

# 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

## **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 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 NAAADAC.

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

**CSLG5100 Advanced Career Counseling**

This course orients students to career development theories, career counseling procedures and techniques, career assessment tools, career development program planning, and sources of occupational information. Students learn and critically evaluate the major career counseling theories. Students also learn how to effectively conduct career counseling and integrate career counseling into traditional counseling/psychotherapy. The social contexts of career development and how these contexts can be integrated with existing career theory are examined. Students learn to design, deliver and evaluate comprehensive guidance programs. Emphasis is on empirically based theories, theoretically based counseling interventions and current issues of work and vocational counseling.

Offered at Providence

3 Semester Credits

**CSLG5150 Counseling Across the Lifespan**

This course is designed for students/practitioners who are intending to enter the counseling field. This course helps students to view their clients from a developmental perspective with the understanding that development does not take place in isolation; rather, human development is deeply embedded within and inseparable from the context of family, social network and culture. Students analyze the basic assumptions held by behaviorists, constructivists, developmental systems theorists and nativists, and consider how these paradigms influence knowledge about human behavior. This course is also designed to help counselors recognize the importance of individual and systemic influences on human growth and development and emphasizes the role of service to others as essential to a sense of well-being and self-esteem.

Offered at 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 Providence

3 Semester Credits

**CSLG5250 Professional Orientation and Ethical Practice**

This introductory graduate counseling course is 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 on-going self-evaluation of the student's attitudes, values, interpersonal skills and motives for choosing counseling as a potential profession.

Offered at Providence

3 Semester Credits

**CSLG5300 Advanced Individual Counseling Theory and Techniques with Lab**

This advanced 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.

Offered at Providence

3 Semester Credits

**CSLG5350 Health and Wellness Counseling**

This course is based on Myer's "Wheel of Wellness," a holistic model for treatment planning in the mental health field. Focus is on defining, experiencing and working with the body-mind connection. Students review modalities and techniques, validated by neuroscience, that have an integrative effect on the body-mind connection. Students also review the somatic therapeutic processes that support integrative brain function and result in emotional, mental, physical and spiritual well-being. This course examines how biological, psychological and social factors interact with and affect the recovery, rehabilitation and psycho-social adjustment of clients.

Offered at Providence

3 Semester Credits

**CSLG5400 Psychopathology and Treatment Planning**

This course develops student knowledge of mental health diagnoses and treatment planning through application of various mental health counseling skills. Focus is on diagnosis, treatment planning and supervised mental health counseling skills practice within the context of legal and ethical guidelines and with reference to the current Diagnostic and Statistical Manual of Mental Disorders of the American Psychiatric Association.

Prerequisite(s): PSYC5200.

Offered at Providence

3 Semester Credits

**CSLG5450 Testing and Assessment in Counseling**

This course is designed to provide an advanced approach to the principles, concepts, methods and applications of assessing human experience and behavior for counseling purposes. Topics include the history and philosophy behind measurement and assessment in counseling, statistical concepts and common assessment formats for measuring constructs such as personality, pathology, achievement, aptitude and career interests. The required assignments focus on the themes of assessment critique, administration and interpretation of assessment results, and incorporating assessment results into work with clients and students.

Prerequisite(s): CSLG5250.

Offered at Providence

3 Semester Credits

**CSLG5500 Advanced Group Counseling Theories and Techniques with Lab**

This experiential and didactic course investigates the issues a counselor processes in group work. Understanding of theoretical perspectives and refinement of personal group facilitation styles are developed through a combination of discussions, demonstrations, videos, experiential opportunities and practice. Co-leadership is utilized in the classroom in conducting group therapy. Students design and conduct groups. Emphasis is on developing skills and applying theories combined with various techniques to actual group situations. Related legal and ethical issues are discussed.

Prerequisite(s): CSLG5300 or CSLG5305.

Offered at Providence

3 Semester Credits

**CSLG5899 Counseling Practicum**

This course provides students with the practical application of the theories, skills and knowledge they have gathered over the period of training within the Master of Science in Counseling Psychology program. Students spend time in a clinical setting as a counselor under the supervision of mental health professionals within the setting. Students complete supervised practicum experiences that total a minimum of 150 clock hours over the academic term. Each student's practicum includes all of the following: 1) direct service with clients contributing to the development of counseling skills, 2) weekly supervision by a program faculty member and a site supervisor, 3) group supervision, 4) development of audio/video recordings of the student's interactions with clients, and 5) evaluation of the student's counseling.

Prerequisite(s): CSLG5250.

