COUNSELING (COUN)

COUN 502 | PROFESSIONAL ORIENTATION, LAW AND ETHICS IN COUNSELING
Units: 3 Repeatability: No
This course is designed to address the development in students of a professional identity as a counselor. Students reflect on the knowledge, dispositions and skills needed to provide effective counseling interventions to diverse client populations. They are introduced to the counseling profession–its purpose, history, ethical codes, professional organizations and certification and licensing practices. Students learn about the diversity of client interventions offered by professional counselors through class presentations and interaction with practicing counselors. Students map out a plan for their professional development throughout their counseling program. This course also provides extensive practice in applying the codes of the ethical practice to different areas of counseling and explores the legal issues potentially encountered in the various areas of counseling practice. Students are exposed to concepts, experiences and cases that are designed to enhance their ability to recognize and respond to various ethical dilemmas. Students are taught how to use an ethical decision-making format. The ACA and APA ethical codes are the principal reference guides used in this class.

COUN 505 | HUMAN DEVELOPMENT
Units: 3 Repeatability: No
Students examine growth and development throughout the lifespan including physical, cognitive, social and psychological functioning. Individual and group differences are studied. Students learn proactive program development and counseling strategies to enhance development and to address development and transitional issues in development at all ages.

COUN 507 | PROFESSIONAL IDENTITY, LAW AND ETHICS IN SCHOOL COUNSELING
Units: 3 Repeatability: No
This course is designed to address the development in students of a professional identity as a counselor. Students reflect on the knowledge, dispositions and skills needed to provide effective counseling interventions to diverse client populations. They are introduced to the counseling profession–its purpose, history, ethical codes, professional organizations and certification and licensing practices. This course will also prepare school counselors to think in an ethical and moral manner in all of their professional activities. The course also will examine the interplay between legal and ethical issues within mental health counseling and counseling psychology. Students will learn the major ethical guidelines of the American Counseling Association (ACA) and the American School Counselor Association (ASCA). In addition, students will have a wide array of opportunities to apply these principles to various situations.

COUN 510 | CAREER DEVELOPMENT ACROSS THE LIFESPAN
Units: 3 Repeatability: No
Students study career development theories and examine educational, personal, and occupational aspects of career development at all stages of the lifespan. Workplace demographics, employment trends, legal and ethical issues, worker satisfaction factors, and career development services delivery models are presented.

COUN 515 | MULTICULTURAL COUNSELING
Units: 3 Repeatability: No
Students examine the beliefs, behaviors, and values of a variety of ethnic groups. Students complete self-assessments of cultural competencies and examine their self-assessments in the context of cultural identity models. Effective techniques for providing culturally appropriate services to individuals and groups are presented.

COUN 520 | COUNSELING THEORIES AND PRACTICE
Units: 3 Repeatability: No
Philosophical and psychological theories of personality development and functioning are presented. For each theory presented students learn the nature of the person, personality constructs, and appropriate intervention strategies and counseling goals.

COUN 523 | SEMINAR IN SC FIELD BASED RESEARCH: PROPOSAL DEVELOPMENT
Units: 2 Repeatability: No
COUN 523 prepares Counselors to conduct field-based research in educational and community-based settings related to counseling practice. Students will learn how to design their own applied research project over the course of the semester in conjunction with their fieldwork experience. The course includes required areas addressed in the 2016 Standards for Counseling Programs presented by the Council for Accreditation of Counseling and Related Educational Programs (CACREP). This course also prepares students in the knowledge areas tested in the Research and Evaluation section of the National Counselors Examination (NCE) and the Counselor Preparation Comprehensive Examination (CPCE). In particular students will be accruing 100 hours to meet California Teacher Commission (CTC) for research training and planning requirements.

