

## **Counseling (COUN)**

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### **COUN 496 MIGRANT-EDUCATION ADVISOR PROGRAM (1-4)**

School-based counseling experience supervised by Counseling department faculty. Under the guidance of the instructor, undergraduate students advise, counsel, and mentor K-12 students with a migrant background. Prerequisite: participation in the Migrant Education Advisor Program (MEAP) and consent of the instructor.

### **COUN 501 THEORY AND PRACTICE: PROFESSIONAL COUNSELOR (4)**

This course surveys the roles and responsibilities of professional counselors, including an examination of students' professional identity development. Different approaches to counseling intervention (i.e., psychodynamic, affective/experiential, cognitive-behavioral, narrative approaches, and systemic theories) are compared and contrasted relative to the goals of counseling, the factors involved in helping individuals and families change, and the practitioner's role in the process. Culturally appropriate use of theories and interventions in the context of human development is emphasized. Professional identity development is further enhanced through exposure to the history and philosophy of the counseling profession, including professional roles, functions, and relationships with other human service providers. This overview also acquaints counseling students with a) relevant professional organization; b) the various credentialing, certification, licensure, and accreditation standards that may impact practice; c) advocacy processes to benefit clients; and d) ethical and legal standards of the various counseling disciplines.

### **COUN 502A ADULT DEVELOPMENT: INDIVIDUAL FAMILY AND CAREER (3)**

This course is designed to provide students with an overview of theories for understanding the processes of adult development and how to incorporate this understanding into counseling interventions. Students will discuss clinical cases within the context of adult transitions and life events, including long term care concerns and elder abuse. Gender, sexual orientation, and ethnicity issues will be integrated into both didactic and experiential learning. Changes in career, interpersonal relationships, and family structure and dynamics will be examined over the life span with an emphasis on their interdependence.

### **COUN 502B CAREER DEVELOPMENT IN ADULTHOOD (1)**

COUN 502B focuses more specifically on career counseling, including theories of career development, knowledge of interviewing, assessment, and print and computer-based career counseling materials. Further considered are how diversity issues influence personal needs, values, aptitudes, abilities, and interests, which, in turn, affect career and educational choices.

### **COUN 503 SEM: DYNAMICS OF INDIVIDUAL BEHAV (3)**

A course designed to cover psychopathology and sociopolitical-related issues of diagnosis and treatment. Attention is given to: (1) understanding the variability of psychopathology in community counseling settings; (2) the application of evaluation methods and diagnostic classification systems of the DSM-IV-TR; (3) development of appropriate treatment plans; and (4) the relationship of class, gender, and ethnic background to diagnosis and treatment.

### **COUN 510A SEM: COUNSELING PRE-PRACTICUM (4)**

This course helps students to develop necessary basic multiculturally-competent counseling skills to prepare them for field based training experiences in a wide variety of settings. Training is done through the use of videotape feedback and in-class practice demonstrations involving personal disclosure, role-play, and group and instructor feedback. This course is normally taken in the first semester by new students. Cr/NC only.

### **COUN 510B COUNSELING PRACTICUM (4)**

This course provides students with an opportunity to continue the development of multiculturally-competent counseling skills necessary for advanced field training during the 514A/B field experience/internship sequence. There are different sections for Community Counseling/MFT and School Counseling/PPS students: Community Counseling/MFT students see clients in a structured fashion on campus and School Counseling/PPS students work in school settings under the instructor's supervision. Cr/NC only. Prerequisite: COUN 510A.

### **COUN 511 SEMINAR: K-12 ACADEMIC COUNSELING AND CAREER DEVELOPMENT (4)**

An introductory course in K-12 academic counseling and career development. Course content includes the foundations of learning theory, youth/lifespan career development and academic guidance models, and print/internet based academic/career counseling materials. The course explores the impact of personal needs, values, cultural variables, aptitudes, abilities, and interests on academic progress and career/vocational choices.

