

# MENTAL HEALTH COUNSELING (MHC)

## **MHC-500 Foundations of Counseling and Consultation (3 credits)**

This course covers the basic theory, principles and techniques of mental health counseling and its application to professional counseling settings. It also considers various theories of counseling and issues in the practice of professional counseling and supervision. This course summarizes the history and explores the primary concepts of the major approaches to counseling. We will consider the key concepts of each theory, and application practices. Strengths and limitations of each approach are also explored as well as the impact of these theories on clients diagnosed with mental health disorders. This course will examine strategies to support and advocate for clients.

## **MHC-505 Counseling Theories & Practice (3 credits)**

This course covers the basic theory, principles and techniques of mental health counseling and its application to professional counseling settings. It also considers various theories of counseling and issues in the practice of professional counseling and supervision. This course summarizes the history and explores the primary concepts of the major approaches to counseling. We will consider the key concepts of each theory, and application practices. Strengths and limitations of each approach are also explored as well as the impact of these theories on clients diagnosed with mental health disorders. This course will examine strategies to support and advocate for clients.

## **MHC-510 Psychopathology (3 credits)**

This course provides an in-depth exploration of a broad spectrum of psychopathological conditions as defined in the DSM 5-TR. The focus of this course will include the etiology, prevalence and incidence, signs and symptoms, and criteria for differential diagnosis. Students will learn to assess and accurately diagnosis while concurrently considering cultural considerations, risk and protective factors, and pharmacological interventions. This course introduces the basic etiology of substance addiction and co-occurring disorders.

## **MHC-515 Assessment & Appraisal (3 credits)**

This course provides students with a comprehensive overview of the major principles of assessment, assessment instruments and assessment skills relevant for mental health counselors. Emphasis will be placed on the statistical properties, use and interpretation of assessment and appraisal techniques commonly used in clinical, educational, and organizational fields. It includes an analysis of psychometric properties used to develop and evaluate these instruments. The course also addresses ethical, legal, and diversity issues including cultural bias and fairness in assessments. An extensive review of the clinical interview assessment for future clinicians will be covered.

## **MHC-520 Substance Abuse Counseling (3 credits)**

This course is described to provide students with an introduction to substance use related disorders, assessment tools and treatment options. The course examines the complicated etiology of substance related disorders and the social, psychological and biological bases of addiction. There will also be a focus on stages of change and motivational interviewing as components of working with clients with a substance use disorder.

## **MHC-525 Research and Program Evaluation (3 credits)**

This course surveys the major methodologies for conducting psychological research, and focuses on research report development, publication of psychological data, and ethical considerations in conducting research. Students will also be introduced to the statistics necessary for describing and analyzing psychological data. This course also introduces students to the principles and practices of program evaluation and systems research, including quantitative and qualitative research methodologies. This course introduces students to design of qualitative, quantitative, and mixed-method approaches to counseling research and evaluation. Students learn the strengths and limitations of each method and under what circumstances each approach would be the most appropriate research design. Students are exposed to legal and ethical issues associated with human subjects' protection.

## **MHC-530 Human Growth and Development (3 credits)**

This course introduces students to the major theories that have shaped counselors' understanding of human growth and development from conception, childhood and adolescence, to early, middle, and late adulthood. Aspects of development discussed include biosocial, cognitive and psychosocial changes. Expected developmental milestones during each of these phases of development are addressed. This course reviews significant research findings and theory about human development. Building a multidimensional framework for understanding development process and dynamics and for predicting challenges associated with life transitions is emphasized.

## **MHC-535 Child and Adolescent Counseling (3 credits)**

This course will emphasize utilizing developmentally appropriate counseling and therapy techniques with children, adolescents, and families. The course is designed to help graduate students explore skills, research, and relevant issues of contemporary children and adolescent counseling. Students will be introduced to infant mental health, autism spectrum disorder, attention deficit disorder, anxiety and depression in children and adolescents, and substance use. Students will explore a range of evidence-based treatments including child centered play therapy, trauma focused cognitive behavioral therapy, sand tray, and restorative practices. Students will learn how to advocate and collaborate across systems (i.e., mental health, education, physical health, legal, juvenile justice) for children, adolescents, and families while exploring cultural considerations, legal concerns, and ethical dilemmas. Current issues facing youth, including trauma, in the contemporary world will be highlighted.

