

CLINICAL MENTAL HEALTH COUNSELING (CNS)

CNS 500 Ethic Legal & Prof Iss in Coun (3 credits)

This course is an introduction to the counseling profession and includes the historical development of the profession, as well as ethical codes specific to the roles and functions of counselors, advocacy, current trends, and critical legal aspects of counseling practice. Systems of mental health care delivery, interdisciplinary care, and multiple clinical settings are explored. Students are oriented to professional organizations in counseling, self care for counselors, and the supervision process in the development of counselors.

Restrictions: Enrollment is limited to Graduate level students.

CNS 505 Coun Theories & Techniques (3 credits)

This course addresses foundational and emerging theoretical perspectives that inform understanding mental health, including wellness orientations and psychopathology, in conceptualizing clients. Students will be introduced to theoretical models for case conceptualization. Theories are critiqued from a multicultural and social justice perspective.

Restrictions: Enrollment is limited to Graduate level students.

CNS 510 Counseling Across the Lifespan (3 credits)

This course addresses the application of human development theory to the profession of counseling, emphasizing the application of developmental theories and related research to clinical practice with clients at all developmental levels. The impact of systemic, environmental, and traumatic experiences on human development across the lifespan is addressed. Strategies for emphasizing optimal development are addressed.

Restrictions: Enrollment is limited to Graduate level students.

CNS 515 Career Counseling (3 credits)

This course includes theories and models of career development combined with approaches to assessing factors that impact experiences of work and career. It includes strategies for advocating for clients' career and educational development as well strategies for program planning and evaluation. Decision making and career planning interventions are presented with opportunities for application.

Restrictions: Enrollment is limited to Graduate level students.

CNS 520 Group Counseling (3 credits)

This course is an introduction to group counseling processes, research, theories, and techniques. The course includes an experiential learning component during which students participate as program members will learning fundamental skills and techniques for designing and implementing group counseling activities and understanding group dynamics.

Restrictions: Enrollment is limited to Graduate level students.

CNS 525 Counseling Skills & Techniques (3 credits)

This application-based course includes an orientation to a variety of techniques suitable for multiple settings, delivery formats, and populations. Students learn empathic listening and interviewing skills that promote therapeutic relationships. Low residency requirement.

Restrictions: Enrollment is limited to Graduate level students.

CNS 530 Assessment Practices for Coun (3 credits)

This course introduces counselors to the ethical use of a variety of assessment methods for assessment of abilities, behaviors, symptoms, and other characteristics relevant to counseling. It includes procedures for assessing risk of danger, harm, and suicide and procedures for identifying trauma and abuse. The use of assessment results in the diagnostic process is addressed.

Restrictions: Enrollment is limited to Graduate level students.

CNS 535 Cult Div, Iden & Soc Justice (3 credits)

This course examines the effects of power and privilege for counselors and clients, including strategies for identifying and eliminating bias and prejudices that impact mental health. Theories of advocacy, identity development and multicultural counseling are explored. Experiential learning activities are designed to promote students' understanding of self and diverse clients.

Restrictions: Enrollment is limited to Graduate level students.

CNS 540 Res & Prog Eval in Coun Pract (3 credits)

This course emphasizes the importance of using research to inform counseling practice. It includes ethical and culturally relevant strategies for conducting, interpreting, and reporting research and program evaluation in counseling.

Restrictions: Enrollment is limited to Graduate level students.

CNS 545 Crisis Coun Trauma, Violence (3 credits)

This course addresses the origins of violence, the impact of traumatic and disaster events on development, and an understanding of interpersonal relationships to inform ethical and culturally responsive counseling interventions for individuals and families, as well as community-based intervention strategies. Models of psychological first aid are addressed.

Restrictions: Enrollment is limited to Graduate level students.

CNS 550 Diag & Treatment Plan in Couns (3 credits)

This course focuses on the knowledge and skills required for counselors to address a variety of mental health disorders using current diagnostic classification systems and documentation practices. A study of the history, theories, symptoms and etiology of mental and emotional disorders, including sociocultural factors related to mental health, is provided.

Restrictions: Enrollment is limited to Graduate level students.

CNS 555 Sexuality Counseling (3 credits)

This course provides a broad foundation in human sexuality, its effect on couple and family functioning, and techniques for sexuality counseling. Students learn about interventions appropriate for individuals, couples, and families with sex-related concerns.