### **COUN 512 SEMINAR: THEORY AND PRACTICE OF GROUP COUNSELING (4)**

This didactic and experiential course provides students with an introduction to the concepts and practices of group counseling, supplemented by lectures and readings. The dynamics and procedures involved in working with groups will be examined with students functioning as both group participants as well as group leaders. The course also examines stages of group formation, confidentiality and trust issues, co-counseling in groups, group dynamics and structure, and basic group counseling skills. Cultural factors related to group work are identified didactically and experientially. Practical approaches to group counseling include psycho-educational groups, interpersonal problem-solving groups, and task/work groups, among others. Prerequisite: COUN 510A or consent of instructor.

### **COUN 513 SEMINAR: RESEARCH AND EVALUATION IN COUNSELING (4)**

A survey of the principles of research design as applied to community and school-related issues and settings, with emphasis on evaluation of human service programs. Students will also develop and complete a culturally sensitive written mental health or school guidance grant proposal under faculty supervision. Prerequisite: demonstrated competence in basic statistical analysis and COUN 525.

### **COUN 514A SUPERVISED INTERNSHIP/FIELD EXPERIENCE (4)**

This seminar provides a group discussion and supervision format in conjunction with advanced field based training, which may be in school settings (PPS students) or in community counseling settings (MFT students). The class meetings are designed to supplement the individual supervision received by site supervisors, and the goal of the seminar is to help students develop a model of professional functioning through the integration of theory, pragmatic strategies, and personal development. Aspects of cultural diversity that influence counseling practice in community and school settings will be addressed didactically and experientially. Integral to this experience is the exchange of feedback and support among seminar participants. Prerequisites (Community Counseling/MFT): 510A/B, 501, and additional courses. Prerequisites (School Counseling/PPS): 510A/B, 520, (COUN 501 highly recommended). Cr/NC only.

**COUN 514B SUPERVISED INTERNSHIP/FIELD EXPERIENCE (4)**

This seminar provides opportunities to build upon and consolidate the field based training skills addressed in COUN 514A. A group discussion and supervision format continues to provide supplemental support relative to counseling field work in school settings (School Counseling/PPS students) or in community counseling settings (MFT students). The class meetings are designed to supplement the individual supervision received by site supervisors, and the goal of the seminar is to help students develop a model of professional functioning through the integration of theory, pragmatic strategies, and personal development. Aspects of cultural diversity that influence counseling practice in community and school settings will be addressed didactically and experientially. Integral to this experience is the exchange of feedback and support among seminar participants. Students will complete a culminating case study project, with both oral and written components. Prerequisites (Community Counseling/MFT): 510A/B, 514A, and additional courses. Prerequisites (School Counseling/PPS): 510A/B, 514A, 520, (COUN 501 highly recommended.) Cr/NC only.

**COUN 520 INTRODUCTION TO SCHOOL COUNSELING (4)**

This course provides a conceptual overview and orientation to the practice of school counseling. Emphasis will be placed on school counseling programs as critical components of the education enterprise, the ASCA national model of school counseling, and the expanding and changing role of the school counselor.

**COUN 521 SEM: PUPIL PERSONNEL SERVICES - CONCEPTS AND ORGANIZATION (4)**

A seminar in organizing, supervising, and administering comprehensive service Pupil Personnel Programs in elementary and secondary schools; legal and financial aspects, as well as laws affecting children and child welfare are covered. Students learn how to create a developmental school counseling program that is an integral part of the entire educational program in the school. Prerequisite: COUN 520.

**COUN 523 WORKING W/FAMILIES IN SCHOOL SETTING (4)**

This course has as its focus a study of family systems and how they impact and interact with all the systems that involve the child including educational and cultural systems. Basic to this is the study of the students' own family of origin and its impact on the student. Each student is required to lead or co-lead a parent education group in a school setting during the last half of the course. Prerequisite: COUN 510A/B is required.