COUN 524 | SEMINAR IN SC FIELD BASED RESEARCH: ANALYSIS AND REPORTING OF RESEARCH
Units: 2 Repeatability: No
COUN 524 prepares Counselors to conduct field-based research in educational and community-based settings related to counseling practice. Students will learn how to analyze and report on their own applied research project over the course of the semester in conjunction with their fieldwork experience. The course includes required areas addressed in the 2016 Standards for Counseling Programs presented by the Council for Accreditation of Counseling and Related Educational Programs (CACREP). This course also prepares students in the knowledge areas tested in the Research and Evaluation section of the National Counselors Examination (NCE) and the Counselor Preparation Comprehensive Examination (CPCE). In particular students will be accruing 100 hours to meet California Teacher Commission (CTC) for research training, analysis and data collection requirements.

COUN 526 | GROUP COUNSELING
Units: 3 Repeatability: No
Prerequisites: COUN 520 with a minimum grade of C-
This course provides an introduction to group dynamics and group work. Group counseling approaches and models, issues of group leadership, styles of leadership, and group facilitation skills will be addressed. Consideration is also given to group counseling goals, phases of group development, and research on group dynamics and group counseling. The course is organized into a seminar for intensive examination of the theory and practice of group work and group counseling and a laboratory for experiential learning related to group process.

COUN 530 | ASSESSMENT TECHNIQUES IN COUNSELING
Units: 3 Repeatability: No
Students develop skills in the development, selection, administration, and interpretation of standardized tests and other tools used to assess various cognitive, behavioral, and affective modalities.

COUN 531 | ADVANCED TOPICS IN SCHOOL COUNSELING
Units: 1-3 Repeatability: Yes (Can be repeated for Credit)
An overview and analysis of advanced topics in school counseling. This course provides students with an opportunity for in-depth exploration of a current topic in school counseling. The course may be repeated if the topic changes.
COUN 533 | SEMINAR IN FIELD BASED RESEARCH: PROPOSAL DEVELOPMENT
Units: 1.5 Repeatability: No
COUN 533 prepares Counselors to conduct field-based research in educational and community-based settings related to counseling practice. Students will learn how to design their own applied research project over the course of the semester in conjunction with their fieldwork experience. The course includes required areas addressed in the 2016 Standards for Counseling Programs presented by the Council for Accreditation of Counseling and Related Educational Programs (CACREP). This course also prepares students in the knowledge areas tested in the Research and Evaluation section of the National Counselors Examination (NCE) and the Counselor Preparation Comprehensive Examination (CPCE).

COUN 534 | SEMINAR IN FIELD BASED RESEARCH: ANALYSIS AND REPORTING OF RESEARCH
Units: 1.5 Repeatability: No
Prerequisites: COUN 533 with a minimum grade of C-
COUN 534 prepares Counselors to conduct field-based research in educational and community-based settings related to counseling practice. Students will learn how to analyze and report on their own applied research project over the course of the semester in conjunction with their fieldwork experience. The course includes required areas addressed in the 2016 Standards for Counseling Programs presented by the Council for Accreditation of Counseling and Related Educational Programs (CACREP). This course also prepares students in the knowledge areas tested in the Research and Evaluation section of the National Counselors Examination (NCE) and the Counselor Preparation Comprehensive Examination (CPCE).

COUN 536 | APPLIED THEORIES AND TECHNIQUES FOR COUNSELING IN SCHOOL SETTINGS
Units: 3 Repeatability: No
Students will explore and understand a variety of issues germane to K-12 counseling settings. Students will also gain competence in counseling techniques and interventions appropriate to working in these settings. Additionally, students will become familiar with and practice presentation and consultation skills suitable for working with students, parents, teachers and other school staff.

COUN 537 | SCHOOL COUNSELING CONSULTATION, CRISIS, AND TRAUMA
Units: 3 Repeatability: No
Students will gain awareness of the history, stages and purposes of consultation and develop strategies to promote, develop and enhance effective teamwork and partnerships within the school and greater community. Students will also enhance their knowledge and skill base to effectively work with issues that may affect the development and functioning of students and explore with several specific models for intervention in depth. In addition, students will learn about the school counselor's role in prevention and intervention strategies in school crisis situations including child abuse and neglect, suicide, substance abuse, school safety and personal loss. This course will also focus on psychological first aid and disaster mental health responses to natural and man-made disasters.

