

## Curricula: Mental Health Counseling

The following is a typical program for students beginning in Fall.

### Year I - 12 Credits Each Semester (24 credits / academic year)

Fall – Year I	Spring – Year I
*Basic Principles of Counseling	*Assessment and Appraisal of Individuals, Couples, Families, and Groups & Assessment Lab
*Developmental Psychology (human growth and development)	*Psychopathology: Child, Adolescent & Adult
* Counseling Skills Development	* Ethics & Issues in Professional Practice
*Substance Abuse & Treatment	* Counseling Practicum

### Year II - 12 Credits Fall Semester - 13.5 Credits Spring Semester (25.5 credits / academic year)

Fall – Year II	Spring – Year II
* Advanced Issues in Mental Health Counseling	*Career Development Counseling
*Advanced Issues in Professional	*Concepts and Techniques in

Practice: Multicultural & Diversity	Mental Health Counseling <i>(Clinical Instruction)</i>
*Advanced Issues in Psychopathology and Diagnosis	* Group Therapy
*Statistics & Research and Program Evaluation <i>(Evidence Based Treatments)</i>	* Social Psychology <i>(Social and Cultural Foundations of Counseling)</i>
	*Supervised Field Placement I (Proseminar 1.5 credits -- <i>300 hrs per semester required for SFP I &amp; II)</i>

**Year III - 10.5 Credits Fall Semester Only**

<b>Fall – Year III</b>	
* Supervised Field Placement II (Proseminar 1.5 credits -- <i>600 hrs minimum requirement for graduation)</i>	* Crisis Counseling <i>(elective)</i>
<i>Choose at least 3 Courses from Below or others in consultation with your Program Director</i>	* Counseling with Children and Adolescents <i>(elective)</i>
*Counseling Older Adults <i>(elective)</i>	* Sexuality and Gender Counseling <i>(elective)</i>
*CBT Principles for Counseling <i>(elective)</i>	*Principles of Psychodynamic Psychotherapy in Counseling <i>(elective)</i>

*Couples and Family Counseling <i>(elective)</i>	* Grief, Loss and Bereavement Counseling <i>(elective)</i>
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Additional Electives	
* Eating Disorders <i>(elective)</i>	* Psychopharmacology <i>(elective)</i>
* Psychological Trauma <i>(elective)</i>	* Physiological Psychology <i>(elective)</i>
* History and Systems of Psychology <i>(elective)</i>	* Working in Public Settings <i>(elective)</i>