**COUN 524 COUNSELING CHILDREN AND ADOLESCENTS (4)**

This course provides an overview of the theories and techniques of child and adolescent counseling with a focus on youth development in a socio-cultural context. Counseling interventions used in schools and common concerns of school-aged students are emphasized. Methods for establishing rapport, goal setting, and case formulation are highlighted. Special emphasis will be placed on applying theory to practice in a developmentally appropriate manner.

**COUN 525 PSYCHOLOGICAL AND EDUCATIONAL ASSESSMENT (2)**

This primarily didactic course provides students an overview of the nature and rationale of psychological measurement, both individual and group, with emphasis on its utility in community and/or school settings. Attention is given to both limitations in and justification for the measurement of human characteristics, including culturally-based relevance and appropriateness. Students will have an opportunity to practice the selection, administration, scoring, and interpretation of relevant assessment instruments. Class fee required at time of registration.

**COUN 526 GROUP COUNSELING IN THE SCHOOLS (4)**

This didactic and experimental course examines the concepts and practices unique to group counseling in the schools. Psycho-educational strategies in the school settings are emphasized. Particular attention is given to processes and challenges involved in the implementation of these strategies; cultural context, effectiveness and evaluation issues will be explored. The dynamics and procedures involved in working with small and large groups will be studied with members as participants and as leaders. Prerequisite: COUN 510A (Pre-practicum) and COUN 520.

**COUN 527 LAW AND ETHICS FOR SCHOOL COUNSELORS (3)**

This course examines the legal and ethical responsibilities of the school counselor. Course topics include; educational counseling, child abuse reporting, confidentiality, record keeping, and attendance and truancy laws. This course also provides an overview of special education law, including: the different federal categories of disability, Individualized Educational Program (IEP) procedures, suspension and expulsion of students with disabilities, and Section 504 Accommodation Plans.

**COUN 528A CONSULTATION (3)**

This course provides a general framework for understanding and practicing culturally and contextually sensitive consultation, collaborative problem solving, and systems level intervention in educational settings. An exploration of the stages of consultation and the major models of consultation are covered. Students will gain experience in the delivery of consultation services.

**COUN 528B CRISIS INTERVENTION (1)**

This course focuses on prevention, response, and recovery during a crisis, and the counselor's role as part of a school-based crisis intervention team. Crises include school violence, accidents, and the death or suicide of a student or faculty member. Maintaining the safety and security of the school community emphasized.

**COUN 535 SEMINAR: DEVELOPMENT AND CLINICAL ISSUES WITH CHILDREN (4)**

This course offers a developmental psychology perspective on culturally sensitive counseling interventions appropriately undertaken with children and adolescents. Course objectives include: (1) providing students with an introduction to basic intervention strategies for counseling children and adolescents taking into account cultural and socio-economic influences; (2) familiarizing students with special topics, e.g., impact of divorce on children, child maltreatment, effects of domestic violence; and (3) consideration of family, peer, school, and community contexts in treatment planning (i.e., integrative case formulation) with children and adolescents.

**COUN 540 SEMINAR: MARRIAGE AND FAMILY COUNSELING (4)**

This course offers a foundation for understanding couple and family relationships by providing an overview of historical and contemporary models of theoretical conceptualization, assessment and intervention, including ways to work with families reflecting diversity. Attention is devoted to important legal and ethical considerations unique to working with families and couples; also included are assessment tools, crisis intervention (including domestic violence), and treatment planning. Prerequisites: COUN 510A or consent of instructor.

**COUN 545 SEMINAR: LAW AND ETHICS FOR THE COUNSELOR (3)**

This course is designed to clarify the legal and ethical responsibilities of the community counselor. Legal standards related to counseling practice will be surveyed, including issues related to dissolution; child care, custody, and abuse; confidentiality; involuntary hospitalization; mandatory reporting requirements; detection, assessment, and treatment of domestic violence; and other issues related to the relationship between law and counseling. Ethical standards, which often overlap with legal standards, include cultural considerations as they impact counseling practice.