COUN 541 | ADVANCED COUNSELING: DIAGNOSIS AND TREATMENT PLANNING
Units: 3 Repeatability: No
Students develop comprehensive case studies of clients using various assessment methods and deliver case presentations. Tests and other diagnostic tools (e.g., DSMIV) are used to formulate individual counseling intervention plans. Professional issues associated with counseling practice and collaboration with community agencies are examined.

COUN 542 | ADDICTIONS COUNSELING
Units: 3 Repeatability: No
Students are exposed to required CACREP standards for addictions and substance abuse counseling. Assessment and clinical practice models are covered. Cross-cultural and ethical-legal issues are examined as well as other professional practice issues.

COUN 544 | INTRO FAMILY COUNSELING
Units: 3 Repeatability: No
This course provides students with an in-depth foundation to develop the skills needed to conduct family counseling. Family counseling is an area of specialized practice within the larger counseling profession which views the origin, maintenance, and amelioration of various issues through a lens of interpersonal relationships. Students will review relevant theory and research that will help you understand (a) normal couple and family functioning, (b) the development of couple and family problems, and (c) basic interventions designed to enhance couple and family functioning. Specific strategies for assessment and counseling will be discussed, applied, and practiced throughout the semester.

COUN 547 | RISK ASSESSMENT AND TRAUMA INTERVENTION IN CLINICAL MENTAL HEALTH COUNSELING
Units: 3 Repeatability: No
Students are exposed to CACREP standards associated with crisis intervention. The course emphasizes forensic mental health issues (e.g. risk assessment) as well.

COUN 549 | PSYCHOPHARMACOLOGY
Units: 3 Repeatability: No
Prerequisites: COUN 541 with a minimum grade of C-
This course gives CMHC students a historical perspective on the use of medication in treating mental disorders within the context of social, cultural, gender, and religious issues. The central focus will be on the major classifications of psychotropic drugs, specifying their psychiatric uses, benefits, side effects, toxicities, combinations, and biochemical actions as they work with culturally diverse clients. This course will also explore how clinical mental health counselors can best work with medical practitioners in providing more comprehensive client care.

COUN 550 | COUPLES AND SEXUALITY
Units: 3 Repeatability: No
Issues of sexuality and intimacy are major concerns for individuals and couples in counseling. This course provides an overview of adult human sexuality, sexual development, assessment of spousal and partner abuse, same-gender abuse dynamics, and sex therapy from a biological, behavioral, environmental, cultural, and sociological perspectives. Students taking this course will explore these approaches in order to understand sexuality and intimacy in the context of sex and couples counseling.
COUN 552 | WORKING WITH DIVERSE COUPLES AND FAMILIES IN SCHOOL SETTINGS
Units: 3 Repeatability: No
In this course, students will review relevant theory and research on couples and family structures and functioning, the development of problems, and basic interventions designed to enhance couple and family functioning. More specifically, this course adopts biopsychosocial and sociocultural perspectives in exploring multiple intersecting identities in couples and families, some dominant and some marginalized, which powerfully shape our experiences. These identities include but are not limited to race and ethnicity, gender, sexual identity and orientation, religion and spirituality, socioeconomic statuses and varying family structures and identities embedded within contexts and systems. Pressing issues in the lives of couples and families will be addressed such as stereotypes, intergenerational trauma, discrimination, health and wellness disparities, child abuse and sex trafficking, and intimate partner abuse and violence. Students will investigate how these problems manifest in school settings and develop strength based school counseling interventions and programming that empower and best support healthy families and relationships. Students will review relevant theory and research that will help you understand common couple and family functioning, the development of couple and family problems, and basic interventions designed to enhance couple and family functioning. This course also provides overviews of human sexuality, sexual development, dynamics of intimate partner abuse, and sexuality from biological, behavioral, environmental, cultural, and sociological perspectives. Students taking this course will explore how these topics manifest in school settings and what types of school counseling programming that may best support healthy families and relationships.