Restrictions: Enrollment is limited to Graduate level students.

CNS 560 Family & Couples Couns Techniq (3 credits)

This course prepares counselors to work with couples and families using a variety of theories and models with attention to the impact of gender and culture on family life and the counseling process. The theories and models are critiqued in terms of family development, conditions for change, techniques, and goals of counseling.

Restrictions: Enrollment is limited to Graduate level students.

CNS 565 Addictions Counseling (3 credits)

This course provides an introduction to addictive use disorders and the history and development of addiction counseling. Cultural differences and ethical practices in the evaluation and treatment of addictive use disorders in a variety of settings are addressed. Current research and evidence-based practices in the treatment of addictions will be emphasized.

Restrictions: Enrollment is limited to Graduate level students.

CNS 570 Special Topics in Counseling (3 credits)

Topics will vary according to the semester in which the class is offered.

CNS 575 Family Systems and Addictions (3 credits)

This course addresses the impact of addiction on family systems and the family life cycle and includes strategies for intervention and support.

Restrictions: Enrollment is limited to Graduate level students.

CNS 580 Diag, Treat & Recov in Addict (3 credits)

This course provides a comprehensive study of addictions counseling practice including prevention programs, screening and assessment, diagnostic interviewing, and interventions for substance abuse and other addictions. The course includes strategies for helping clients to reduce negative effects of addictive disorders.

Restrictions: Enrollment is limited to Graduate level students.

CNS 585 Psychopharm & Addict Treatment (3 credits)

This course will introduce students to the pharmacology and dynamics of addiction. Students will learn about the effects of substance use on the brain and body, basic drug classifications, and indications and contraindications of drugs to make appropriate referrals for intervention, evaluation, and providing basic client education.

Restrictions: Enrollment is limited to Graduate level students.

CNS 600 Practicum (3 credits)

This is an introductory clinical field placement course wherein students work directly with clients under the supervision of a licensed counselor for a minimum of 100 hours, including at least 70 hours of direct client interaction. The course serves as an introduction to a real world setting and each placement must be approved by the department one semester prior to enrollment. Aspects of professional work including documentation and referral, and professional credentialing are introduced. University-based weekly group supervision and weekly on site individual or triadic supervision are required.

Prerequisites: CNS 500 and CNS 505 and CNS 510 and CNS 515 and CNS 520 and CNS 525 and CNS 530 and CNS 535 and CNS 540

Restrictions: Enrollment is limited to Graduate level students.

CNS 605 Foundations: School Counseling (3 credits)

This course introduces students to the profession of school counseling by providing historical and philosophical overviews. Students will learn relevant models of school counseling programs and current evidenced based practices to promote leadership and advocacy in K-12 school settings.

Restrictions: Enrollment is limited to Graduate level students.

CNS 610 Counseling Children in Schools (3 credits)

This course includes an overview of personal, social, behavioral, and developmental concerns within children and adolescent populations. Students will learn research based approaches and techniques applicable in school settings to promote academic success and overall wellness.

CNS 615 College and Career Readiness (3 credits)

This course addresses theories and models of career development appropriate for K-12 school settings. Students will learn approaches to increase promotion and graduation rates, interventions to promote college and career readiness, and strategies to promote equity in student achievement and college access.

Restrictions: Enrollment is limited to Graduate level students.

CNS 620 Seminar in School Counseling (3 credits)

This course addresses the multiple roles of school counselors as leaders, consultants, and advocates in the school setting. Students will learn to design, implement, and evaluate a comprehensive developmental K-12 school counseling program that promotes equity and academic achievement.

Restrictions: Enrollment is limited to Graduate level students.

CNS 691 Internship I (3 credits)

This course requires completion of 300 hours of supervised counseling internship, including at least 240 hours of direct client care in a setting approved by the department one semester prior to enrollment. University-based weekly group supervision and weekly on site individual or triadic supervision are required.

Prerequisites: CNS 530 and CNS 545 and CNS 550 and CNS 600

CNS 692 Internship II (3 credits)

This is an advanced experience in direct client care requiring completion of 300 hours of supervised counseling internship, including at least 240 hours of direct client care. University-based weekly group supervision and weekly on site individual or triadic supervision are required.

Prerequisites: CNS 605