PROFESSIONAL COUNSELING (PC)

PC-CPE  Professional Counseling Comprehensive Examination

Credits: None
Prerequisite(s): Forty-eight credits in Psychological Counseling including PC-505, PC-506, PC-512, PC-515, PC-523, PC-525, PC-529, PC-550, PC-570, PC-595, and PC-603
Co-requisite(s): PC-680
Term Offered: All Terms
Course Type(s): None
This is the Counselor Preparation Comprehensive Examination required to be taken during the final term of study in the MS in Clinical Mental Health Counseling Program. Limited to Professional Counseling majors. This is a pass/fail course.

PC-505  Mental Health Counseling

Credits: 3
Term Offered: All Terms
Course Type(s): None
An overview of the profession of counseling, its ethical standards, literature, professional organizations, and the knowledge, skills and abilities required for success in the field. Assists students in formulating a concept of the profession that will allow them to enhance their growth and professional identity as a counselor. In addition, the opportunity for students to become aware of counseling career opportunities in the region is provided. Must be taken during the first term of study in the MS in Mental Health Counseling and the MA in Professional Counseling. Limited to Professional Counseling majors.

PC-506  Testing and Assessment in Counseling

Credits: 3
Term Offered: All Terms
Course Type(s): None
An overview of test administration and validity. Students will be introduced to tests of intelligence, personality and interests. Limited to Professional Counseling majors.

PC-510  Community Mental Health

Credits: 3
Term Offered: All Terms
Course Type(s): None
An overview of mental health counseling within community and health/human services settings. Reviews prevention, intervention, and needs assessment, as well as program implementation and evaluation, in a comprehensive way. Client advocacy, governmental policies, obtaining funding, and other aspects of the delivery of human services are explored, with particular focus on the management and ethical standards of all administrative and clinical counseling services related to mental health programs. Limited to Professional Counseling majors.

PC-512  Psychopathology

Credits: 3
Term Offered: All Terms
Course Type(s): None
Offers an intensive investigation of current thinking regarding the etiology and development of aberrant behavior; theory in the light of experimental findings and clinical applications. Limited to Professional Counseling majors.

PC-515  Human Development Through the Life Span

Credits: 3
Term Offered: All Terms
Course Type(s): None
Provides students with an overview of human development, with comprehensive coverage of all major developmental stages (prenatal period and infancy, childhood, adolescence, early adulthood, middle adulthood, and late adulthood) and focuses on both normal and abnormal physical, mental health and social development. Emphasis on the interaction of biological, psychological and sociological forces that influence development. Limited to Professional Counseling majors.

PC-516  Counseling and Sexuality

Credits: 3
Term Offered: Fall Term
Course Type(s): None
Introduction to human sexuality and related issues that counselors may encounter in their work. Students will learn about normal and abnormal sexual functioning. Aims to desensitize students and provide introspection about diverse expression of sexuality; not designed to train students as sex therapists.

PC-517  Counseling and Religion

Credits: 3
Term Offered: Fall Term
Course Type(s): None
Counseling and Religion will explore the world religions with a focus on the religions as they function in the U.S. in a multi-cultural context. This will give the student a basic understanding and respect for religious differences when counseling clients who have different religious values than the counselor. A historical perspective on the relationship between psychology and religion will be traced to contemporary practice. The student will be given the opportunity to develop a theory of how he or she would like to integrate his or her knowledge into his or her work as a counselor. Limited to Professional Counseling majors.

PC-521  Spirituality and Counseling

Credits: 3
Term Offered: Spring Term
Course Type(s): None
Students are given a basic understanding of philosophical and practical ways to integrate existential, mystical, or other inexplicable issues into the counseling process. The student will look at different spiritual practices with a respectful, multicultural lens. Spiritual practices will be viewed as possible psychological techniques, pathology and/or cognitive distortions. The student will be given the opportunity to develop a personal spiritual theory of how he or she would like to integrate or not integrate, spirituality into his or her work as a counselor. Limited to Professional Counseling majors.

PC-522  Self-Exploration: Body, Mind, Spirit

Credits: 3
Term Offered: All Terms
Course Type(s): None
This experiential course will take the student through a self-exploration that will allow the student to explore the motivation, unconscious drives, anxieties, and spiritual and existential meaning that led him or her to be a counselor. It will explore many aspects of the personality, such as need for power/control and compassion, which will allow the student to become more fully aware. Limited to Professional Counseling majors.

PC-523  Introduction to Counseling Skills

Credits: 3
Term Offered: All Terms
Course Type(s): None
Designed for students to learn and practice interviewing and counseling skills, the intake interview process, suicide assessment, and how to conduct a mental status examination. Self-exploration and counselor self-development will also be addressed. Students who receive a grade below "B" must repeat the course.
PC-524  Counseling Children and Adolescents: Theories and Techniques  Credits: 3

Term Offered: All Terms  
Course Type(s): None  
An exploration of psychotherapeutic counseling theories and techniques used with children and adolescents within the developmental psychopathological framework. Focus on applications in counseling agencies as well as residential and educational settings. Limited to Professional Counseling majors.

