

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. (OL)

Offered at Denver, Online, Providence, Providence CE

4.5 Quarter Credit Hours

CSLG2035 Foundations of Mental Health Counseling

This course provides an introduction to the nature of the work, as well as the qualifications and knowledge required of mental health counselors by the U.S. Department of Labor. The intent of this course is to provide students with basic information on the principles and practices of mental health counseling. Topics include the history and philosophy of mental health counseling, professional identity, roles of the mental health counselor, professional ethics, managed care, various contexts of practice and organizational structures, mandated clients, crisis intervention services, prevention, consultation, and an understanding of how diversity influences the practice of mental health counseling. Particular attention is given to the practice of mental health counseling in a range of such urban settings as homeless shelters and outpatient centers.

Prerequisite(s): CSLG2030, PSYC1001.

Offered at Denver, Providence, Providence CE

4.5 Quarter Credit Hours

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 Denver, Providence, Providence CE

4.5 Quarter Credit Hours

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 Denver, Providence, Providence CE

4.5 Quarter Credit Hours

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 Denver, Providence, Providence CE

4.5 Quarter Credit Hours

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, posttraumatic 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 Denver, Providence, Providence CE

4.5 Quarter Credit Hours

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 Denver, Providence, Providence CE

4.5 Quarter Credit Hours

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 NAAADAC.

Prerequisite(s): CSLG2030, PSYC1001.

Offered at Denver, Providence, Providence CE

4.5 Quarter Credit Hours

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 Denver, Providence, Providence CE

4.5 Quarter Credit Hours

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 130 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 Denver, Providence, Providence CE

9 Quarter Credit Hours