

CLINICAL MENTAL HEALTH COUNSELING COURSE DESCRIPTIONS

To: Alabama State Board

From: Dr. Jenny Ermiger, Director Counselor Education

Institution: Siena Heights University

Graduate Student:

CMH 602 Research And Professional Writing In Counseling

3 credit hours

Required of all counseling students, except in situations when a previous research course, at the graduate level, is accepted for transfer from another University. Examines the role of research in developing the counseling profession, including how to critique research to substantiate best practice in clinical mental health counseling. Overviews basic statistical methods utilized in research and examines quantitative, qualitative, and mixed-method designs. Discusses design and analysis of needs assessment, program evaluation, and counseling outcome measures. Reviews ethical standards related to research in counseling. Explores culturally sensitive strategies for designing, implementing, interpreting, and reporting the results of research, program evaluation, and counseling outcome measurement.

CMH 620 Foundations Of Clinical Mental Health Counseling

3 credit hours

A survey course designed to present the history, philosophy, core values and trends in the counseling profession and, specifically, in clinical mental health counseling. Explores counselor roles, functions and relationships with other human service providers, including those related to advocacy, social justice, outreach and emergency response. Discusses differences between prevention and intervention. Examines mental health delivery and managed care systems. Overviews credentialing, licensure and professional organizations pertinent to counseling specialties, including mental health counseling. Explores the expanding role of technology, including social networking, in counseling.

CMH 623 Psychology Over The Lifespan

3 credit hours

Explores a variety of perspectives on individual and family development including: cognitive, psychodynamic, existential, systems and neurobiological. Surveys personality theory. Explores situational and environmental factors that affect development, including transitional crises and trauma. Explores theories for facilitating

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optimal development and resilience across the lifespan. Explores the impact of exceptionality and disability on human development.

CMH 626 Relationship-Building In Counseling

3 credit hours

This competency-based laboratory course, focuses on acquiring and developing counseling skills fundamental to the relationship-building and exploratory phases of the counseling process. Students explore the impact of counselor characteristics and behaviors on the counseling process. Students engage in reflective activities designed to strengthen counselor resilience, to heighten awareness of personal values and to enhance appreciation of client strengths and potentials.

CMH 629 Counseling Theories And Procedures

3 credit hours

A survey of major counseling theories: historical, contemporary and emergent. This course is designed to help students appreciate the theoretical grounding and research behind various counseling techniques and procedures and to help them begin to develop an integrated personal theory of counseling. Discusses the use of research to inform evidence-based practice.

CMH 632 Ethics And Legal Issues In Counseling

3 credit hours

This course addresses the wide array of ethical and legal issues faced by contemporary counselors. Students will become familiar with the codes of ethics of the American Counseling Association and the Association of Clinical Mental Health Counselors. They will learn frameworks for making ethical decisions and will apply an understanding of ethical and legal issues to case scenarios. Students will become familiar with both HIPPA and FERPA, as well as with legislation and case law related to counseling in Michigan. They will explore the developing body of work on ethics for counselors in the digital age.

CMH 635 Group Procedures In Counseling

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3 credit hours

An applied approach to counseling with groups, in this course experiential and laboratory methods are utilized to develop group skills. Participants learn about group theories, group processes and dynamics, and about facilitation styles. Methods of evaluating group effectiveness are covered.

CMH 638 Counseling Diverse Populations

3 credit hours

Designed to explore theories, models and research related to identity development in a diverse world and to multicultural counseling. Incorporate experiential activities to foster understanding of self and culturally diverse clients. Explores the counselor's role in social justice and advocacy for diverse populations. Explores counselor's role in eliminating bias, prejudice, oppression and discrimination. A grade of "B" or better required to continue in program.

CMH 641 Career Development

3 credit hours

This course addresses 1) the history and future of career counseling in a diverse, global economy, 2) career development theories, 3) measurement instruments and processes for work-related preferences, abilities, and special needs, 4) career information databases related to job market and labor trends, 5) skills related to career decision making and planning across the lifespan, 6) contemporary work-life balance issues, 7) career counseling processes and 8) the development and administration of career guidance programs.

