotherapy (in-person full term)

3 Credits

This course is designed to explore the counseling process by examining specific theories and the related research. The counseling theories examined in the course include: (a) Psychoanalytic; (b) Adlerian; (c) Existential; (d) Person-Centered; (e) Gestalt; (f) Behavior; (g) Cognitive Behavior; (h) Reality; (i) Feminist, (j) Postmodern; and, (k) Family Systems with emphasis placed on developing effective techniques for facilitating individual counseling sessions and interviews, helping clients adjust to change, and sponsoring clients' self-exploration, self-understanding, and self-evaluation. This course aims to familiarize counselor candidates with the application of counseling theory in all aspects of the program as well as the counseling profession.

COED 623 Counseling Technique and Skill (in-person mini term)

3 Credits

This course focuses on the major counseling techniques used in the profession. Emphasis in coursework is placed not only on the counseling techniques but also on the rationale underlying the practice of counseling, theoretical approaches, counseling techniques, and the ethics of counseling. This course is designed to familiarize counselor candidates with the application of counseling techniques in all aspects of the program as well as the counseling profession.

COED 630C Community and Agency Counseling (in-person mini term)

3 Credits

This course provides an in-depth study of community counseling settings to include municipal mental health, social services, civic religious organizations, penal institutions, military and government services, rehabilitation, and employment agencies. Counseling candidates are exposed to relevant issues in the counseling profession including but not limited to national accreditation standards for counselor education programs, counseling certifications, and state licensure guidelines. Coursework emphasizes counseling and consulting skills that prepares counseling candidates to provide effective client assistance and work collaboratively in the community.

COED 631C Introduction to Professional Counseling (in-person full term)

3 Credits

This course is designed to give an overview of the counseling profession through an understanding of basic roles of a professional counselor through educational, philosophical, and psychological foundations of counseling as well as specific traits and skills of professional counselors. The course focuses on the historical developments that led to the establishment of counseling as its own profession, the impact of the profession on society, the significance of the counseling process and research and current trends in the counseling profession. Comprehensive coursework will encourage exploration of personal motivations for wanting to become a professional counselor and begin to articulate a personal identity as a member of the counseling profession.

COED 632 Group Counseling Theories and Techniques (in-person mini term)

3 Credits

This course is designed to introduce interpersonal counseling skills necessary in group counseling by exploring group dynamics and group procedures in various counseling settings. This course focuses on analysis of the group process by examining theories and research related to group counseling. Coursework emphasizes the development of effective techniques for conducting group sessions, discussions and interviews, helping clients adjust to change through a group counseling setting, and facilitating clients with self-exploration, self-understanding, and self-evaluation through the group process. The course provides counseling candidates an opportunity to observe and participate in the group counseling process.

COED 640 Family Systems (online mini term)**3 Credits**

This course will introduce students to a family systems perspective in regards to client issues brought to the counseling setting. Students will be introduced to the family development framework and common family issues across the family life cycle. The course will also include an introduction to theories of family therapy along with counseling strategies and techniques as well as research in family counseling and family functioning.

COED 644 Addiction Counseling (in-person mini term)**3 Credits**

This course provides a summary of addiction counseling based on practical application of both theory and research. The theoretical and practical pragmatic counseling framework serves counseling candidates who are training to be direct service providers with the substance abuse and process addictions population and clinicians who are new to the field of addiction counseling and recovery. Throughout the course, interactive exercises, such as observation, case studies, and discussion exercises are provided to assist in applying the information and to assist in facilitating the integration of the material into treatment and recovery. This course also addresses the growing trends of the substance abuse counseling profession.

COED 645 Testing & Assessment in Community/School (in-person full term)**3 Credits**

In this course is designed to examine individual and group approaches to formal and informal counseling testing and assessment techniques used in the community and schools. The course includes an examination of the various assessments; use of collaborative information; clarification of assessment concepts; tests selection for various populations; tests administration; results interpretation; statically relevant measures, and ethical and legal issues relative to assessment. Throughout the course, interactive exercises, such as observation, immersive studies, and discussion exercises are provided to assist in applying the information and to assist in facilitating the integration of the material into assessment administration and interpretation. This course addresses the growing trends of assessment in the counseling profession in various settings in community and within school systems.

COED 650 Diagnosis and Treatment (in-person full term)**3 Credits**

This course will provide an in-depth review of a broad spectrum of psychopathological conditions as defined in the DSM-V. The focus of this review will include the etiology, prevalence & incidence, signs & symptoms, and criteria for differential diagnosis. The fundamentals of this course will be on comparing and contrasting different theoretical perspectives on each disorder, as well as reviewing the empirical literature on mental illness diagnoses. This course facilitates a broad understanding of philosophical bases of diagnostic processes and step by step treatment based on research and current treatment trends.

COED 677 Career Development/Counseling (online mini term)

3 Credits

This course provides candidates with knowledge, skills, and competencies to respond appropriately to the attitudes, behaviors, feelings and thoughts of clients implementing the career counseling function. Additionally, candidates will learn how to assist students and clients in acquiring, processing, and applying information relative to themselves and the world of work. The course is also designed to assist the candidate in synthesizing theoretical constructs and applications of theory in all career development areas.