COUN 555 | EVIDENCE BASED COUNSELING THEORY AND TECHNIQUES
Units: 3 Repeatability: No
Prerequisites: COUN 541 with a minimum grade of C-
The course addresses many of the required areas for Helping Relationships addressed in the 2009 Standards for Counseling Programs presented by the Council for Accreditation of Counseling and Related Educational Programs (CACREP). The course helps candidates acquire knowledge, skills and dispositions associated with the evidence based practice and treatment planning. The course integrates empirically supported therapy relationship variables and implementing evidence based knowledge into practice settings. This course uses methods of instruction that include case discussions, lectures, didactic and experiential approaches to teach students the evidence based/empirically supported intervention strategies commonly used in clinical counseling practice. Overall, the course is organized to expose students to the entry-level competencies related to using evidence based counseling approaches.

COUN 562 | POSITIVE PSYCHOLOGY: THEORY AND APPLICATIONS
Units: 3 Repeatability: No
This course provides an overview of the biopsychosocial theories and evidence based research and practices associated with the emerging fields of positive psychology, happiness, positive health, and well-being. This course builds upon the COUN 555 course by focusing on the most recent evidence based and culturally competent practices in Positive Psychology with diverse and clinically underserved populations. Students will be exposed to the public mental health needs and culturally informed practices including native or indigenous healing practices in underserved and vulnerable populations both here in the United States and abroad. The continuum of evidence based interventions from health and wellness to chronic mental health issues and psychopathology will be addressed. This course will include a laboratory experience where positive psychology techniques and skills are practiced.

COUN 563 | MULTICULTURAL COUNSELING SKILLS FOR INTERNATIONAL SCHOOL COUNSELORS
Units: 3 Repeatability: No
To be a counselor in an international school requires culturally focused skills and sensitivities. This course explores the skills and resources necessary to be a culturally competent counselor and provides a practical approach to running effective School Counseling programming for international school communities. Through case presentations, simulations, and other active participation strategies, participants will explore and practice skills related to: • The ideal and real role of the International School Counselor • Third Culture Kids and Adults • Understanding and supporting students, parents and teachers cope with transient populations • Ethical cultural dilemmas faced by International School Counselors.

COUN 564 | COUNSELING SKILLS
Units: 3 Repeatability: No
The course helps students acquire knowledge, skills and dispositions associated with the practice of individual counseling in a variety of settings. Students will demonstrate counseling skills, techniques and professionally ethical and legal behavior in class through dyads, triads and small group interactions and will provide and receive feedback on this practice. Students will also receive direct feedback on their skill development from the instructor. The course integrates ethical-legal, cultural and gender issues throughout the semester. The instructor will use role-plays, small groups, session transcripts, videotape critiques, and case discussions throughout the course. The course also addresses many of the required areas for Helping Relationships which are outlined in the 2016 Standards for Counseling Programs presented by the Council for Accreditation of Counseling and Related Educational Programs (CACREP).

COUN 565 | CRISIS & TRAUMA PREVENTION AND INTERVENTION IN INTERNATIONAL SCHOOL COUNSELING
Units: 3 Repeatability: No
It is inevitable that school crisis occur. In international schools, school counselors are the first responders or members of the school’s crisis team. The purpose of this course is to prepare students for dealing with crisis situations they will encounter as an International School Counselor. Students will spend time reflecting on how people deal with crises, exploring their own crisis experiences, and begin to develop skills for crisis intervention. Students will also examine some of the relevant research on crises, resolution, and resilience for International Populations. However, the major focus throughout the course will be on applying principles of crisis response to cases encountered in practice. Prior cases have included: • Grief and Bereavement • Bullying • Violence Prevention • Cultural Adjustment and Transition • Suicide and Suicidal Ideation • Family Conflict and Violence (a particularly challenging area of international practice).