PC-525  Theories of Counseling  Credits: 3

Term Offered: All Terms  
Course Type(s): None  
Upon completion of this course, students shall be able to demonstrate an understanding of core theoretical knowledge in counseling theories that provide the student with consistent models to conceptualize client presentations. Student experiences shall include an examination of the historical development of counseling theories. The course shall include an exploration of affective, behavioral, and cognitive theories. Students will also be exposed to models of counseling that are consistent with current professional research and practice in the field so that they can begin to develop a personal model of counseling. Limited to Professional Counseling majors.

PC-526  Case Conceptualization  Credits: 3

Prerequisite(s): PC-505, PC-512, PC-523, and PC-525  
Term Offered: All Terms  
Course Type(s): None  
Allows students to put into practice all aspects of case conceptualization. Students will enter this class with the basic understanding of counseling theories, assessment, and psychopathology. Techniques and approaches for chosen theories, basic skills, and differential diagnosis will be reviewed and practiced. Students will develop an approach or style, based on known theory and technique. They will be able to identify how and why an intervention is chosen according to theory and knowledge in the field. Limited to Professional Counseling majors.

PC-528  Family Counseling: Theory and Technique  Credits: 3

Prerequisite(s): PC-525  
Term Offered: All Terms  
Course Type(s): None  
Enables students to examine the historical development, theoretical foundations, and contemporary conceptual directions in the field of family counseling. Clinical concerns are interwoven with theoretical literature and counseling techniques. Limited to Professional Counseling majors.

PC-529  Multicultural Counseling  Credits: 3

Term Offered: All Terms  
Course Type(s): None  
Examines counseling theories and techniques as they relate to diversity in the client population. Limited to Professional Counseling majors.

PC-530  Crisis Intervention  Credits: 3

Term Offered: All Terms  
Course Type(s): None  
A review of crisis intervention theory and techniques, with a focus on the role of the counselor as part of the crisis intervention team. Students learn and practice counseling intervention skills for clients in crisis. Limited to Professional Counseling majors.

PC-532  Counseling for Grief and Loss  Credits: 3

Prerequisite(s): PC-525  
Term Offered: All Terms  
Course Type(s): None  
Reviews the relevant knowledge and skill base needed to counsel individuals and families coping with a range of loss experiences including death, dying and bereavement. The grief process and factors relevant to work with grieving children, adolescents and adults are covered, and the assessment of complicated grief reactions and counselor's roles and tasks in facilitating the grief process are considered.

PC-533  Couples Counseling  Credits: 3

Prerequisite(s): PC-525  
Term Offered: All Terms  
Course Type(s): None  
Students are provided with an overview of the historical development, theoretical framework, and conceptual directions in the field of marriage and couples counseling. Also provides students with methods of marital/couples assessment and counseling techniques related to various clinical issues that are often encountered in counseling settings. Limited to Professional Counseling majors.

PC-534  Wellness and Counseling  Credits: 3

Term Offered: Summer Term  
Course Type(s): None  
Exploration of the human condition from a strength-based wellness perspective, to further enhance counselor identity. Through self-exploration, hands-on experiences, and interactive discussions, students explore human motivation, unconscious drives, experiences, aspects of personality, and spiritual and existential meaning within a wellness context. Allows students to become more aware of their own drives toward health and wellness and translate that understanding to the therapeutic relationship and counseling. Limited to Professional Counseling majors.

PC-540  Introduction to Alcohol and Drug Abuse  Credits: 3

Term Offered: All Terms  
Course Type(s): None  

PC-542  Treatment of Alcohol and Drug Abuse  Credits: 3

Prerequisite(s): PC-540  
Term Offered: All Terms  
Course Type(s): None  
An examination of various treatment models within the alcohol and drug treatment field. The basics of individual, group, family, and couples counseling with alcoholic and addicted patients. Provides specific counseling techniques. This course can be used toward the Substance Awareness Coordinator Certificate.

PC-544  Advanced Alcohol and Drug Counseling  Credits: 3

Prerequisite(s): PC-540 and PC-542  
Term Offered: All Terms  
Course Type(s): None  
Covers advanced topics that are introduced in PC-542 and is therefore dedicated to addiction counselor skill building. Advanced topics include skill building in areas of counselor ethics, motivational interviewing and motivational enhancement skills, group counseling skills, community and professional skills, counseling skills needed to work effectively with individuals impacted by HIV/AIDS, and counseling skills needed to work with those impacted by gambling addictions and clinical supervision skills. Limited to Professional Counseling majors.

