

HUNTINGTON

— UNIVERSITY —

MASTER OF ARTS IN COUNSELING COURSE DESCRIPTIONS

Foundation Courses:

CN 600 Personal Development Skills Process Group (3 credits): 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 (3 credits): 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 602 Legal, Ethical and Professional Issues (3 credits): The study of the history, professional roles and responsibilities of the counseling profession, including ethical, legal and Christian standards/principles for conduct. An examination of professional organizations, preparation, credentialing and the creation of a plan for lifelong professional and personal development.

CN 603 Theory and Techniques of Helping Relationships (3 credits): 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 604 Theory and Practice of Assessment (3 credits): The study of the history, theory and application of tests and other assessment methods that provide an understanding and evaluation of individuals, families and groups. An examination of appraisal measures, including validity, reliability and other relevant psychometric statistics.

CN 605 Social and Cultural Foundations (3 credits): The study of the social and cultural foundations of the attitudes and behavior of individuals, families and diverse groups. An emphasis on multicultural awareness and strategies that promote understanding and effective interventions.

CN 606 Theory and Practice of Groups (3 credits): 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.

CN 607 Career and Lifestyle Development (3 credits): An investigation of career development theory, including career decision-making, gender, family and social/cultural issues. Additional emphasis on career counseling theory and practice as well as the use of assessment instruments that facilitate lifelong career development.

CN 608 Methods and Practice of Research and Evaluation (3 credits): An examination of basic research methods and practice, including quantitative and qualitative designs, research reporting and evaluation, ethical considerations and the use of computers in data collection and analysis. Additional emphasis on need assessment and program evaluation.

CN 609 Models and Application of Integration (3 credits): The study of integration models and the application of these models to the practice of Christian counseling. Included is the basic assumptions of Christianity and psychology, the nature of the Christian experience and the direct application of the major teachings of the Bible to helping relationships. *Prerequisites: CN 601-603; taken in conjunction with internship*

CN 610 Foundations and Contextual Dimensions of Mental Health Counseling (3 credits): An investigation of the history, philosophy and cultural dimensions of mental health counseling, including the roles and identity of mental health counselors, ethical considerations and the training and credentialing of mental health counselors. Includes professional issues and practice guidelines for the mental health counselor, including conducting community needs assessments and creating and overseeing community interventions to address those needs.

CN 611 Knowledge and Skills of Mental Health Counseling (3 credits): 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. *Prerequisite: CN 610; must be taken in conjunction with practicum or internship*

CN 612 Clinical Psychopathology and Diagnosis (3 credits): 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. *Prerequisites: CN 601, 603*

CN 613 Foundations of Spiritual Formation and Direction (3 credits): An investigation of the history, traditions and application of spiritual formation/direction. Emphasis on the knowledge and application of the spiritual disciplines such as prayer, meditation, study, solitude, fasting, etc.; as well as the practice of directing the spiritual growth of others.

Clinical Courses: *Offered every semester on both campuses and online*

CN 650 Supervised Practicum (3 credits): A supervised counseling experience providing the opportunity to practice individual, family and group counseling skills in a clinic setting. The 100-hour practicum requires a minimum of 50 direct client contact hours and includes weekly individual and group supervision from a University supervisor. *Prerequisites: CN 601-606, 610*

CN 651 Supervised Internship (3 credits): The opportunity to practice and provide a variety of counseling related activities that would normally be expected of a regularly employed counselor. The 300-hour internship requires a minimum of 150 direct client contact hours and includes weekly individual and group supervision from a site and University supervisor. Grading: Satisfactory/Unsatisfactory.
Prerequisite: CN 650

CN 652 Supervised Internship (3 credits): See CN 651 for course description. *Prerequisite: CN 651*

CN 653 Advanced Internship (3 credits): See CN 651 for course description. *Prerequisite: CN 652*

CN 654 Internship Completion (3 credits): This course is a continuation of the Internship experience. This course becomes necessary if the student has not completed the requirement of direct clinical hours. Students will be required to enroll for the following credits based upon the number of direct hours needed: 0-50 direct credits needed (1 credit); 51-99 credit credits needed (2 credit); or 100 or more direct credits needed (3 credits). *Prerequisite: CN 653*

Elective Courses:

CN 618 Level 1 Clinical Training: Gottman Method Couples Therapy: A thorough examination of the data generated by Dr. John Gottman's research that offers a scientifically-based glimpse into the anatomy of couple relationships. Explore the Gottman Sound Relationship House theory and how to achieve the three main goals of the Gottman Method: modify conflict, enhance friendship and create shared meaning. The acquisition of beginning therapeutic skills and tools to help couples build stronger, happier relationships. An investigation of how the Gottman Method integrates with the Christian world view.

CN 619 Level 2 Clinical Training: Gottman Method Couples Therapy: The study of advanced therapeutic interventions using the Gottman method. Investigate the different inventories used to assess a couple's Friendship, Conflict and Shared Meanings profile. A thorough examination of strategies to help couples who might have one of the five different co-morbidities that are associated with distressed couples. An investigation of how these advanced principles integrate with the Christian world view.

CN 640 Foundations of Marriage and Family Therapy (3 credits): The history and philosophy of the marriage and family therapy movement, including roles and identity of marriage and family therapists, marriage and family systems and practice, ethical considerations and the training and credentialing of marriage and family therapists.

CN 641 Foundations of Addiction Counseling (3 credits): The theological and psychological study of the issues that contribute to various addictive behaviors. Assessment, diagnosis, treatment and prevention of addictions, as well as various models of recovery.

CN 642 Foundations of Play Therapy (3 credits): An introduction to the field of play therapy for both graduate students and clinical practitioners working with children, adolescents and adults. Emphasis on the history of play therapy, its primary theoretical models and general applications. This class provides credits that can be applied to instruction necessary to become a Registered Play Therapist (RPT).

CN 643 Foundations of Child and Adolescent Counseling (3 credits): The theological and psychological study of child and adolescent pathology and treatment. Examination of child and adolescent development and family systems that may contribute to pathology.

CN 644 Foundations of Gerontological Counseling (3 credits): The theological, psychological and physiological study of the development and treatment of older adults. Emphasis on the skills and the community and family systems necessary to ensure optimal mental health for adults.

CN 645 Intimacy, Sexuality and Gender (3 credits): The theological and psychological study of human interaction in relationships with emphasis on intimacy and sexuality. Additional areas of study include gender issues, sexual identity formation and the prevention and treatment of sexual abuse for both perpetrators and survivors.

CN 646 Psychopharmacology (3 credits): An investigation of the basic classifications and indications of commonly prescribed psychopharmacological medications. The study of the appropriate uses of these medications, as well as the identification of their effects and side effects.

CN 649 Foundations of Crisis and Trauma Counseling (3 credits): This course is designed to introduce students to basic crisis intervention strategies. The course addresses fundamental crisis intervention theory and offers practical applications in various crisis situations. Students will explore various assessment, intervention and crisis treatment issues. Special emphasis will be placed on the impact of trauma on the individual, family and community. Students will engage in crisis intervention role-plays and practice applying specific interventions in crisis scenarios. Also, students will learn and engage in specialized skills, methods and interventions for working with those suffering with traumatic stress.

Prerequisites: CN 609, 610 and 611

CN 660 Independent Study in Counseling (1-3 credits): An individualized study agreed upon by the student and faculty member that allow the student to focus on a specific area of knowledge or service to a particular population. Integrates research, theory and practice with the Christian faith.