COUN 566 | INTERNATIONAL CAREER AND COLLEGE READINESS
Units: 3 Repeatability: No
The links between education, career development, and college attendance are extraordinarily complex. A huge selling point for attending an international school is its competitiveness and ability to prepare a student for success in college and career. While this preparedness is important, this course presents foundational resources that help school counselors to remain focused on the healthy development of a “why” that will allow students to best navigate educational and career decision making. Through a series of case studies, collaborative learning strategies, and interactive simulations, participants will: • Examine the career development process and interventions for children, and adolescents within a culture-centered perspective. • Study of theorists, vocational assessment processes, and occupational and psychological information systems. • Gain valuable insight into the inner-workings of university admission offices, with a focus on the multiple factors impacting each decision to admit or deny a student. • Understand the offerings and requirements of university systems in the US, Canada, Australia and the UK • Develop the tools needed to help families and students form an effective university application list • Increase knowledge of the financial aid and scholarship process in the United States.
COUN 567 | APPLIED THEORIES AND TECHNIQUES IN INTERNATIONAL SCHOOL COUNSELING
Units: 1 Repeatability: No
Departing from the case-study format, this course offers students an opportunity to learn and practice new skills in a safe environment. Solution Focused Brief Counseling allows students real strategies that they can experiment in their own practice during this condensed course. The main mode of instruction for this course is roleplay, practice and reflection.

COUN 575 | ADVANCED COUNSELING SKILLS: MOTIVATIONAL INTERVIEWING
Units: 3 Repeatability: No
This course is designed to provide an introduction to Motivational Interviewing (MI), including foundational principles, research support, and clinical application. Students will be invited to learn about the spirit and method that are unique to MI. During the course, students will learn the four-process model of MI including step-by-step guidance for establishing a strong counseling relationship, developing a clear focus and direction, evoking and strengthening the clients’ motivation for change, and creating a tangible plan of action. Additionally, students will have the opportunity to engage in experiential learning activities including case vignettes and real-plays to practice the newly acquired skills and advance their knowledge of MI application. This course will help students advance their counseling skills and prepare them to address addiction related issues as well as broader mental health concerns with clients in general practice settings.

COUN 579 | SOLES EXPERIMENTAL TOPICS COURSE
Units: 1-3 Repeatability: Yes (Repeatable once for Credit)

COUN 587P | CLINICAL MENTAL HEALTH COUNSELING PRACTICUM
Units: 3 Repeatability: No
Prerequisites: COUN 564 with a minimum grade of C-
Practicum students demonstrate knowledge of and skills in personal/social, academic, and career development domain assessments and individual and group interventions appropriate to a variety of adult counseling settings. Course includes a minimum of 100 clock hours of practicum experience that includes a combination of peer counseling related to personal/social, academic, and career development issues; community service programs serving adult populations; job shadowing of professional counselors; observing and being a participant-observer of group dynamics in various counseling settings; and attending meetings directly relevant to the functioning of a counseling staff and/or counseling center. At least 40 hours of the practicum experience involved direct client contact. Prerequisites are required (see advisor).

COUN 588P | PRACTICUM: SCHOOL
Units: 3 Repeatability: No
Prerequisites: COUN 564 with a minimum grade of C-
In the school-based counseling practicum students demonstrate knowledge of and skills in personal/social, academic, and career development domain assessments, and individual and group interventions appropriate to K-12 counseling settings. Course includes a minimum of 100 clock hours of practicum experience that includes a combination of individual and group counseling related to personal/social, academic, and career development issues; job shadowing with credentialed school counselors; observing and being a participant-observer of group dynamics in various school settings; participating in classroom guidance activities; attending meetings directly relevant to the functioning of a counseling staff and/or counseling center; and planning, implementing, and evaluating systemic interventions related to the organization and administration of comprehensive counseling and guidance programs. At least 40 hours of the practicum experience involves direct client contact.

COUN 590F | FIELDWORK IN SCHOOL SETTINGS
Units: 4 Repeatability: Yes (Can be repeated for Credit)
Prerequisites: COUN 588P with a minimum grade of C- and COUN 515 with a minimum grade of C-
Students obtain an internship placement at a school site and function in the role of a school counselor, working under the supervision of a P.P.S. credentialed counselor on site. University supervision also is provided. School sites are selected to meet the requirements for the State of California Pupil Personnel Services Credential and School Counseling Specialization. Course must be taken a minimum of two times to meet program and/or credential requirements.

