

# COUNSELING (COUN)

## Courses

### **COUN 501. Research Tools and Methodology: Quantitative. 3 Units.**

Current social research methods, practice in the use of techniques, consideration of the philosophy of the scientific method, and familiarization with behavioral health test instruments. Cross-listing: MFAM 501.

### **COUN 502. Research Tools and Methodology: Qualitative. 3 Units.**

Qualitative methodology. Prepares students to undertake research projects using the intensive interview method of qualitative research. Explores practical and epistemological issues and problems in qualitative research in a workshop format. Cross-listing: MFAM 502.

### **COUN 515. Crisis Intervention and Client Advocacy. 3 Units.**

Presents basic counseling theory, techniques, crisis intervention, and client-centered advocacy in recovery-oriented practice environments. Includes confidentiality, interprofessional cooperation, working with consumers, professional socialization, and collaboration. Discusses suicide, substance abuse, domestic violence, incest, spousal abuse, rape, treating the severely mentally ill, and disaster and trauma response. Cross-listing: MFAM 515.

### **COUN 524. Psychopharmacology and Medical Issues. 3 Units.**

Introduces common physical and medical issues related to the practice of counseling. Students learn a biopsychosocial-spiritual model to assess and intervene—emphasizing psychopharmacology, neuroanatomy, the mind-body relationship, and research relative to the field of counseling.

### **COUN 528. Culture, Socioeconomic Status in Therapy. 3 Units.**

Addresses current information and historical narratives related to cultural diversity that impact belief systems, communication patterns, roles, and expectations within human relationships and systems. Examines SES and a wide range of social, racial, and ethnic factors that create meanings for individuals, couples, families, and mental health counselors. Emphasizes populations that become professional partners or clients served within this geographic region. Cross-listing: MFAM 528.

### **COUN 540. Professional Counseling Orientation. 3 Units.**

Examines history and scope of counseling specialties, principles of collaboration among diverse mental health professionals, factors influencing counseling process, and basic counseling skills. Addresses social ecology impacting consumers and providers within health care. Opens ongoing process of nurturing personal qualities related to counseling practice.

### **COUN 541. Clinical Practicum Seminar – Early Counselor Development. 2 Units.**

Addresses professional development and the practice of clinical counseling through readings, case presentations, mentoring, and group supervision. Focuses on early counselor skill development including rapport-building and active listening. Prerequisite or concurrent\*: COUN 540\* or MFAM 535\*; and admission into counseling degree program.

### **COUN 542. Clinical Internship Seminar – Spirituality. 2 Units.**

Addresses professional development and practice of clinical counseling through readings, case presentations, mentoring, and group supervision. Focuses on practical skill development in the area of spirituality and the incorporation of spirituality in counselor-recipient interactions. Assumes concurrent participation in clinical placement. Prerequisite or concurrent\*: COUN 540\* or MFAM 535\*, COUN 541; admission into counseling/dual degree program.

### **COUN 543. Clinical Internship Seminar – Multicultural and Cross-Cultural Interactions. 2 Units.**

Addresses professional development and practice of clinical counseling through readings, case presentations, mentoring, and group supervision. Focuses on practical skill development in the area of multicultural and cross-cultural interactions. Assumes concurrent participation in clinical placement. Prerequisite or concurrent\*: COUN 540\* or MFAM 535\*, COUN 541; and admission into counseling/dual degree program.

### **COUN 544. Clinical Internship Seminar – Recovery-Oriented Care. 2 Units.**

Addresses professional development and practice of clinical counseling through readings, case presentations, mentoring, and group supervision. Focuses on practical skill development in the area of recovery-oriented care. Assumes concurrent participation in clinical placement. Prerequisite or concurrent\*: COUN 540\* or MFAM 535, COUN 541; and admission to counseling/dual degree program.

### **COUN 546. Clinical Internship Seminar – Substance Use Disorder Treatment. 2 Units.**

Addresses professional development and practice of clinical counseling through readings, case presentations, mentoring, and group supervision. Focuses on practical skill development in the area of comorbid diagnoses and substance abuse treatment. Assumes concurrent participation in clinical placement. Prerequisite or concurrent\*: COUN 540\* or MFAM 535\*, COUN 541; admission into counseling/dual degree program.

### **COUN 547. Social Ecology of Individual and Family Development. 3 Units.**

Studies human individual development and its relationship to the family life cycle from birth through aging and death of family members. Discusses biological, psychological, social, and spiritual development in the context of family dynamics involving traditional two-parent families, alternative partnerships, single parents, blended families, and intergenerational communities. Cross-listing: MFAM 547.

### **COUN 550. Clinical Interventions with Service Members, Veterans, and Families. 2 Units.**

Provides multi-disciplinary understanding of military culture and skills and application of evidence-based clinical treatments that foster resilience and provide relief to service members, veterans, and their families. Gives attention to issues of diversity, ethics, and use of self throughout clinical case discussion. Discusses clinical issues specific to this population, along with individual, family, and community interventions. Prerequisite: PSYC 580 or SOWK 757C. Cross-listing: PSYC 550, SOWK 550.

