

CLINICAL AND MENTAL HEALTH COUNSELING (M.A.)

Academic Year

2012-2013

School

Graduate School [School Web site](#)

School Dean

Henry Flores, Ph.D. hflores@stmarytx.edu

Department

Counseling

Program Director

Julie Strentzsch, Ph.D. jstrentzsch@stmarytx.edu

Admission Requirements

To be considered for admission into St. Mary's University Graduate School, you will need to submit the following (along with application):

- (2) Letters of Recommendation
- (2) Official Transcripts reflecting your degree earned.
- Official GRE/GMAT/MAT
- Official TOEFL (80 Computer based) (international students only)
- Financial Guarantee (international students only)

Degree Requirements

Counseling & Human Services (60hrs)

Clinical Mental Health Counseling

Course #	Course Title	Hours
<u>Core Courses (46hrs):</u>		
CN6354	Introduction to Counseling	3
CN6150	Practicum in Group Process	1

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Course #	Course Title	Hours
CN6253	Group Process	2
CN6321	Assessment & Appraisal in Counseling	3
CN6352	Career Planning	3
CN6355	Theories of Counseling	3
CN6381	Methods of Research	3
CN7301	Professional & Ethical Issues	3
CN7302	Social/Cultural Issues in Counseling	3
CN7351	Human Growth & Development	3
CN7377	Sexuality Counseling & Somatic Issues	3
CN6361	Crisis Counseling	3
CN6369	Introduction to Marriage & Family Therapy	3
CN7333	Mental Health & Psychopathology	3
CN7267	Community Counseling and Social Justice	2
CN6382	Hope Resilience and Human Transcendence	2
CN6251	Advanced Professional Issues in Organization & Administration of Counseling Services	2
CN7199	Clinical Mental Health Capstone	1
<u>Elective Courses (totaling at least 5 credit hours)</u>		5
<u>Clinical Courses (9hrs):</u>		
CN6357	Counseling Practicum	3
CN7359	Counseling Internship I	3
CN7360	Counseling Internship II	3
Total hours		60

Department Courses and Descriptions

CN 6150 **Practicum in Group Process** (1)

Theory and practice in group work. Psychological foundations of group work, including group guidance, growth groups and group counseling and therapy, with an opportunity to apply experientially the basic principles of group leadership. Limited enrollment.

CN 6251 **Advanced Professional Issues and Organization/Administration** (2)

Introduction to counseling services in schools, community centers and other helping agencies and private practice. Basic philosophy and objectives of guidance, counseling and therapy programs. Overview of

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roles, structures, functions, resources and other topics related to the organization of human services programs.

CN 6253 **Group Process**(2)

Theory and practice in group work. Psychological foundations of group work, including group guidance, growth groups and group counseling and therapy, with an opportunity to apply experientially the basic principles of group leadership. Limited enrollment.

CN 6321 **Assessment and Appraisal in Counseling** (3)

This course instructs students in how to learn how to measure healthy human processes, optimal mental health, vital balance and life-impeding factors. It will provide students with a basic framework for understanding the functions and limits of testing and measurement. Basic principles, research, and theories on the measurement of psychological constructs and clinical diagnosing and their significance of treatment will be covered. Theories and techniques of administering, scoring, and interpreting psychological tests within the cultural context will be emphasized.

CN 6352 **Career Planning** (3)

Selection and use of the career information; community resources; survey of theories of vocational choice; use of interest and aptitude inventories in career development; personnel selection procedures; individual and group vocational counseling; placement and follow up procedures.

CN 6354 **Introduction to Counseling** (3)

This course is designed to review intensively each student's basic counseling micro skills via role play and video tape. In addition, the course presents a general model of counseling. Classes maintain a 5 to 1 student/teacher ratio.

CN 6355 **Theories of Counseling** (3)

This course provides a detailed review of the theoretical foundations of major counseling theories. Reviewed theories include Psychoanalytic, Neo-Freudian, Person-Centered, Gestalt Therapy, Existentialist, Behaviorist, Transactional Analysis, Rational Emotive Therapy, and Reality Therapy.

CN 6357 **Counseling Practicum** (3)

Students apply counseling principles and procedures to develop skills in the treatment of individuals with emotional and behavioral problems. Students learn under the direction of doctoral qualified supervisors at an approved site. Case experiences are further analyzed and discussed under the supervision of faculty in weekly class meetings. Students complete a minimum of 100 hours on site, 20 client contact hours, and 15 hours of supervision. Favorable final evaluations by the site supervisor and faculty are required for credit. Limited enrollment. Prerequisite: CN6354.

CN 6361 **Crisis Counseling** (3)

This course will be an introduction to the fundamental concepts and theories of crisis and crisis counseling. Special attention will be paid to the ecosystemic and multicultural considerations involved in providing crisis intervention as well as developing effective counseling crisis strategies. Students will be exposed to the most prevalent types of crises and to the current intervention methodologies used in crisis counseling.

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CN 6369 Introduction to Marriage and Family Therapy (3)

An overview of the techniques and strategies used in marriage and family therapy with special emphasis for those students who are not seeking a degree specialization in Marriage and Family Therapy. Required for the Marriage and Family Relations Certificate Program.

CN 6381 Methods of Research (3)

Methods and tools of research in behavioral sciences. Emphasis on practical application of basic concepts in producing and consuming research. Prerequisite: A course in introductory and inferential statistics.