COUN 592 | PRACTICUM AND FIELDWORK IN COUNSELING
Units: 1 Repeatability: No
Students receive group supervision on issues relevant to providing counseling services, including assessment and treatment planning.

COUN 598P | CLINICAL MENTAL HEALTH COUNSELING INTERNSHIP
Units: 3 Repeatability: Yes (Can be repeated for Credit)
Prerequisites: COUN 564 with a minimum grade of C-
Students obtain an internship placement in a clinical mental health setting under the on-site supervision of a qualified counseling professional. Course will be taken three times to meet requirements.

COUN 599 | INDEPENDENT STUDY OR RESEARCH
Units: 0.5-3 Repeatability: Yes (Can be repeated for Credit)
Independent study designed for individual student needs. Students must complete the Application for Independent Study or Research form and obtain the signatures of the faculty supervisor, Department Chair and the Associate Dean prior to registering for the course.

COUN X563 | MULTICULTURAL COUNSELING SKILLS FOR INTERNATIONAL SCHOOL COUNSELORS
Units: 3 Repeatability: No
To be a counselor in an international school requires culturally focused skills and sensitivities. This course explores the skills and resources necessary to be a culturally competent counselor and provides a practical approach to running effective School Counseling programming for international school communities. Through case presentations, simulations, and other active participation strategies, participants will explore and practice skills related to: The ideal and real role of the International School Counselor • Third Culture Kids and Adults • Understanding and supporting students, parents and teachers cope with transient populations • Ethical cultural dilemmas faced by International School Counselors.

COUN X565 | CRISIS & TRAUMA PREVENTION AND INTERVENTION IN INTERNATIONAL SCHOOL COUNSELING
Units: 3 Repeatability: No
It is inevitable that school crisis occur. In international schools, school counselors are the first responders or members of the school’s crisis team. The purpose of this course is to prepare students for dealing with crisis situations they will encounter as an International School Counselor. Students will spend time reflecting on how people deal with crises, exploring their own crisis experiences, and begin to develop skills for crisis intervention. Students will also examine some of the relevant research on crises, resolution, and resilience for International Populations. However, the major focus throughout the course will be on applying principles of crisis response to cases encountered in practice. Prior cases have included: Grief and Bereavement • Bullying • Violence Prevention • Cultural Adjustment and Transition • Suicide and Suicidal Ideation • Family Conflict and Violence (a particularly challenging area of international practice).
COUN X566 | INTERNATIONAL CAREER AND COLLEGE READINESS
Units: 3 Repeatability: No
The links between education, career development, and college attendance are extraordinarily complex. A huge selling point for attending an international school is its competitiveness and ability to prepare a student for success in college and career. While this preparedness is important, this course presents foundational resources that help school counselors to remain focused on the healthy development of a “why” that will allow students to best navigate educational and career decision making. Through a series of case studies, collaborative learning strategies, and interactive simulations, participants will:
• Examine the career development process and interventions for children, and adolescents within a culture-centered perspective. • Study of theorists, vocational assessment processes, and occupational and psychological information systems. • Gain valuable insight into the inner-workings of university admission offices, with a focus on the multiple factors impacting each decision to admit or deny a student. • Understand the offerings and requirements of university systems in the US, Canada, Australia and the UK • Develop the tools needed to help families and students form an effective university application list • Increase knowledge of the financial aid and scholarship process in the United States.

COUN X567 | APPLIED THEORIES AND TECHNIQUES IN INTERNATIONAL SCHOOL COUNSELING
Units: 1 Repeatability: No
Departing from the case-study format, this course offers students an opportunity to learn and practice new skills in a safe environment. Solution Focused Brief Counseling allows students real strategies that they can experiment in their own practice during this condensed course. The main mode of instruction for this course is roleplay, practice and reflection.