CMH 644 Analysis And Appraisal

3 credit hours

A survey of formal and informal methods of individual analysis and appraisal available to the counselor in the clinical decision-making process. Explores methods of data-gathering including the clinical interview and symptom/strength checklists. Emphasis is placed on developing introductory skills in the use of standardized tests; specifically test selection, administration, interpretation, and reporting of results. Students learn the use of basic intelligence, ability, and personality measurements. Includes a brief overview of basic relevant statistical methods and concepts. Students explore the ethics of assessment.

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CMH 647 Psychopathology And Resilience

3 credit hours

Explores definitions of and continuum between mental health and mental illness. Explores manifestations of abnormal behavior, including organic conditions and personality problems in childhood, adolescence, adulthood, and old age. Considers data from commonly utilized personality measurements. Explores models, both traditional and strengths-based, for promoting wellness and resilience across the continuum of mental health and mental illness among individuals, families, and communities.

CMH 651 Diagnosis For Counselors

3 credit hours

Utilizing theoretical and case study approaches, this course studies the evolution and application of the DSM and ICD in clinical practice, with a particular emphasis on the shifting understanding of diagnosis represented in the DSM-5. Explores the benefits of and limitations to utilizing the DMS-5. Develops a framework for recognizing and identifying symptoms and dynamics of mental and emotional disorders. Explores the differences between diagnosable disorders and developmentally appropriate reactions during crises, disasters, and events perceived as traumatic. Examines the multicultural implications of using common diagnostic tools.

CMH 652 Psychopharmacology For Counselors

3 credit hours

Examines the biological mechanisms of psychopharmacological interventions for the treatment of mental and emotional disorders. Explores the history of psychopharmacological interventions. Overviews basic classifications, indications, and contraindications of commonly-prescribed medications for specific disorders. Discusses common side-effects and drug-drug interactions for psychopharmacological agents. Explores the role of the counselor in referring for medication evaluations and in collaborating with prescribing providers.

CMH 653 Treatment Strategies

3 credit hours

Students will study prevention strategies for supporting optimal mental and emotional functioning in adults. Students will study common, empirically-supported intervention strategies in the treatment of adults in area such as: depression, anxiety, crisis, suicide, bereavement, sexuality, ADHD, trauma, addiction, and co-

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occurring disorders. Using case studies, students will develop treatment plans, consider progress reporting, referral processes, and outcome measurements.

CMH 656 Prevention/Intervention With Children

3 credit hours

Students will study prevention strategies for supporting optimal mental and emotional functioning in children, adolescents, and families. Students will explore common, empirically supported intervention strategies in the treatment of childhood and adolescent depression, behavioral disorders, ADHD, anxiety, crisis, suicide, bereavement, sexuality, trauma, addiction, and co-occurring disorders. Using case studies, students will develop treatment plans, consider progress reporting, referral processes, and outcome measurements.

CMH 659 Neuroscience, Hope And The Human Spirit

3 credit hours

Students will explore the contributions of both neuroscience and spirituality to understanding the human experience within the context of the counseling relationship and process. In this course, students will learn brain structure and function. They will explore recent advances in understanding the psychological ramifications of neuroplasticity. Students will consider the implications of the placebo effect, the power of imagery and imagination, energy-based approaches to counseling, mindfulness and other holistic, transpersonal approaches to counseling that integrate mind, body, and spirit.

CMH 660 Understanding Addiction

3 credit hours

Introduction to understanding addiction, in particular through a multi-faceted lens including biological, psychological, sociological, and environmental perspectives.

Basic pharmacology of both illicit and psychotherapeutic drugs will be included. Covers information about drugs and alcohol, including history, categories, definitions, misuse, abuse, attitudes, personality, and reasons for adolescent and adult use. Students will learn the cycle of addiction model, including understanding how the many ways in which this cycle can be interrupted provide a (rational) basis for hope in recovery.