### **COUN 556. Psychopathology and Diagnostic Procedures. 3 Units.**

Explores the history and development of psychopathology and how it relates to current clinical practice in general and marriage and family therapy in particular. Utilizes the multiaxial classifications of the current edition of the Diagnostic and Statistical Manual as a practical basis for diagnostics. Cross-listing: MFAM 556.

### **COUN 568. Groups: Process and Practice. 3 Units.**

Surveys major theoretical approaches, including individual theories, marital groups, network, and family therapy groups. Group laboratory experience provided wherein students apply theory to practice and develop group leadership skills. Cross-listing: MFAM 568.

### **COUN 574. Educational Psychology. 3 Units.**

Explores educational psychology through application of development and learning theories to instruction, achievement motivation, self-esteem, classroom management, supportive and disruptive processes on school sites, campus standards, disciplinary practices, legal/ethical issues. Requires research of effective educational practices and related foundations. Prerequisite: General psychology.

**COUN 575. Counseling Theory and Applications. 3 Units.**

Counseling theories and applications necessary for work as counselors, therapists, and other mental health professionals. Historical overview of all theories from psychoanalytic, Adlerian, existential, person-centered, Gestalt, behavior, cognitive behavior, reality, feminist, postmodern (solution-focused and narrative), family systems, and integrative perspectives. Meaningful integration of ethics, theory, and experience on personal and case-study levels.

**COUN 576. Exceptional and Medically Challenged Children. 3 Units.**

Studies the determinants, characteristics, problems, and adjustments of individuals who deviate markedly from the norm in their mental, physical, emotional, or social aptitudes, traits, and tendencies. Emphasizes education and career planning.

**COUN 577. Assessment in Counseling. 3 Units.**

Develops competencies and understandings for selecting, administering, and interpreting the major types of standardized tests and inventories used in psychology and education. Theoretical principles and issues presented with hands-on applications.

**COUN 579. Career Theories and Applications. 4 Units.**

Study of career theories such as Holland, Ginzberg, Super; as well as multiple approaches, including family and systemic influences on career choice. Application made to values, ethics, meaning, decision making, and individual differences in twenty-first century work places.

**COUN 580. Advanced Counseling Theory and Techniques. 4 Units.**

Focuses on the advanced application of counseling constructs, assessment and treatment planning, clinical interventions, and therapeutic techniques that foster effective therapeutic relationships. Prerequisite: COUN 540, COUN 575.

**COUN 584. Advanced Child and Adolescent Development. 2,3 Units.**

Psychodynamics involved in child and adolescent problems with respect to the family relationship. Demonstrates a variety of counseling approaches to the treatment of children and adolescents, with emphasis on diverse settings (e.g., education, hospital, and agency). Cross-listing: MFAM 584.

**COUN 604. Social Context in Clinical Practice: Gender, Class, and Race. 3 Units.**

Introduces social inequalities that result in unfairness, health disparities, assaults to personal dignity, and family stress. Focuses on how one's position within social hierarchies—such as gender, socioeconomic status, race, and sexual orientation—affects psychological and relational health. Examination of how family therapists and counselors address these social contextual factors as part of a recovery-based approach that empowers people within their relationships and social systems. Cross-listing: MFAM 604.

**COUN 614. Law and Ethics. 3 Units.**

Examines child welfare, separation, and divorce law, and financial aspects of family maintenance. Includes case management, referrals, professional and client interactions, ethical and interprofessional relations, legal responsibilities, and confidentiality. Explores interactions among the practitioner's sense of self and human values, professional behavior, scope of practice, and ethics. Examination of impacts of culture, SES, poverty, social stress, and biology on the recovery process.

**COUN 624. Individual and Systems Assessment. 3 Units.**

Applies psychological testing methods in the diagnostic assessment of individual, family, and group behavioral dynamics as encountered in behavioral health counseling. Cross-listing: MFAM 624.

**COUN 638. Substance Use Disorders, Relationships, and Recovery. 3 Units.**

Examines current theories of etiology of substance use disorders and the effects of psychoactive drug use. Emphasizes assessment and evaluation strategies; impact on mental, biological, relational, and community systems; evidence-based prevention and treatment approaches within a recovery process orientation. Explores issues of regional multicultural competence, human diversity, and access to care. Cross-listing: MFAM 638.

**COUN 644. Child Abuse and Family Violence. 3 Units.**

Presents characteristics of physical and emotional abuse, neglect, sexual molestation, and family violence including offender and nonoffender traits. Focus on treatment including individual, group, and family therapy. Ethical and legal issues, community resources, and multidisciplinary approaches to child abuse. Examines cultural, SES, poverty and/or social stress impacts on mental health and recovery. Cross-listing: MFAM 644.

**COUN 674. Human Sexual Behavior. 3 Units.**

Sexuality in contemporary society from the sociopsychological viewpoint. Anatomy and physiology of human sexuality: reproduction, normal and abnormal sexual response, psychosexual development, human fertility, human sexual dysfunction. Integration of systems theory. Cross-listing: MFAM 674.

**COUN 675. Dynamics of Aging. 1 Unit.**

Studies aging and related processes of personal and systemic change, such as developmental and self-actualization challenges, retirement, chronic illness, long term care, losses, and other end-of-life issues.