## **MHC-540 Professional Ethics in Counseling (3 credits)**

This course will focus on the ethical principles and professional standards of counseling practice, and survey the ethical and legal issues facing the professional counselor in our society. Students will review professional goals, objectives, roles and functions. This course also examines ethical and legal standards, risk management, professional credentialing and standards for professional counselors. This course covers significant clinical challenges for the mental health professional. The counseling profession's ethical standards are also addressed with an emphasis on the American Counseling Association code of ethics and counselor ethical decision-making processes. Through various methods students have the opportunity to develop their understanding and commitment to professional standards and ethical guidelines for practice as a mental health counselor.

**MHC-541 NYS Mandated Reporter Training (0 credits)**

This course is an asynchronous online Mandated Reporter Training course offered by The New York State Office of Children and Family Services in Child Abuse and Neglect/Maltreatment Identification. This web-based training is fully narrated and comprehensive and includes interactive learning exercises that allow participants to test their knowledge using case examples. As you complete each section, the application saves your progress, allowing you to complete the full course within the same calendar year after you started it. A certificate of attendance is sent to those who complete the course. Mandated Reporters must complete this updated training to be in compliance with N.Y. Soc. Serv. Law § 413(5). You can register anytime at [www.nysmandatedreporter.org](http://www.nysmandatedreporter.org).

Corequisite(s): Take MHC-540

**MHC-545 Cultural and Social Diversity (3 credits)**

Through the theories, issues, and techniques of counseling within a multicultural environment, this course is designed to assist students in understanding and valuing diversity so they can develop effective multicultural counseling skills. Specifically, we will explore various cultural groups, examine influences on worldview, and consider counseling strategies through in-class exercises, a variety of readings, videos, discussions, and experiential activities. This course is designed to provide students with a general framework for understanding issues related to mental health services with people from diverse populations. The influence of socio-identities (e.g. race, ethnicity, religion, gender, socioeconomic status, sexual orientation, religious preferences) on individuals' functioning, concerns, and the counseling process will be explored. This course is designed to increase students' awareness and knowledge of, and skills related to, multicultural counseling and the delivery of counseling services. Students explore diversity and identity issues and discuss their impact on the therapeutic relationship.

**MHC-550 Crisis, Trauma and Loss Counseling (3 credits)**

This course is designed to help students understand both the normal and complicated grieving process with individuals across the life span. This course examines various therapeutic interventions that are useful on helping the bereaved. The impact of culture and how it is related to differences in the grief process are explored. An extensive analysis of the difference between grief counseling and grief therapy will be explored. Students will study historical and current theories in grief and loss. This leads into an in-depth presentation of abnormal grief reactions, complicated mourning processes, and when to use more advanced interventions of counseling. Students will study grief therapies and learn when to refer clients for such. Issues of the counselor's own grief and burn-out syndromes are also addressed. In addition, techniques associated with trauma and crisis counseling are introduced and explored.

**MHC-555 Group Counseling (3 credits)**

This course will provide an understanding of group development, process and dynamics. Students will learn theoretical and practical concepts related to the practice of group psychotherapy. It is based on the assumption that experiential learning is the most effective way to get acquainted with a new and challenging topic. It prepares students to work with groups in various settings. Using a clinical model, students develop an understanding of relevant group practice, roles and responsibilities of facilitators, and the relevance and purpose of group work.

**MHC-560 Supervision Theory and Practice (3 credits)**

This course will provide students with an understanding of the purpose and process of clinical supervision, as well as the importance of professional growth. This course will also present a review of currently accepted supervision theories, models, and practice. Students will develop knowledge and skills related to the supervisory role and relationship. Issues related to ethical dilemmas, cultural diversity, power, and boundary issues will also be addressed.

**MHC-565 Couples and Family Counseling (3 credits)**

This course is an introduction to the history, development, and systemic foundations of marriage and family therapy. This course will survey the various models and theories of family therapy with particular attention paid to the different conceptions of healthy and dysfunctional dynamics, goals in family therapy treatment, and associated therapeutic approaches and techniques. Particular attention will be paid to the development of the major schools of marriage and family therapy, the integration of various approaches in family therapy and the research outcomes of each.

**MHC-570 Integrative Behavioral Healthcare Practice and Counseling (3 credits)**

This course focuses on integrating behavioral health practice and counseling within the context of all aspects of health and wellness. It includes class discussion, observation, practice of counseling skills and attitudes, counseling and consultation role-plays, group and individual supervision, observation of a counseling case with supervision, working within an interdisciplinary team, and critical reflection on your experience in these learning and practice exercises. Legal, ethical, and cultural issues are taken into consideration. Students gain practice in conceptualizing cases within an interdisciplinary context, conducting interviews, making behavioral observations, collecting and interpreting data during an interview, and developing written reports of findings.

