

# CLINICAL MENTAL HEALTH COUNSEL-MA (CMHC)

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## **CMHC 611. Foundations of Integration I. (1 Credit)**

A seminar in which an understanding of social, cultural, and spiritual context is developed to facilitate an integrated view of the person and of mental health practice. Emphasis is on historical, philosophical, and theological perspectives.

## **CMHC 612. Foundations of Integration II. (1 Credit)**

A continuation of seminar I which facilitates an integrated view of the person and of mental health practice. Emphasis is on application of faith practice integration to the treatment of marginalized populations and service to the church worldwide.

## **CMHC 613. Foundations of Integration III. (1 Credit)**

A seminar that focuses on entry into clinical mental health practice, including application for licensure, models of supervision and consultation, and building a career and/or ministry in the mental health field.

## **CMHC 614. Group Counseling. (2 Credits)**

The study of group counseling, theory, and models of practice, including the role of group leadership; tools for forming a group and orienting members; and catalysts for interaction, skills for conducting and evaluating counseling/therapy groups. Emphasis will be given to ethical issues. Must be taken concurrently with CMHC 614L.

## **CMHC 614L. Group Counseling Lab. (1 Credit)**

Provides an experiential small group designed to promote personal and professional growth. Graded pass/fail. Concurrent registration with CMHC 614.

## **CMHC 618. Research Design and Program Evaluation. (3 Credits)**

Overviews the research and program evaluation methodologies available to mental health professionals. Emphasis will be given to the design, implementation, and critique of clinically relevant research.

## **CMHC 621. Counseling Skills & Techniques. (2 Credits)**

Focuses on the development of counseling skills and techniques essential to clinical mental health practice, from a humanistic/experiential and existential perspective. Must be taken concurrently with CMHC 621L. This course is available only to CMHC students.

## **CMHC 621L. Basic Counseling Skills Lab. (1 Credit)**

A basic skills lab involving practice, video-taped sessions, and supervision of counseling skills necessary to establishing and maintaining a professional helping relationship. Concurrent registration with CMHC 621. This course is available only to CMHC students. Graded pass/fail.

## **CMHC 624. Issues and Ethics in Professional Practice. (3 Credits)**

Introduces concepts regarding the professional functioning of counselors, including history, roles, professional organizations, ethics, legalities, standards, and credentialing. Current issues in the practice of counseling in a professional setting are explored. This course is available only to CMHC students. Course Fee. (Program counseling fee – 1st semester)

## **CMHC 625. Counseling Theories and Practice. (3 Credits)**

This course is an overview of the major theories of counseling and psychotherapy. Because the purpose of counseling and psychotherapy is to help individuals make personally meaningful changes in their lives, we will consistently examine the means through which the traditional theoretical perspectives try to produce such changes. Students will read about the historical and intellectual foundations of major counseling theories, while at the same time, observing the skills and techniques employed by practitioners using those theoretical perspectives. The other salient focus of this class will involve an appraisal of the major theoretical approaches from a faith understanding.

## **CMHC 631. Lifespan Development. (3 Credits)**

Addresses the major theories of human development across the life span. Stages and developmental tasks related to normal development, prevention of mental health crises, and counseling are explored. Concerns of individuals at different life stages are addressed, with an emphasis on the physical, emotional, intellectual, and spiritual growth of the individual.

## **CMHC 632. Introduction to Trauma and Crisis Counseling. (3 Credits)**

An introduction to interpersonal trauma, crisis counseling and models of resiliency. Emphasis on providing evidence-based clinical interventions in interpersonal trauma and crisis situations, including emergencies requiring advocacy, intervention, and support. Topics addressed include sexual trauma, domestic violence, vicarious trauma, psychological first aid, suicide prevention models, and community based prevention and intervention strategies. Counselors' roles and responsibilities during crises and counselor self-care strategies will be explored. Prerequisites: CMHC 621 and CMHC 625.

## **CMHC 633. Couples Counseling. (3 Credits)**

An introduction to the practice of couples counseling, including an overview of the major models and techniques from both the professional and Christian literature with special attention to ethnicity and gender issues in couple assessment and treatment. Discussion of contemporary issues including divorce, remarriage, domestic violence, infidelity, cross-cultural marriage, same sex couples, couples in ministry, and gender issues will be emphasized.

