

MENTAL HEALTH COUNSELING (MHC)

MHC501 Foundations of Mental Health Counseling (3 course hours)

This course provides an overview of the historical, ethical, and clinical scopes of mental health counseling. This course also examines information related to professional practice in the mental health field, including settings and services, counselor roles and responsibilities, professional affiliations, and credentialing. Minimum grade required for this course: C

MHC504 Fundamentals of Human Services Counseling and Delivery Systems (3 course hours)

This course provides a survey of the Human Services and Counseling professions. The historical development of the field; including how legislation affects service delivery, roles in the field, and ethical issues. Minimum grade required for this course (MACC program): C

MHC510 Human Growth and Lifespan Development (3 course hours)

This course studies an integrative perspective of human growth and development. Course content explores how individuals develop from birth to older adulthood physically, cognitively, and emotionally, and examines how external factors impact development at all life stages. Students will develop strategies for assisting individuals at all life stages. Minimum grade required for this course (MACC program): B-

MHC512 Interpersonal Relations and Leadership (3 course hours)

This course provides students with the opportunity to reflect on their own interpersonal relational and leadership styles and gain a conscious awareness of their professional selves. Topics covered in this course include value clarification, conflict resolution, and developing self-care strategies for oneself and clients. Minimum grade required for this course (MACC program): C

MHC515 Counseling Theory (3 course hours)

This course provides students with a comprehensive overview of counseling theories and emphasizes application and integration of major theories. Students will critically analyze theories and develop a personal theory of counseling and apply theory with practice with case management simulations. Minimum grade required for this course (MACC program): B-

MHC516 Counseling Techniques (3 course hours)

This course provides students with the opportunity to learn and practice essential counseling skills such as assessment, goal setting, intervention strategies, and evaluation of client outcomes. Students will also develop a counseling strategy and examine the role of helping relationships. Minimum grade required for this course: B

MHC517 Professional, Legal and Ethical Issues in Counseling (3 course hours)

This course addresses ethics and legal standards in the counseling field. Students will explore a personal ethical framework and apply it to their professional role in the field. They will also examine legal and ethical standards of professional accrediting bodies. Minimum grade required for this course: B-

MHC525 Counseling Practicum (3 course hours)

The Counseling Practicum provides students with the first level of professional counseling exposure. In this course, students prepare to practice in the field within a highly supervised environment. Counseling practicums require 100 hours at a site agency, including a minimum of 40 hours of direct service with actual clients. Students will also meet together as a class to discuss professional development and debrief about experiences. Minimum grade required for this course: B
Pre-requisites: MHC542 MHC515 MHC527 MHC607 MHC510 MHC517 MHC529

MHC527 Maladaptive Behaviors and Psychiatric Illness (3 course hours)

This course provides an overview of psychopathology and maladaptive behaviors that occur across the lifespan. In this course, students will define abnormality and underlying issues, identify symptoms and types of psychological disorders, study how cultural and social factors impact maladaptive behavior, and explore cultural stereotypes that impact access to direct services. Minimum grade required for this course: B-
** Prereq: MHC516 with a 'B' or higher and a cumulative GPA of at least 3.0.
Pre-requisites: MHC516

MHC529 Multicultural Counseling (3 course hours)

This course equips students with the knowledge and skills to gain multicultural competency as professional counselors. Students will study various ethnic, social, and religious groups to gain an understanding of their cultural norms and determine whether counseling techniques and advocacy efforts should be adapted to suit the needs of diverse clientele. Students will also examine their own cultural framework in order to eliminate professional bias. Minimum grade required for this course: B-
** Prereq: MHC516 with a 'B' or higher and a cumulative GPA of at least 3.0.
Pre-requisites: MHC516

MHC532 Research and Evaluation Methods (3 course hours)

This course examines research designs and methods with an emphasis on developing a critical approach to program planning and treatment methods within the clinical mental health counseling field. Topics covered include research tools, skills, and processes, hypothesis testing, statistical application in research, psychological tests, measures, and evaluation methods. Minimum grade required for this course: C

MHC535 Family Dynamics (3 course hours)

This course provides students with the knowledge and skills to work with families in a therapeutic setting. Students will explore the history of families and family therapy. Course topics include family systems theories, approaches to family therapy, cultural influences on families, and research and assessment. Minimum grade required for this course: C
** Prereq: MHC516 with a 'B' or higher and a cumulative GPA of at least 3.0.
Pre-requisites: MHC516