**COUN 678. Consultation and Program Evaluation. 3 Units.**

Examines principles and practices of consultation and program evaluation within educational and clinical counseling environments. Emphasizes systemic concepts, leadership development, counselor advocacy, relational competence, team building, and professional accountability of personnel and programs.

**COUN 679. Professional School Counseling. 3 Units.**

Integrates knowledge and skills essential for development, implementation, coordination, and supervision of counseling programs within educational institutions—with emphasis on the role and function of school counselors in preschool, elementary, middle, and secondary grades. Applications made to state graduation requirements, case management, school law, community, consultation, and professional ethics.

**COUN 680. Field Experience in Counseling. 3-9 Units.**

Addresses educational assessment, personal and social counseling, academic and career counseling, program development, program coordination and supervision, consultation, legal aspects, and professional ethics in schools and other agencies. Meets State Pupil Personnel Services requirement of a minimum of 600 clock hours in two educational levels, public school activity, and involvement with students from diverse cultural, ethnic, and language backgrounds.

**COUN 681. School Counseling Practicum and Seminar. 1,2 Unit.**

Focuses on California standards for the Pupil Personnel Services Credential in School Counseling. Addresses professional development and practice of school counseling. Enrollment is restricted to students in the M.S. in Counseling Program and the School Counseling Certificate Program. Requires minimum of two quarters of COUN 681 School Counseling and practicum. Students starting the program in Autumn 2022 or later register for two units each quarter.

**COUN 682. Clinical Counseling Practicum and Seminar. 1 Unit.**

Focuses on California standards for licensure as a licensed professional clinical counselor (LPCC). Addresses professional development and practice of clinical counseling through readings, case presentations, University mentoring, and group process. Enrollment restricted to students in M.S. degree in Counseling Program. Registration in COUN 682 required during every quarter of field experience in clinical counseling.

**COUN 691. Process Approaches to Counseling and Psychotherapy. 2 Units.**

Explores advanced process approaches to theory and experiential work fundamental to self-awareness, relationship skills, behavioral observations, self-regulatory processes, emotion-focused therapy, and counselor-client contact with individuals and groups.

**COUN 692. Cognitive Approaches to Counseling and Psychotherapy. 2 Units.**

Integrates advanced cognitive approaches with experiential work, including current practice of cognitive behavioral therapies such as DBT and TF-CBT. Includes live demonstrations of professional counseling, in-class role play, and laboratory experiences that utilize recording and evaluation of student practice sessions. Enrollment restricted to candidates in clinical degree programs.

**COUN 693. Systemic Approaches to Counseling and Psychotherapy. 2 Units.**

Integrates theory and advanced approaches to counseling individuals and groups within various systems. Demonstrates evidenced-based psychoeducation programs, therapy structures, and mental health delivery methods, with emphasis on recovery care and trauma response models. Enrollment restricted to candidates in clinical degree programs.

**COUN 694. Directed Study: Counseling. 1-4 Units.**

Directed study in counseling.

**COUN 781. School Counseling Field Experience (PPS). 4 Units.**

Requires successful completion and evaluation of 200 hours of counseling activities supervised by a PPS-credentialed school counselor at a public school site. Students may continue an on-going field experience registration over a period of five quarters, with an In Progress (IP) notation until the fifth quarter, which must be graded as Satisfactory (S) or Unsatisfactory (U).

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Requires successful completion and evaluation of 200 hours of counseling activities supervised by a PPS-credentialed school counselor at a public school site. Students may continue an on-going field experience registration over a period of five quarters, with an In Progress (IP) notation until the fifth quarter, which must be graded as Satisfactory (S) or Unsatisfactory (U).

**COUN 783. School Counseling Field Experience (PPS). 4 Units.**

Requires successful completion and evaluation of 200 hours of counseling activities supervised by a PPS-credentialed school counselor at a public school site. Students may continue an on-going field experience registration over a period of five quarters, with an In Progress (IP) notation until the fifth quarter, which must be graded as Satisfactory (S) or Unsatisfactory (U).

**COUN 784. School Counseling Field Experience. 3 Units.**

Fourth course in a series of 3-unit registrations (COUN 781-786) for University-arranged field experience in school counseling. Requires that student document 100 hours of counseling practicum; obtain a certificate of clearance from the California Commission on Teacher Credentialing; and subsequently complete 100 hours of supervised counseling in a public school, with on-site supervision by a PPS-credentialed school counselor. Enrollment restricted to students in the M.S. degree in Counseling Program and/or the School Counseling Certificate Program who are working toward the pupil personnel services credential (PPS) in school counseling.

**COUN 791. Clinical Counseling Field Experience (LPCC). 3 Units.**

Requires successful completion and evaluation of 150 hours—at least 100 of which must be supervised, face-to-face clinical counseling supported by a minimum of 50 hours involving supervision, reporting, documentation, and other counseling-related activities. Students may continue an on-going field experience registration over a period of five quarters, with an In Progress notation (IP) until the fifth quarter, which must be graded as Satisfactory (S) or Unsatisfactory (U).

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