

# Counseling Minor

The counseling minor is designed to support students interested in the helping fields, including professional counseling. The academic, practical, and experiential curriculum offered in this minor will provide a solid foundation for those interested in pursuing professional counseling careers in areas such as:

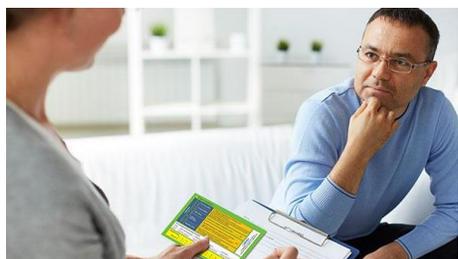
- Alcohol and Drug Counseling
- Licensed Clinical Mental Health
- Marriage and Family Therapy
- Licensed Clinical Social Work
- Psycho-Social Rehabilitation
- Other areas related to Human Services



Our counseling classes are taught by Counselor Educators who also have professional experience and state-approved clinical license(s). As so, they enhance the academic work with personal experiences and can support you through your professional journey.

Class topics include:

- Counseling Theories
- Counseling Skills Practice
- Addiction Classification/Effects
- Assessment and Diagnosis
- Mental Health Issues
- Cultural Diversity in Counseling
- Codes of Ethics
- Cross Addictions
- Treatment and Prevention
- Counseling Interventions
- Professional Licensure
- Graduate School Preparation
- Guest lecturers with Professional backgrounds



**Hands-on experience.** In our capstone field experience course, you'll learn by doing. If you're interested in counseling, psychology, or social work careers, you can gain an internship experience by dedicating 140 hours at one of our local community agencies.

**Student-centered scheduling.** A year-round mix of online, hybrid, and in-person courses allows you to successfully complete your minor while you complete your Major. Many courses are offered online. Counseling skills and capstone courses are offered in a face-to-face format to ensure the best learning experience.

**Professional Development:** Our rigorous degree programs prepare you for success in graduate school and for careers in the helping fields, such as nursing, criminal justice, education, and social services.

# Coursework in Counseling

## **COU 300 Introduction to Human Services and Counseling**

Provides an introduction to the field of human services and counseling. Students will examine the human services as a profession. Topics include various perspectives on human services and counseling such as trends in human service delivery; the history of human services and the helping relationship; the human services movement, overview of the helping model; crisis intervention; listening and understanding skills. Students will explore themselves as potential human service professionals including developing a personal stress management plan.

## **COU 315 Counseling Skills in Human Services**

This course contains didactic presentations, classroom discussion, and interactive laboratory components related to listening and empathy skills. Overview of basic counseling skills in human services profession including: counseling theories; the therapeutic relationship in counseling; and client assessment. Students will perform bio-psychosocial assessments, interviews, and documentation. Students will receive HIPPA training in patient/client confidentiality laws. This course is a Pre-requisite to HMS 106, Human Services Practicum I and the student must demonstrate therapeutic communication skills and pass a test of the HIPPA laws in order to participate in the Human Services Practicum.

## **COU 320 Drugs and Behavior**

Familiarizes the student with various classes of substances while analyzing substances physiological effects, and effects on behavior.

## **COU 322 Perspectives on Addiction**

Critical review of the definitions/terminology used in the addictions field, major concepts relating to addictions, and model/theories used to understand addictive behavior. Emphasizes student's self-awareness of attitudes regarding addictions.

## **COU 427 Identification and Assessment in Addictions**

Provides students with knowledge of how to identify and assess individuals with addictions. Epidemiological, pathological, physiological, psychological, and cultural basis of addictions across the life-span examined. Includes assessment/screening tools, motivational interviewing, the family system, enabling, and resource and referral systems.

## **COU 430 Advanced Professional Issues in Substance Abuse**

Professional issues involved in addictions counseling. Topics include: stress and burnout, legal and ethical issues, drugs in the workplace, ethnographic attitudes toward addictions, and the economic and health issues associated with addictions.

## **PSY/COU 497 Supervised Field Experience**

Clinical placement in an accredited substance abuse treatment program; application of assessment, case management, and treatment skills. The primary course requirement involves completing 140 hours at an assigned community agency (approximately 10 hours per week). Weekly in-class discussion focuses on professional ethics, theoretical orientation, group supervision, review of the outcome research, and progress in current placements.