**COUN 570 SEM: CROSS-CULTURAL AWARENESS IN COUN (3)**

This course is designed to provide students with an understanding of how the different forms of diversity (ethnicity, culture, sexual orientation, socioeconomic status, age, disability, religion and gender) can affect counseling processes. Students will identify and explore their own unique ethnic and cultural world view and see how it affects their counseling approaches in both community and school counseling settings. Students will also become knowledgeable about various minority groups in the United States and how majority culture influences the minority individuals' daily lives and their responses to counseling. The seminar will address cross-cultural aspects of counseling children, youth, and adults.

**COUN 580A RELATIONSHIP COUNSELING (3)**

This course explores relationship counseling from a variety of theories accompanied by their treatment approaches. An ecological approach to couples' functioning will be advocated with the result that counseling interventions will reflect the pluralistic needs of couples who are often embedded in complex social systems (including the legal system, the health system, among others). Issues such as domestic violence, developmental challenges, parenting/step-parenting, infertility, and extramarital engagements will be discussed. Cross-cultural perspectives and ethical issues will be integrated into all discussions. Prerequisites: Concurrent enrollment in COUN 580B, 510A or consent of instructor. COUN 540 is recommended.

**COUN 580B SEXUALITY COUNSELING (1)**

This course provides students with knowledge and skills about counseling adults and couples about sexuality issues. Included are the physiological, psychological, and socio-cultural variables associated with sexual identity, sexual behavior, sexual disorders, sexual function and dysfunction, sex roles, gender identity, trauma and abuse, and aging. A biopsychosocial approach will be taken in working with a wide variety of sexual concerns; ethical and legal considerations in working with sexuality issues will be addressed as will issues of transference and counter-transference in working with these sensitive and intimate issues. Concurrent enrollment in COUN 580A.

**COUN 581 INTRODUCTION TO CHEMICAL DEPENDENCY (1)**

A survey course designed to provide a broad conceptual base regarding the major dimensions of dependence upon drugs/alcohol. Emphasis is on practical issues from the standpoint of the family and the community. The course explores historical and current modes of treatment, intervention, and prevention of alcoholism and alcohol-related problems. Students are expected to have a basic understanding of psychopathology and family systems prior to enrollment. This course is designed to provide specific instruction in alcoholism and other chemical substance dependency, and is designed to meet the requirements issued by the Board of Behavioral Sciences, State of California.

**COUN 582A PSYCHOPHARMACOLOGY FOR COUNSELORS (2)**

This didactic course explores basic principles and applications of psychopharmacology in the mental health field. Emphasis is paid to neurotransmitter systems in the nervous system, principles of drug action, and clinical pharmacology (the use of medications to treat behavioral, psychological, and psychiatric conditions such as eating disorders, hyperactivity, depressive disorders, anxiety disorders, schizophrenia, and Alzheimer's disease). Attention will be paid to the community counselor's role in the effective multiculturally-competent and ethical use of psycho-active medications (e.g., referral, consultation, monitoring) when psychopharmacological interventions are part of treatment as well as to the historical and sociopolitical contextual issues surrounding the use of psychiatric medication.

**COUN 582B COUNSELING STRATEGIES AND CHEMICAL DEPENDENCY (1)**

This course provides an overview of chemical dependency that includes evaluation, medical aspects, etiology, treatment approaches, legal aspects, risk factors, community resources, referral, and education/prevention of substance abuse. Emphasis will be on culturally competent approaches to chemical dependency intervention and prevention. Students may take 582B in lieu of COUN 581 (Introduction to Chemical Dependency), which is only offered through Extended Education and is also open to the community at large.

**COUN 595 SPECIAL STUDIES (1-4)****COUN 596 SUPERVISED FIELD EXPERIENCE (1-4)**

Counseling experience supervised by Counseling Department faculty. Experience can be gained both at on-campus counseling facility or in outreach programs in the community. Cr/NC Only. Prerequisite: consent of instructor; for School Counseling students: permission of School Counseling faculty.