Offered at Providence

3 Semester Credits

**CSLG6100 Advanced Co-Occurring Disorders and Addictions Counseling**

This course provides students with an understanding of co-occurring psychiatric and substance abuse disorders and their impact on the individual, family and community. An integrated approach to address the issues accompanying the illness is included. Emphasis is on a variety of theoretical approaches, counseling skills, strategies, techniques and procedures for counseling individuals with co-occurring disorders.

Prerequisite(s): CSLG5300, CSLG5400.

Offered at Providence

3 Semester Credits

**CSLG6150 Advanced Individual Mental Health Counseling**

This course expands and refines the basic listening and attending skills learned in CSLG5300 Advanced Individual Counseling Theories and Techniques; focuses on therapist variables, self-knowledge and the counseling relationship as the essential elements for effective mental health counseling; and further develops students' knowledge of mental health diagnoses and treatments learned in CSLG5400 Psychopathology and Treatment Planning through application of various mental health counseling skills. Small group settings focus on diagnosis, treatment planning, and supervised mental health counseling skills practice within the context of legal and ethical guidelines and with reference to the current Diagnostic and Statistical Manual of Mental Disorders of the American Psychiatric Association.

Prerequisite(s): CSLG5300, CSLG5400.

Offered at Providence

3 Semester Credits

**CSLG6200 Counseling the Chemically Dependent and Their Families**

This advanced course integrates a family systems model along with a focus on research of addictive disorders. Students explore content information on addiction, the etiology of addiction, methods of assessment, and skills for addressing and treating addictive family systems. Students also gauge the efficacy of current family counseling treatment approaches. Identification of addiction and intergenerational patterns within families is examined. Exploration of healthy family systems, protective factors, and knowledge of community agencies that foster recovery and healing is an integral aspect of this course.

Prerequisite(s): CSLG6100.

Offered at Providence

3 Semester Credits

**CSLG6300 Chemical Dependency Case Management and Professional Development**

This advanced course focuses on professional case management, duties and responsibilities, including patient record-keeping, documentation, treatment planning, and the referral process and discharge summations. Students address skills and behaviors for professional development including patient confidentiality, accuracy and professionalism in preparing intake, screening and progress reports relating to patient goals and outcomes. The significance of dual relationships, transference and counter transference and boundary setting is examined. Emphasis is placed on respect and rights for patients and professional behavior for counselors in all settings and situations. Legal, ethical and advocacy issues in patient treatment is addressed.

Prerequisite(s): CSLG5250, CSLG5400.

Offered at Providence

3 Semester Credits

**CSLG6350 Mental Health Counseling for Families**

This course provides students the opportunity to explore assumptions about "the family" and how it develops in a social/cultural context. The course explores selected theories and principles of family counseling. A combination of theoretical and practical application is used to examine variety of treatment approaches.

Prerequisite(s): CSLG5300, CSLG5400.

Offered at Providence

3 Semester Credits

**CSLG6500 Leadership in Agency Settings**

This course explores the essential skills required to become an effective leader and supervisor in community agency settings. Topics include development of interpersonal intelligence (emotional intelligence, communication and conflict resolution skills, and ethical counseling supervision skills) and intrapersonal intelligence (time-management skills, self-care skills and personal leadership style exploration). Students develop and articulate a personal leadership style through readings, reflections and exercises in communication and leadership effectiveness.

Prerequisite(s): CSLG5250, CSLG5300.

Offered at Providence

3 Semester Credits

**CSLG6899 Counseling Internship**

This course is a distinctly defined, post-practicum, supervised "capstone" clinical experience in which the student refines and enhances basic counseling or student development knowledge and skills and integrates and authenticates professional knowledge and skills appropriate to their program and initial postgraduate professional placement (CACREP Standards, 2009). Students are required to complete 600 experiential field hours in a clinical setting over the course of 2 semesters. This course provides the student with the practical application of the theories, skills and knowledge gathered over the period of training in the counseling program. The student spends 600 hours in a clinical setting as a counselor-in-training under the supervision of mental health professionals. During the 600 hours, students experience 240 hours in direct service responsibilities. Direct service includes the following activities: 1) conducting or directly participating in individual counseling, 2) conducting or participating directly in group counseling, 3) conducting interviews or participating in interviews, and 4) administering measures/ tests directly to patients. The remaining hours are spent in indirect services including case management, consultation, training, observation, supervision, outreach and team meetings. Students also meet in weekly supervision with on-site clinical supervisors (1 hour/week) and with the internship faculty instructor (1.5 hours/week).

Prerequisite(s): To be eligible for this internship, students must: 1) have completed 18 hours of graduate level course work, 2) have successfully completed CSLG5899 and 3) have permission of department chair and faculty.

Offered at Providence

6 Semester Credits