

# COU - COUNSELING

<p>COU 501 Princ Rehab &amp; Mntl Hlth Coun. 3 Credits            Term Typically Offered: Fall, Summer            3cr. Provides a survey of the history, principles, philosophy, and legal aspects of rehabilitation and mental health counseling. Integration of rehabilitation and mental health services is stressed, utilizing the objectives and organizational basis of rehabilitation and mental health programs. Offered ONLY Online.            Lecture Hours 3            Department: Rehab &amp; Human Services</p>	<p>COU 517 Research and Program Eval. 3 Credits            Term Typically Offered: Fall            3cr. Provides students with an introduction to major principles, concepts, and practices in social science research related to rehabilitation and mental health counseling. Students will develop an understanding of research methods, statistical analysis, needs assessment, and program evaluation to inform evidence-based practice in counseling related settings. Offered ONLY Online.            Lecture Hours 3            Department: Rehab &amp; Human Services</p>
<p>COU 503 Psychiatric Rehabilitation. 3 Credits            Term Typically Offered: Fall            3cr. Provides an introduction to the field of psychiatric rehabilitation. Includes historical antecedents, concepts, principles, assessment, treatment planning, techniques and modalities, psychopharmaceutical treatment, service delivery, and case management methods. Emphasis is placed on issues central to individuals with psychiatric disabilities, such as the consumer movement, empowerment, family intervention, cross-cultural issues, recovery, illness self-management, and reintegration within the community. Offered ONLY Online.            Lecture Hours 3            Department: Rehab &amp; Human Services</p>	<p>COU 519 Human Growth &amp; Development. 3 Credits            Term Typically Offered: Spring            3cr. Provides students with an overview of theory and research related to human growth and development over the lifespan. Studies the characteristics of human growth at each stage of development. Life-cycle theories of development; developmentally appropriate crisis counseling techniques; developmental tasks; normal-abnormal behavior; and models of moral, intellectual, social, and physical development and learning theories will be explored. Counseling strategies for specific concerns in the life cycle will be emphasized. Offered ONLY Online.            Lecture Hours 3            Department: Rehab &amp; Human Services</p>
<p>COU 505 Theories of Counseling. 3 Credits            Term Typically Offered: Fall            3cr. Explores the general theories (behavioral, cognitive, humanistic, and Freudian) that have played major roles in the development of the counseling profession. Examines representative theories of each of the general counseling perspectives and asks the student to relate these positions to their personal theory of counseling. Offered ONLY Online.            Lecture Hours 3            Department: Rehab &amp; Human Services</p>	<p>COU 520 Group &amp; Individual Eval. 3 Credits            Term Typically Offered: Spring, Summer            3cr. Provides training in the proper evaluation, selection, and administration of psychological and vocational tests as well as correct interpretation and use of test results. Clinical interviewing techniques are also covered.            Lecture Hours 3            Department: Rehab &amp; Human Services</p>
<p>COU 507 Prof Orient &amp; Ethical Practice. 3 Credits            Term Typically Offered: Fall, Summer            3cr. Provides an overview of current legal, ethical, and professional issues, and professional identity development related to the practice of rehabilitation and mental health counseling. Focuses on relevant ethical principles, codes, and decision making, along with regulatory procedures. Offered in odd years. Offered ONLY Online.            Lecture Hours 3            Department: Rehab &amp; Human Services</p>	<p>COU 521 Advanced Individual Counseling. 3 Credits            Term Typically Offered: Fall            Prerequisite(s): COU 505.            3cr. Builds upon previous counseling knowledge about theories and dynamics, integrating techniques and skills of advanced individual counseling. Students will be given opportunities to experience, practice, and develop an understanding of the use of these advanced skills.            Lecture Hours 3            Department: Rehab &amp; Human Services</p>
<p>COU 508 Mltlctrl &amp; Gndr Issues in Coun. 3 Credits            Term Typically Offered: Spring, Summer            3cr. Examines multicultural awareness, knowledge, and skills from culture-centered perspectives while simultaneously respecting traditional individual approaches to the field. Promotes the development of diversity sensitivity in support of counseling practices that reflect an understanding of psychosocial influences, cultural beliefs, values, and psychological dynamics related to self-identity, self-advocacy, competency, adjustment, and attitude formation. Offered in even years.            Lecture Hours 3            Department: Rehab &amp; Human Services</p>	<p>COU 523 Advanced Group Counseling. 3 Credits            Term Typically Offered: Spring, Summer            3cr. Provides students with a foundational understanding of group development, dynamics, and theories in relation to group and family counseling and therapy. Leadership styles, techniques, and roles are explored, and ethical and legal issues related to group and family interventions are discussed. The course utilizes a combination of lecture and student participation and leadership in an experiential group process. Offered ONLY Online.            Lecture Hours 3            Department: Rehab &amp; Human Services</p>
<p>COU 516 Drugs, Brain, and Behavior. 3 Credits            Term Typically Offered: Fall            3cr. Covers basic principles of pharmacology, including receptor mechanisms, drug distribution and metabolism, and pharmacokinetics. Lectures and tutorials on the interactions of drugs and biological systems as a basis for rational disease therapy.            Lecture Hours 3            Department: Rehab &amp; Human Services</p>	<p>COU 525 Career Dvlp, Plcmnt, &amp; Support. 3 Credits            Term Typically Offered: Fall            3cr. Introduces students to the theory, methods, and techniques for assisting clients to obtain and maintain employment. Special emphasis will be placed on career counseling, planning, assessment, job readiness, job analysis, development, and accommodation.            Lecture Hours 3            Department: Rehab &amp; Human Services</p>