PC-546  Substance Awareness in the Schools  Credits: 3
Prerequisite(s): PC-540
Term Offered: All Terms
Course Type(s): None
A comprehensive study of the role of the Substance Awareness Coordinator in the schools K-12. The areas that will be included for study will be a review of research-based awareness and prevention programs as related to Alcohol, Tobacco, and Other Drug (ATOD) as seen in the school systems. School law, regulations, and policies, as it relates to substance abuse in the schools, as well as how well/consistent it is followed based on the school culture and the dynamics in a particular district. Prevention and advocacy will be emphasized as a large part of the SAC position, as well as learning to work within the school culture. Curriculum planning and staff education and development in chemical health will be an essential part of the course. Negotiating the systems to maximize potential of the SAC position will be the main focus. Limited to Professional Counseling majors.

PC-550  Group Counseling  Credits: 3
Prerequisite(s): PC-505 and PC-523
Term Offered: All Terms
Course Type(s): None
Didactic and experiential course that introduces students to group dynamics and theories/techniques of group counseling. Didactic component reviews, group counseling theories/techniques, stages in group development, and salient characteristics of effective group facilitators. Experiential component facilitates understanding of one's own personality, biases and impact upon others in professional interactions. Legal and ethical issues relevant to group counseling are also examined. Limited to Professional Counseling majors.

PC-570  Career Counseling  Credits: 3
Term Offered: All Terms
Course Type(s): None
The psychology of careers and career counseling is a cornerstone of the counseling profession and forms the historical basis of the profession's emphasis on normal development, decision-making, and assessment. Career theories, life-span development, and assessment instruments used in career counseling are reviewed. Recognizing the particular career issues of minorities and women, attention will be afforded to such transcultural issues. Limited to Professional Counseling majors.

PC-580  Animal Assisted Therapy  Credits: 3
Term Offered: Fall Term
Course Type(s): None
An overview of Animal-Assisted Therapy (AAT), and its relevance as an alternative treatment modality for common psychological disorders. Information regarding the history and evolution of animal-assisted therapy in counseling, common therapeutic animals and techniques, ethical concerns when working with animals in therapy, and working with therapy animals with special populations.
PC-673  Advanced Techniques in Play Therapy  Credits: 3
Term Offered: All Terms
Course Type(s): None
Provides students with the opportunity to develop techniques and methods of play therapy. Emphasis is placed on working with children, adolescents, and adults through individual, group, and family play therapy. Major topics include group play therapy, family play therapy, short-term play therapy, and sand tray/sand play therapy. Additionally, diversity and multicultural considerations are highlighted. Also listed as EDL-673 and SW-673.

PC-674  Play Therapy for Children at Risk  Credits: 3
Term Offered: All Terms
Course Type(s): None
Focus is on play therapy with vulnerable and high-risk children. Emphasis on working with children, adolescents, and adults using play therapy in trauma and crisis situations are highlighted. Special attention is given to social issues that can lead to or exacerbate trauma or crisis. Also listed as EDL-674 and SW-674.

PC-675  Play Therapy Practicum Seminar I  Credits: 3
Term Offered: All Terms
Course Type(s): None
First of a two-course sequence focusing on the application of the play therapy theories and techniques. Students will acquire experience using play therapy theories and techniques that can be used toward the requirements for RPT certification. Students will process the clinical experience of play with children and adolescents, with a review of advanced skills, assessment, and treatment planning during individual and group supervision in the university seminar through videotaped sessions and discussion. The therapeutic relationship is emphasized. Limited to Play Therapy (C.PS.W.PT.) program majors. Students cannot enroll in SW-676 or PC-676 at the same time. Also listed as SW-675. Prior permission of the C.PS.W.PT. Program Coordinator is required.

PC-676  Play Therapy Practicum Seminar II  Credits: 3
Term Offered: All Terms
Course Type(s): None
Second of a two-course sequence focusing on the application of the play therapy theories and techniques. Students will acquire experience using play therapy theories and techniques that can be used toward the requirements for RPT certification. Students will process the clinical experience of play with children and adolescents, with a review of advanced skills, assessment, and treatment planning during individual and group supervision in the university seminar through videotaped sessions and discussion. Legal and ethical issues, transference/countertransference, and working with parents/caregivers are emphasized. Limited to Play Therapy (C.PS.W.PT.) program majors. Students cannot enroll in SW-675 or PC-675 at the same time. Also listed as SW-676. PS.W.PT. Program Coordinator.

PC-680  Clinical Internship in Professional Counseling  Credits: 3
Prerequisite(s): PC-540, PC-595, the completion of thirty credits, and approval of the department
Term Offered: All Terms
Course Type(s): None
Designed to provide students intensive experience where they can integrate their academic learning during clinical experience. In addition to the requirement of 300 hours of supervised field service in an approved counseling agency, they also attend class each week. The weekly class consists of group supervision and a review of relevant professional, ethical and legal issues in counseling (for example assessment procedures, treatment planning, best empirically proven interventions, confidentiality, etc.). Limited to Professional Counseling majors who have completed at least thirty graduate credits. This is a pass/fail course. Registration is by special application, requiring the signature of the advisor and the Field Placement Coordinator.