CN 6282 Hope, Resilience and Human Transcendence (2)

This course will cover many aspects of positive and existential counseling including the emphasis on character strengths, total wellbeing, self and group efficacy, happiness and life satisfaction as well as human resilience and flow. It will examine how human thoughts, emotions, spirit, behaviors, and social connections contribute to a life worth living. Hope-instilling intervention skills designed to assist clients view and transform stressful circumstances into growth experiences and regard daily experiences as meaningful will be covered. The emphasis will be on learning about what is right with people, their resilience, their spirituality, their character strengths, their willingness to serve, their capacity for doing evil, their sources of happiness, their life-impeding social realities, their empowering connections, their life-enhancing social structure, and their human potential.

CN 6283 MFT Person of the Therapist Training (2)

This course is designed to enhance the clinical skills and competence of master's level family therapist through the Person of the Therapist Training model. The POTT model encourages students involved in clinical practice to actively explore person of the therapist issues to enhance clinical practice. Person of the therapist issues are inherent in clinical work and students learn self-reflection and interpersonal skills to identify and work with personal issues that may arise in the context of clinical work. This course is designed to complement student's growing clinical competence as students develop an awareness of the self within one's own family of origin, as well as the broader social context. Prerequisite: MFT program permission.

CN 7199 Clinical Mental Health Capstone (1)

This course is designed to assess students' overall professional knowledge, clinical skills and practices, and multicultural and advocacy competencies in their work with individuals, families, groups and/or communities. Under the supervision of the students' faculty advisor, students will demonstrate their ability to conceptualize cases; utilize diagnoses (or not); create treatment plans; assess client/familial progress; work with other mental health professionals in an interdisciplinary context; determine when to refer for an evaluation for psychotropic medications; understand the usage of such medications, their side effects, and how to consult with a client's respective medication provider; monitor and assess the impact of traumatic events; and terminate therapeutic relationships. Students will also be required to assess their strengths and weaknesses, and develop plans for continued professional development and a long-term self-care plan.

CN 7267 Community Counseling and Social Justice (2)

The roles of counselors in community agencies, private practice, in litigation and consulting processes, and in client advocacy will be explored with the intent of assessing means by which counselors can provide access to and delivery of optimal mental health services. Counselors' roles and responsibilities in

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promoting fair and equitable mental health policy and legislation in a variety of contexts will be examined. Special attention will be paid to how the confluence of social and political barriers impact counselors' ability to assess and advocate for individual and community needs, facilitate conflict resolution, and secure resources for programs designed to empower and serve oppressed populations. Such oppressed populations include those individuals dealing with racism, sexism, religious persecution, poverty, immigration issues, language barriers, trauma (i.e. natural disaster, domestic violence etc.), heterosexism, physical disabilities, mental illness and interpersonal and/or institutional rankism.

CN 7301 **Professional and Ethical Issues** (3)

Problems in professional practice of guidance, counseling, marriage and family therapy and research. Professional ethics, relations to other professionals and the public. Liability issues.

CN 7302 **Social/Cultural Issues in Counseling** (3)

The effects of social change, cultural patterns, roles of men and women, different lifestyles, ethnic groups, and other special populations in the counseling process.

CN 7319 **Health Counseling and Medical Aspects of Disabilities** (3)

This course will address issues of public health as well as counseling people with chronic and disabling diseases. This course will also provide medical information essential to understanding the functional capacities of individual with disabilities and restoratives techniques. Basic anatomy and physiology will be covered.

CN 7333 **Mental Health and Psychopathology** (3)

Reviews the healthy personality and various models of psychopathology, including the DSM IV and organic diseases that masquerade as psychological problems.

CN 7351 **Human Growth and Development** (3)

Survey of human growth and development from birth through adolescence to maturity. Special emphasis on biophysical, cognitive, affective, and psycho-social domains. Prerequisite for CN7373.

CN 7359, 7360, 7361 **Internship in Counseling I, II, III** (3, 6, 9)

The internship provides the opportunity to develop skills in the treatment of individuals with emotional and behavioral problems, under the direction of doctoral qualified supervisors at an approved site. Case experiences are further analyzed and discussed under the supervision of faculty in weekly class meetings. Students complete a minimum of 300 hours on site, 120 client contact hours, and 15 hours of supervision. Favorable final evaluations by the site supervisor and faculty are required for credit. Limited enrollment. Prerequisite: CN6150/6253, 6352, 6354, 6355, 6357, 7301, 7302, 7351, or permission of instructor, and, completion of 30 semester hours in the program, and admission to candidacy for the Master's degree.

CN 7377 **Sexuality Counseling and Somatic Issues** (3)

This class will explore the physiological, psychological, sociological, and theological aspects of human sexuality. Special emphasis will be given to the connection of sexual desire with love and intimacy. This course will include discussion of sexual arousal and response, nature, origin, treatment of sexual difficulties and sexual disorders.

CN 7399 **Thesis Direction** (3)

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The thesis is the culminating experience which provides a record of a student's achievement in the program. The thesis requires research leading to the discovery or new knowledge or enhancement of existing knowledge in the field of interest. A project that helps solve a practical problem may also be acceptable. The thesis is a complete documentation of the research study, including theoretical background, description of the problem, the method used to investigate or solve the problem, presentation of results, interpretation of results, and explanation of the significance of the results.

Department Faculty

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