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CMH 665 Consulting Theory And Practice

1 credit hours

An examination of the theories and procedures of consulting and the change process. Introduces consultation as a concept used to inspire conceptual thinking for helping individuals, groups, and organizations function more effectively and efficiently. Explores effective program evaluation and needs assessment strategies.

CMH 670 Addiction Counseling

2 credit hours

This course is designed to provide students with foundational knowledge related to addiction and addiction treatment. Overviews the stages, processes, effects, and psychological dynamics of addiction and substance abuse. Examines theories of addiction. Introduces basic psychopharmacological principles of addiction and overviews major classes of psychoactive drugs of abuse/addiction. Explores assessment, prevention, intervention, and treatment in addictions. Examines the complexities of co-occurring disorders.

CMH 676 Trauma/Crisis Intervention For Counselors

2 credit hours

This course examines the impact of crises, disasters, and other trauma-causing events on people of all ages. Students will explore the differences between diagnosable disorders and developmentally appropriate reactions during crises, disasters, and events perceived as traumatic. Students will develop an understanding of crisis intervention and suicide prevention models, including the use of community-based strategies such as Psychological First Aid. Examines the ethical and legal considerations in crisis intervention and trauma counseling as well as counselor resilience and self-care strategies.

CMH 678 Relationship And Sexuality Counseling

2 credit hours

Overviews contemporary theories and practices related to counseling relationships, including ethnicity and gender issues in assessment and treatment. Surveys common sexuality concerns and disorders encountered when treating couples. The course is designed to increase trainees' comfort level in assessing and treating relationship issues, including sexuality. Students uncomfortable with explicit discussion of sexual issues, attitudes, behaviors and practices should consider whether participation in this course is appropriate for them.

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CMH 680 Counseling Field Practicum

3 credit hours

The refinement and practice of basic counseling skills in a professional setting (school or community) under supervision. Enhancement of individual and group counseling skills and integration of theory and practice. Requires 100 clock hours, with 40 hours of direct client contact accompanied by a weekly campus seminar focusing on case discussion and on refining documentation skills, exploring the principles, models and methods of supervision, and on helper wellness/resilience.

CMH 683 Counseling Internship 1 / Conceptualization

3 credit hours

The Counseling Internship is an individualized, on-the-job, intensive counseling experience requiring 600 clock hours with 240 hours of direct client contact under professional supervision. The Internship provides the counselor trainee an opportunity to perform all activities expected of a regularly employed counselor in a clinical or school setting. The Internship experience (Seminars 1 and 2) spans two (2) semesters (approximately 33-34 weeks), allowing the counselor trainee sufficient time to develop entry level practitioner skills. Internship 1 is a regularly scheduled campus seminar focusing on processing the internship experience. The didactic segment of Internship 1 will assist students with conceptualizing client cases, developing service plans, providing treatment, and assessing outcomes. Attendance is mandatory.

CMH 684 Counseling Internship 2 / NCE Preparation

3 credit hours

During the Internship 2 seminar, students continue to accrue hours in fulfillment of the required 600 clock hours with 240 direct hours of direct client contact under professional supervision. Students will continue to process client cases and their internship experience. The didactic segment of Internship 2 will focus on preparing students to take and pass the National Counseling Examination. Final presentation of portfolio required. A grade of "B" or better required to complete program.

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CMH 685 Internship Extender Seminar

1 credit hours

Intended only for students who do not complete field hours during Counseling Internship 1 and 2, the Extender Seminar provides independent, but regular, contact with faculty until all internship requirements are completed. Faculty continue to provide liaison with field placement site personnel. Course may be repeated two times.

CMH 699 Special Topics

2 credit hours

Periodically, the Clinical Mental Health Counseling program offers electives exploring special topics, such as family counseling, counseling women, counseling men, counseling in corrections, etc. Such courses are listed as CMH699, with their names reflecting the focus of the course.