

# Counseling (CSLG) Courses

## **CSLG2030 Counseling Theories and Techniques**

This course is an introduction to the methods, major theories and techniques of counseling. A wide range of settings are considered, as well as a large range of topics, including dysfunctional families, domestic violence, incest, suicide prevention, drug and alcohol abuse, sociopathic personalities and multicultural issues.

Prerequisite(s): PSYC1001.

Offered at Charlotte, Online, Providence

3 Semester Credits

## **CSLG2040 Introduction to Career and School Counseling**

This course is designed to help students become competent in the use of educational and occupational information in counseling-related activities.

Particular emphasis is on how information is processed in planning, establishing and managing careers from a life-span perspective.

Prerequisite(s): CSLG2030, PSYC1001.

Offered at Charlotte, Providence

3 Semester Credits

## **CSLG2110 Introduction to Family Treatment for Addictions Counselors**

This foundational course addresses the treatment of families with substance abuse and other addictive disorders. It introduces various models and theories of counseling for families with addictive disorders; the focus is on a family systems approach, exploring the dynamic roles that each family member plays in a multicultural society. It also examines the skills, strategies, techniques and approaches appropriate to intervention treatment as well as the twelve core functions of an addictions counselor.

Prerequisite(s): CSLG2030, PSYC1001, PSYC2040.

Offered at Charlotte, Providence

3 Semester Credits

## **CSLG3001 Introduction to Case Management**

This course introduces students to the required case management responsibilities for counselors. Its focus is on the skills and attitudes needed to meet accepted principles of patient management and the necessity of adhering to ethical guidelines. It concentrates specifically on such major aspects of case management as patient privacy rights and confidentiality, accuracy in intake preparation, assessment and screening reports, progress reports and treatment goals, discharge summaries and aftercare planning, and general documentation. The student gains a general knowledge of state and federal regulations for counselors as they apply to record keeping. Focus is also on understanding the referral process and identifying linkages to other community settings.

Prerequisite(s): CSLG2030, PSYC1001.

Offered at Charlotte, Providence

3 Semester Credits

## **CSLG3005 Introduction to Crisis Intervention**

This course offers students an introduction to clinical crisis intervention by examining the theories, strategies and skills essential to de-escalating and resolving conflict in crisis situations. Theories on suicide prevention, addictions and suicide, violence and addictions and aggression management are explored. Models for assessing and responding to crises are explored. Topics such as medical and psychological traumas, post-traumatic stress disorder and professional burnout are part of the curriculum as well as theoretical and ethical implications in crises.

Prerequisite(s): CSLG2030, PSYC1001.

Offered at Charlotte, Providence

3 Semester Credits

## **CSLG3010 Principles of Group Counseling**

This course provides students with fundamental knowledge of the dimensions of group counseling through attention to its process, dynamics and practice. It focuses on such topics as the development of group counseling as well as the ethical issues and theoretical approaches central to an understanding of the practice. This course also offers experiential training in group facilitation, with opportunities to practice effective strategies by exploring task facilitation, psycho-educational counseling and psychotherapy groups.

Prerequisite(s): CSLG2030, PSYC1001.

Offered at Charlotte, Providence

3 Semester Credits

## **CSLG3040 Counseling Techniques for Addictions and Other Behavioral Disorders**

This course focuses on the special skills and techniques required to effectively counsel the addicted and behaviorally disordered client. Development and utilization of advanced treatment planning and client management training are featured. In addition, it addresses the wide range of ethical issues inherent in all steps identified within the scope of practice for addiction professionals and found in recovery support services. The course examines issues that may arise during initial screening, during treatment planning, and as a client progresses through treatment implementation and moves into recovery.

Throughout this course, students are asked to relate various points to their own situations, consider the various perspectives presented, and develop an ongoing awareness of their choices, decisions and behaviors in light of the ethical standards outlined by NAADAC.

Prerequisite(s): CSLG2030, PSYC1001.

Offered at Charlotte, Providence

3 Semester Credits

## **CSLG3050 Introduction to Marriage and Family Therapy**

This course is designed to provide students with an introduction to conducting couples and family therapy. The primary objective of the class is to assist students with translating theories into practice. Students study issues such as divorce, remarriage, step-parenting, couples therapy, drug and alcohol abuse in couples and families, and the LGBTQ couple and family dynamics. In addition, each student presents a family therapy case, providing students the opportunity to learn from their own practical therapy case experiences.

Prerequisite(s): CSLG2030.

Offered at Charlotte, Providence

3 Semester Credits

## **CSLG4099 Internship in Counseling Psychology**

This is a capstone course focusing on the practice of applied psychology in various service agency settings. The course requires students to demonstrate an ability to integrate theory, research and practice in the context of a supervised counseling experience. The internship is a placement directed by a supervisor on site as well as by a program faculty member who meets with students in a weekly seminar in which counseling methods and techniques are critically analyzed and further developed. Students must complete 204–220 hours at the community agency placement site.

Prerequisite(s): To be eligible for this internship, students must: 1) have a GPA of 2.75 in their major courses, 2) have completed 90 hours of course work, 3) have the permission of the program director and faculty adviser and 4) have successfully completed the courses: CSLG2030, CSLG3001 and PSYC2002.

Offered at Charlotte, Providence

6 Semester Credits

## **CSLG5060 Counseling Theories**

This course provides an overview of theoretical approaches to counseling and psychotherapy, including fundamental concepts, assessment, client and counselor roles, cultural relevance, and intervention strategies/techniques. Specific application of theoretical principles is discussed and analyzed, especially their appropriateness for working with culturally diverse groups. Emphasis is placed on interactive role-playing practice of fundamental counseling response skills.

Offered at Charlotte, Providence

3 Semester Credits

## **CSLG5170 Multicultural Counseling: Theories and Techniques**

This course is designed to sensitize students to the roles societal power disparities, therapists' racial identity and awareness, ethical/legal considerations, and client/culture identity play in counseling persons of diverse backgrounds. The dynamics of counseling clients who are African American, Asian American, Hispanic/Latino American, Native American, LGBTQ, and persons with disabilities is examined.

Offered at Charlotte, Providence

3 Semester Credits

**CSLG5250 Professional Orientation and Ethical Practice (Practicum 1)**

Within this introductory graduate counseling course designed to provide students with an orientation to the field of counseling, students become familiar with the ethical and legal considerations related to development in counseling. Students are introduced to the various subfields, settings and employment opportunities in the counseling profession, and the roles and functions of counselors in these settings. Central to this course is an ongoing self-evaluation of the student's attitudes, values, interpersonal skills and motives for choosing counseling as a potential profession. Presentations by practicing therapists add to this orientation to the field.

Offered at Charlotte, Providence

3 Semester Credits

**CSLG5300 Individual Counseling Theories and Techniques I (Practicum 2)**

This course entails experiential learning opportunities that allow students the opportunity to practice skills and techniques associated with major theoretical orientations and evidence-based counseling techniques, as well as the opportunity to explore personal beliefs and values. With a special focus on gender, culture, ethical dilemmas, counselor preparation, and common theoretically-based assessment and case formation strategies, students consistently examine the means through which the traditional theoretical perspectives attempt to produce change. Student apply their skills weekly in role-play simulations.

Offered at Charlotte, Providence

3 Semester Credits