COED 680 Introduction to Counseling Supervision (online mini term)

3 Credits

This course provides the foundation for learning theories and practices of consultation and supervision, including legal and ethical issues. The course includes 3 broad content areas: (a) counseling supervision fundamentals, interpersonal and developmental processes, clinical content, evaluation, gate-keeping, and administrative and case-management tasks (b) individual supervision models, approaches, theories and additional supervision formats; and (c) teaching, learning, and developmental processes for becoming a supervisor. During this course, candidates explore supervision and consultation as unique skills and practices for counseling professionals and counselor educators. Candidates develop their understanding of the purposes of clinical supervision and consultation, theoretical frameworks and models of supervision and consultation, the roles and relationships related to clinical supervision and consultation, and legal, ethical and multicultural issues associated with clinical supervision and consultation.

UED 692 Research Methods (in-person full term)

3 Credits

This course is designed to assist graduate candidates in education and behavioral sciences to develop skills associated with the systematic investigating, collecting, classifying, interpreting, and reporting of data. Candidates will become familiar with scholarly research, terminology, and methodology for evaluating and writing a research proposal.

COED 700 Psychopathology (in-person mini term)

3 Credits

This course is designed to provide an integrated approach for treatment of psychopathology for helping professionals in counseling and other behavioral health professions. This course covers a wide range of definitions and models that focus on psychological disorders, functioning and abnormal psychological behaviors, and conditions of psychopathology based in the DSM-V with an applied understanding of the diagnostic processes, client symptomology and step by step treatment. The comprehensive multicultural and multiphasic coursework focuses on psychopharmacology, prevalent psychotherapies, and theories of abnormal behavior and development in clinical settings which includes using the principles and practices of assessment, diagnosis, treatment, referral, crisis intervention and prevention of mental health disorders to initiate, maintain, and terminate treatment in a variety of behavioral health settings.

COED 710C Counseling Practicum (in-person full term)

3 Credits

The course is designed to provide an orientation for candidates as they begin supervised work in the counseling profession. During this initial practicum experience, the candidates will apply knowledge and skills learned throughout the program in working with clients in a supervised field placement. The candidates are required to complete **100 clock hours which are to be fulfilled in an academic term** which include a minimum of **80 hours per term** of direct contact (counseling) hours with clients and a minimum of 10 hours of group work. The remaining **20 hours per term** consists of indirect hours accrued performing other counseling-related duties. Candidates receive 1 hour of individual supervision by site and university supervisors weekly and 1-2 hours of group supervision during the academic term. The experiences must be approved by the Practicum Supervisor and Professor.

UED 720C Crisis and Trauma Intervention (online mini term)

3 Credits

This course explores the conceptual and practical impact of crises, disasters, and other trauma-causing events while gaining a basic understanding of emergency management systems in agencies across the community. Principles and strategies of crisis intervention with models for pre-and post-crisis planning are addressed as well as assessment methods, crisis treatment, and resources used in various traumatic crises and systemic trauma situations.

UED 793C Internship I (in-person full term)

3 Credits

Counseling Internship is designed to meet the CACREP accreditation standards and is based on seminar-style class discussion, the presentation and discussion of cases, clinical group supervision principles, and didactic instruction. The program requires students to complete a clinically supervised internship of **300 clock hours which is to be fulfilled in an academic term**. The internship course provides a systematic sequence of professional experiences under the supervision of a certified professional in Mental health Counseling. During this initial internship experience, the candidate will apply knowledge and skills learned throughout the program in working with actual clients in a supervised field placement. The candidate is required to spend a minimum of **120 hours per semester** of direct counseling service with clients, of which it is preferred that one-fourth of these hours be in group work (i.e., leading or co-leading a counseling group, conducting a psycho-educational group experience such as a stress management or substance abuse awareness group). The remaining **180 hours per semester** consists of indirect hours accrued performing other counseling-related duties. Candidates receive 1 hour of individual supervision weekly and receive 1-2 hours of group supervision during the academic term. The experiences must be approved by the Internship Supervisor and Professor and is required to assess and treat mental health issues as categorized in the standard diagnostic nomenclature of Virginia.

UED 794C Internship II (in-person full term)

3 Credits

Counseling Internship is designed to meet the CACREP accreditation standards and is based on seminar-style class discussion, the presentation and discussion of cases, clinical group supervision principles, and didactic instruction. The program requires students to complete a clinically supervised internship of **300 clock hours which is to be fulfilled in an academic term**. The internship course provides a systematic sequence of professional experiences under the supervision of a certified professional in Mental health Counseling. During this continued internship experience, the candidate will apply knowledge and skills learned throughout the program in working with actual clients in a supervised field placement. The candidate is required to spend a minimum of **120 hours per semester** of direct counseling service with clients, of which it is preferred that one-fourth of these hours be in group work (i.e., leading or co-leading a counseling group, conducting a psycho-educational group experience such as a stress management or substance abuse awareness group). The remaining **180 hours per semester** consists of indirect hours accrued performing other counseling-related duties. Candidates receive 1 hour of individual supervision weekly and receive 1-2 hours of group supervision during the academic term. The experiences must be approved by the Internship Supervisor and Professor and is required to assess and treat mental health issues as categorized in the standard diagnostic nomenclature of Virginia.