COU 543 Marriage & Family Therapy. 3 Credits

Term Typically Offered: Spring

3cr. Covers history of the field of marriage and family therapy, which is among the youngest of the specialties in the mental health field. This history will highlight founders of family systems theory and recognize centers of development in the field of marriage and family therapy. Several major theories in marriage and family therapy are reviewed, including structural family therapy, strategic family therapy, transgenerational therapy, and communication theories for working with families. Other approaches are highlighted, which may influence therapeutic work with couples. Basic terms, concepts, and theoretical viewpoints of marriage and family therapy area explored, including systems theory, which uniquely views the family, rather than an individual, as the "client." Other concepts such as homeostasis, family roles, and patterns of interaction within families are explored. Ethics in marriage and family therapy are discussed. Offered ONLY Online.

Lecture Hours 3

Department: Rehab & Human Services

COU 560 DSM-5 for Rehab & Mental Hlth. 3 Credits

Term Typically Offered: Spring

3cr. Provides understanding of the structure, content, and uses of the DSM-5. General concepts and theoretical assumptions of the DSM diagnostic system will be explored. Strategies and techniques designed for assessment of specific disorders will also be illustrated and practiced. Offered ONLY Online.

Lecture Hours 3

Department: Rehab & Human Services

COU 590 Preprac Rehab/Mental Hlth Coun. 3 Credits

Term Typically Offered: Fall, Summer

3cr. Introduces students to the counseling experience and promotion of knowledge, skills, and awareness of effective and ethical counseling methods; fundamentals of helping relationships; and case management. Through practice and supervision, students will develop clinical skills necessary to influence the helping process. Demonstration of these skills is a prerequisite for enrollment in practicum.

Lecture Hours 3

Department: Rehab & Human Services

COU 594 Practicum. 3 Credits

Term Typically Offered: Fall, Spring

Prerequisite(s): COU 590 or consent of instructor.

3cr. (3 lec/3 other/wk) Provides the graduate student with an opportunity to acquire counseling experience and firsthand knowledge of the purpose, function, services, and therapy processes of clientele in a mental health counseling setting. In addition to on-site work experience, the practicum placement will be supplemented with counseling clinic activities for faculty/group supervision, feedback exchange, and counseling skill enhancement.

Lecture Hours 3

Department: Rehab & Human Services

COU 596 Internship. 6-12 Credits

Term Typically Offered: Fall, Spring

Prerequisite(s): COU 590 and REHA 594 or consent of instructor.

V6-12cr. (3 lec/6-12 other/wk) Provides the graduate student with a supervised placement in a mental health counseling setting which is related to the student's career goals. The student is expected to assume the full complement of duties performed by a mental health counselor in that setting. These include, but are not limited to: individual counseling, case management, utilization of community resources, advocacy, and client assignment. Supervision is provided by a professional in the setting and by Departmental faculty on both counseling and case management issues. In addition to on-site work experience, the internship placement will be supplemented with weekly counseling activities for faculty/group supervision, feedback exchange, and counseling skill enhancement.

Lecture Hours 3

Department: Rehab & Human Services