MHC542 Group Counseling (3 course hours)

This course exposes students to the theories and principles of group counseling. Students will participate in group counseling experiences as both a facilitator and participant to gain insight into group process. Topics include theories of group counseling, group process, and application to various settings and among various groups. Minimum grade required for this course: B
** Prereq: MHC516 with a 'B' or higher and a cumulative GPA of at least 3.0.
Pre-requisites: MHC516

MHC545 Substance Use Disorder Treatment (3 course hours)

This course introduces students to substance use disorder counseling. Students will deepen their understanding of substance use disorders and develop competencies associated with substance abuse counseling, including assessment, treatment, and evaluation of substance abuse disorders. Course topics include theories of addiction and addiction treatment, treatment process, and professional development and licensure. Minimum grade required for this course: C

** Prereq: MHC516 with a 'B' or higher and a cumulative GPA of at least 3.0.

Pre-requisites: MHC545

MHC607 Clinical Assessment, Diagnosis and Treatment (3 course hours)

This course addresses the concepts, and techniques used for clinical mental health assessment, diagnosis, and treatment. Topics for this course include an introduction to causes, characteristics, and classifications of abnormal behavior, diagnostic criteria, treatment, and prevention of various mental and emotional disorders. Students will examine how external factors such as crisis situations and culture impact assessment and diagnosis. Minimum grade required for this course: B-

** Prereq: MHC516 with a 'B' or higher and a cumulative GPA of at least 3.0.

Pre-requisites: MHC516

MHC616 Advanced Counseling Skills (3 course hours)

This course is an extension of MHC 516 Counseling Techniques and provides an integration of counseling methods and strategies. The topics covered are interviewing, goal setting, creating a therapeutic alliance, and session structuring. Minimum grade required for this course: B-

Pre-requisites: MHC516

MHC620 Career Counseling (3 course hours)

This course examines theories, assessments, and processes related to career development and career counseling. Students will gain knowledge of the contextual factors that influence career development throughout the lifespan and as it applies to special populations. Additional course topics include multicultural considerations in career development and counseling, using and interpreting tools and assessments, and career counseling in educational settings. Minimum grade required for this course: C

MHC625A Counseling Internship (1.5 course hours)

The Counseling Internship provides students with work experience as a professional counselor under the supervision of an approved agency and site supervisor. In this course, students will begin their internship, which requires 600 hours at a site agency, including a minimum of 240 hours of direct service with clients in both individual and group sessions. Students will also participate in a variety of other professional activities required of professional counselors.

Pre-requisites: MHC525 MHC542 MHC515 MHC527 MHC607 MHC510 MHC517 MHC529

MHC625B Counseling Internship (1.5 course hours)

The Counseling Internship provides students with work experience as a professional counselor under the supervision of an approved agency and site supervisor. In this course, students will continue pursuing 600 hours at a site agency, including a minimum of 240 hours of direct service with clients in both individual and group sessions. Students will also participate in a variety of other professional activities required of professional counselors. Minimum grade required for this course: B

Pre-requisites: MHC625A

MHC625C Counseling Internship (1.5 course hours)

The Counseling Internship provides students with work experience as a professional counselor under the supervision of an approved agency and site supervisor. In this course, students will continue pursuing 600 hours at a site agency, including a minimum of 240 hours of direct service with clients in both individual and group sessions. Students will also participate in a variety of other professional activities required of professional counselors. Minimum grade required for this course: B

Pre-requisites: MHC625B

MHC625D Counseling Internship (1.5 course hours)

The Counseling Internship provides students with work experience as a professional counselor under the supervision of an approved agency and site supervisor. In this course, students will complete 600 hours at a site agency, including a minimum of 240 hours of direct service with clients in both individual and group sessions. Students will also participate in a variety of other professional activities required of professional counselors. Minimum grade required for this course: B

Pre-requisites: MHC625C

MHC642 Advanced Group Counseling Skills (3 course hours)

This course is an extension of MHC 542 Group Counseling and provides an integration of group counseling theories, methods, and strategies. The topics covered are group counseling microskills, theoretical integration, and specialized group counseling procedures. Minimum grade required for this course: B-

**Prereq: MHC542 with a 'B' or higher and a cumulative GPA of at least 3.0.

Pre-requisites: MHC542