**MHC-575 Career Counseling (3 credits)**

This course is designed to provide students with the theoretical frameworks and basic counseling skills necessary for the career counseling process and for planning programs for educational and career counseling. The course includes a review of theories and models of career development, individual and programmed techniques for diagnosis, assessment, decision-making and career search/ advancement. Attention is given to assessment of how people make career choices, which are suitable to the individual and are viable in society. Emphasis is on developing a broad view of career as lifestyle and on practical application of theory and information in a professional counseling context. Focus is placed on the implications of individual differences in culture, gender, ability and age-related issues. Students obtain a theoretical and practical basis for supporting individuals in vocation selection and career development.

**MHC-600 Advanced Counseling Skills (3 credits)**

This course is designed to introduce students to advanced interviewing skills that support building counseling relationships. These skills will provide the context for assessment, goal setting, the referral process, and the integration of skills into interventions. In addition, students will learn and practice integrated behavioral healthcare approaches; demonstrate a working knowledge of developing and implementing biopsychosocial case conceptualization and treatment planning; and understand the counselor's role as a member of a multidisciplinary treatment team in facilitating treatment compliance and ongoing collaboration with treatment providers for client wellbeing.

**MHC-610 Practicum (3 credits)**

A 16-week supervised practicum in a mental health/psychiatric agency provides the experiences for the student-intern to increase professional competence for a minimum of 100 hours (40 hours of which are direct or face-to-face hours and include either individual or group session that are led by the student). Through the practicum experience, the student is challenged to apply and integrate the knowledge, theories and concepts of counseling practice, and to build on previous life and work experience, as well as to develop new areas of professional competence. This process allows the student to bring together and to integrate for professional use cognitive learning, professional competence, values and ethics, life experiences, and activities which will enhance skill and critical analysis of counseling practice. There is a weekly supervision requirement and a biweekly group supervision requirement for this course in addition to other assignments.

Prerequisite(s): Take MHC-500 MHC-540 MHC-541 MHC-570

**MHC-620 Internship I (3 credits)**

An 8-month supervised internship in a behavioral health care environment that provides the experiences for the student-intern to increase professional competence for a minimum of 600 hours (240 hours of which are direct face-to-face individual and group counseling). When you have finished internship I (MHC 620) and II (MHC 630), you will have completed 600 hours with 240 hours face-to-face in individual and group counseling. Through the internship experience, the student is challenged to apply and integrate the knowledge, theories and concepts of counseling practice, and to build on previous life and work experience, as well as to develop new areas of professional competence. This process allows the student to bring together and to integrate for professional use cognitive learning, professional competence, values and ethics, life experiences, and activities which will enhance skill and critical analysis of counseling practice. There is a weekly site supervision requirement and a weekly group supervision requirement for this course in addition to other assignments.

Prerequisite(s): Take MHC-570 MHC-610

**MHC-630 Internship II (3 credits)**

An 8-month supervised internship in a behavioral health care environment that provides the experiences for the student-intern to increase professional competence for a minimum of 600 hours (240 hours of which are direct face-to-face individual and group counseling). When you have finished internship I (MHC 620) and II (MHC 630), you will have completed 600 hours with 240 hours face-to-face in individual and group counseling. Through the internship experience, the student is challenged to apply and integrate the knowledge, theories and concepts of counseling practice, and to build on previous life and work experience, as well as to develop new areas of professional competence. This process allows the student to bring together and to integrate for professional use cognitive learning, professional competence, values and ethics, life experiences, and activities which will enhance skill and critical analysis of counseling practice. There is a weekly site supervision requirement and a weekly group supervision requirement for this course in addition to other assignments.

Prerequisite(s): Take MHC-620

**MHC-640 Capstone: Advocacy Project (0 credits)**

The advocacy project prepares students to formulate their understanding and experience of professional advocacy by designing, implementing, and presenting an advocacy project. Completing the project satisfies one of the requirements for a degree in clinical mental health counseling, their final Capstone project. Another function of the project is to provide students with an opportunity to review, synthesize, and integrate the material that has been learned in coursework, readings, research experience, applied settings, and informal interactions with the faculty and other professionals.

Prerequisite(s): Take MHC-600 MHC-610 MHC-620

Corequisite(s): Take MHC-535 MHC-565 MHC-630