

# HUNTINGTON — UNIVERSITY —

## CREDENTIAL IN COUNSELING COURSES

### PROFESSIONAL CREDENTIAL

12 credits

#### **CN 600 Personal Development Skills Process Group** (*On Campus 3-Day Intensive*)

Students will participate in a process group training experience led by a trained faculty facilitator. Students will grow in the critical relational skills that are necessary to counsel effectively, have vulnerable interaction and receive targeted feedback from members. Students will have a safe, confidential place for personal character development.

#### **CN 601 Human Growth and Development**

The study of individual and family development across the life span. An examination of cognitive, personality and moral development throughout life stages, as well as strategies for facilitating optimal development.

#### **CN 603 Theory and Techniques of Helping Relationships**

An investigation of significant counseling theories and their application to the helping relationship. The study of basic and advanced helping skills and client characteristics that impact change in the helping process. Additional emphasis will be placed on consultation theory and practice.

#### **CN 606 Theory and Practice of Groups**

The study of group theory, dynamics, process and stages. An examination of group roles, member behaviors and leadership as well as basic and advanced group interventions. A weekly therapy group experience is required for this class in addition to the scheduled class time. A lab fee covers the cost of the group therapist.

### ADVANCED CREDENTIAL

18 credits

*Students will take the above 4 courses and two additional courses.*

#### **CN 611 Knowledge and Skills of Mental Health Counseling**

A thorough examination of treatment and prevention of mental disorders. Appropriate use of the current edition of the Diagnostic and Statistical Manual for mental and emotional disorders along with specific methods for conducting an intake, establishing a therapeutic alliance, applying current counseling models and skills to the therapeutic relationship, treatment planning, termination and assessing mental and emotional status. Application of modalities such as crisis intervention, brief, intermediate and long-term approaches. An introduction to basic classifications, indications and contraindication of psychotropic medications to understand effects and side effects. Additional emphasis on the promotion of optimal mental health, consultation and the development of community awareness and action programs that address mental health needs.

#### **CN 612 Clinical Psychopathology, Character Structure and Diagnosis**

The study of abnormal behavior, personality disorders and psychopathological conditions specific to developmental phases throughout the life span. A thorough examination of etiology and diagnosis of mental disorders according to the current edition of the Diagnostic and Statistical Manual for mental and emotional disorders and an understanding of the International Classification of Diseases. Students will learn advanced therapy techniques that build character structure in their clients leading to symptom reduction.