## **CMHC 635. Advanced Trauma Focused Assessment and Intervention. (3 Credits)**

This course covers advanced diagnosis and treatment of trauma-related sequelae. The emphasis of the course will center on the development of skills in conducting research-supported therapy including trauma assessments, phase-oriented treatment models, neurobiology of trauma sequelae. Eye-Movement Desensitization and Reprocessing (EMDR), and Dialectical-Behavioral Therapy (DBT) Prerequisites: CMHC 632, HDI 654.

## **CMHC 636. Family Systems Theory and Counseling. (3 Credits)**

An examination of the major models of family systems theory and counseling applied to the understanding of normal and abnormal family functioning. This course is available only to CMHC students.

## **CMHC 641. Assessment in Counseling. (3 Credits)**

A clinical skills course focusing on the principles of measurement and assessment and counseling use of various assessment instruments: achievement, aptitude, intelligence, interest, and personality. Covers supervision in administering, scoring, and interpreting assessment tools.

**CMHC 642. Psychopathology: Biological and Sociocultural Foundations. (3 Credits)**

The study of the major mental disorders as defined by the DSM including an introduction to the etiology, diagnosis, treatment, appropriate psychopharmacological interventions, biological bases of behavior, and spiritual dimensions of these disorders. Explores the impact of culture and emerging technologies on the treatment of individuals and groups.

**CMHC 644. Child and Adolescent Development and Treatment. (3 Credits)**

An examination of the models of understanding child and adolescent development and psychopathology and an introduction to the treatment modalities for children and adolescents.

**CMHC 647. Foundations of Play Therapy. (3 Credits)**

Provides an overview of the essential elements and principles of play therapy, including history, theories, modalities, techniques, applications, and skills. Emphasizes an experiential component focused on basic play therapy skill development within the context of ethical and diversity sensitive practice. Prerequisites: CMHC 621, 622, and 631 or permission of instructor.

**CMHC 649. Multicultural Issues and Social Advocacy in Counseling. (3 Credits)**

Examines theories of multicultural counseling, identity development, pluralistic trends, and the application of culturally appropriate intervention strategies to individuals, couples, families, groups, and communities. Major ethnic groups are studied, along with the counseling, social justice, and advocacy approaches to each. Counselor cultural self-awareness and the role of counseling in eliminating bias, prejudice, oppression, and discrimination are emphasized.

**CMHC 651. Substance Abuse and Addictions. (3 Credits)**

A survey of basic issues surrounding the conceptualization, etiology, progression, assessment, and treatment of chemical abuse, dependence, and addiction, including the study of the family of the chemically dependent individual.

**CMHC 653. Lifestyle & Career Development. (3 Credits)**

An overview of theories of occupational choice and career development and their application to assessing, treating, and preventing career problems across the life cycle.

**CMHC 691. Comprehensive Exit Exam. (0 Credits)**

Objective written comprehensive exam that may be taken at any point in the program once the student has completed 36 hours of coursework.

The exam covers the eight CACREP common core areas: Human Growth, Social and Cultural Foundations, Helping Relationships, Group Counseling, Career and Lifestyle Development, Appraisal, Research and Program Evaluation, and Professional Orientation and Ethics. Students are permitted up to 3 exam attempts within 12 months before being assigned a final grade in the course. Students have one year from the first test date to retake the test twice (for a total of three times). Course is not repeatable. Prerequisites: CMHC 614, 614L, CMHC 618, 621, 621L, CMHC 622, 623, 624, 631, 636, 641, 642, 649, and CMHC 653. Graded pass/fail. Fee \$50

**CMHC 692. Graduate Counseling Practicum. (3 Credits)**

Introductory supervised field experience that provides students with the opportunity to observe clinical mental health professionals as they function and to develop primary level mental health service provision skills. Participation in a regularly scheduled professional development seminar with faculty is required. Graded pass/fail.

**CMHC 695. Independent Study. (1 to 4 Credits)**

Guided research on an elected problem in counseling or the related fields of prevention or psychoeducation.

**CMHC 696. Graduate Internship. (3 or 6 Credits)**

Supervised clinical experience in an approved setting that provides students with the opportunity to develop entry level counseling skills necessary for professional mental health practice. Participation in a regularly scheduled professional development seminar with faculty is required. Prerequisite: CMHC 692. Graded pass/fail.

**CMHC 698. Advanced Graduate Internship. (1 to 3 Credits)**

Supervised clinical experience in an approved setting that provides students with the opportunity to develop advanced counseling skills. Participation in a regularly scheduled professional development seminar with faculty is required. Prerequisite: CMHC 696 or permission of CMHC program director. Graded pass/fail.