

COUNSELING (COU)

COU 301 - Planning Employment Strategy (1.0 hour)

Prepares students for finding internships and full-time employment after graduation. Develops a systematic approach to long-term career planning including occupational research, organizational research, and practice of job-seeking skills. Pass/Fail.

Prerequisite: JUNIOR STANDING

COU 370 - Human Relations Development-Techniques (2.0 hours)

Basic literature, research findings, and techniques of the lay and professional helper; effect of the lay helper on human relations.

Corequisite: COU 375 or ENC 375

COU 375 - Human Relations Development Laboratory (1.0 hour)

Supplemental practice sessions and exercises in skills of EHC 370. To be taken concurrently with EHC 370

Corequisite: COU 370 or ENC 370

COU 510 - Statistical Procedures (3.0 hours)

Principles and procedures for statistical interpretation of data. Study of measures and control tendency, variability, correlation, and introductory predictive and inferential statistics.

COU 530 - Loss and Grief Counseling (1.0 hour)

Offers students the opportunity to understand the beliefs about loss and grief, blockers, and interventions. Students will identify the different types of losses. Loss and grief seem to underlie all life experience, and culture and gender influence how we grieve and mourn. Integration of neurocounseling into the grief process is discussed.

COU 540 - Human Growth and Development Across the Lifespan (3.0 hours)

Studies that provide an understanding of the nature and needs of persons at all developmental levels and in multicultural contexts, including common theories, neurobiological behavior, models of resiliency, exceptional abilities, factors that affect normal and abnormal behavior, and wellness over the life span. Experiential activities emphasize personal contact and on-site work with people of different ages and stages of physical and psychological development.

COU 550 - Independent Study (1.0-6.0 hours)

Independent study in a selected area related to educational goals.

Prerequisite: APPROVAL OF APPROPRIATE DEPARTMENT CHAIR AND THE DEAN OF THE COLLEGE OF EDUCATION AND HEALTH SCIENCES; 1-9 HOURS AT POST-MASTER LEVEL

COU 551 - Prevention and Treatment of Substance-Related and Addictive Disorders (3.0 hours)

Theories and etiology of substance-related and addictive disorders, including strategies for prevention, intervention, and treatment in relation to the individual and the impact on the community.

COU 584 - Topics in Human Development Counseling (1.0-6.0 hours)

Topics of special interest which may vary each time course is offered. Topic stated in current Schedule of Classes. May be repeated under different topics for a maximum of six hours credit.

COU 585 - Understanding Schools: A Primer for Non-Teachers (1.0 hour)

Intended for non-teachers seeking state licensure as a school counselor. This course is a combined survey and field observation experience. Students will learn about the structure, organization, and operation of the US educational system, P-12. Using current neuroscience and neurocounseling research on teaching and learning students are introduced to concepts in curriculum and instruction, to include reading methods and reading in the content areas.

COU 586 - Counseling Diverse Populations (3.0 hours)

Students are introduced to value systems and diverse groups and the use of theories and models of diversity in establishing effective helping relationships.

COU 604 - Research Methodology and Applications (3.0 hours)

Research methods, statistical analysis, needs assessment, and program evaluation utilized in counseling, education, and human service administration. The use of research to inform evidence-based and ethical practice in decision making is emphasized.

COU 606 - Interpersonal Behavior & Organizational Leadership (3.0 hours)

Theory and practice related to interpersonal communication, organizational behavior, and leadership are addressed. Students analyze the neuroanatomy of leadership on four levels: self-awareness, self-management, social awareness, and relationship Leadership skills are developed in the context of mentoring, conflict resolution, and work group dynamics.

COU 607 - Neurocounseling: Bridging Brain and Behavior (3.0 hours)

This introductory neurocounseling course will teach students how physiology and the brain affect behavior and emotions and thus impact counseling. Concise self-regulation methods and strategies for integration into counseling will be offered.

COU 608 - Brain-Based Counseling Interventions (3.0 hours)

Students will become skilled in neurocounseling interventions supported by current research findings. Through experiential activities, discussion, research, and reflections, students will interactively explore interventions designed to support healthy brain plasticity and bridge counseling skills to the brain's physiology and function. Interventions such as mindfulness, meditation, neurotherapy, neurofeedback, and other strategies for self-regulation will be demonstrated, discussed, and practiced.

COU 611 - Instructional Leadership (3.0 hours)

Identification of current instructional changes and requirements in PK-12 schools and consideration of leadership and necessary knowledge to create effective school learning communities.

COU 620 - Professional Counseling Orientation and Ethical Practice (3.0 hours)

A survey course introducing the counseling profession as the promotion of human development, including an overview of the historical and philosophical development of the field, a survey of relevant skills, client population and settings, and ethical practice. Required of all students preparing to become leaders in the profession of counseling.

COU 621 - Career and Life Planning Across the Life Span (3.0 hours)

Basic counseling skills for career planning, exploration, and decision-making across the life span. Theories of career development, assessment in career counseling, career guidance programs for primary, secondary, and higher education, and career issues for special populations are addressed. Opportunity for practical experience in interviewing, assessment, and career information gathering and distribution is provided.

COU 622 - Counseling: Ethics and the Law (1.0 hour)

The study of ethical standards of professional organizations and credentialing bodies, and application of ethical and legal considerations in professional counseling. Ethical decision-making and critical thinking are emphasized and practiced.

COU 623 - Pre-Practicum in Counseling (3.0 hours)

Instruction, demonstration, practice, and evaluation in basic interviewing and counseling skills. Emphasis on practice and skill development.

Prerequisite: COU 620 or concurrent enrollment.

COU 624 - Theories and Techniques of Counseling (3.0 hours)

The study of counseling theories and models that facilitate client conceptualization, selection of appropriate interventions, and development of a personal model of counseling.

Prerequisite: COU 623 or ENC 623 or concurrent enrollment or consent of instructor.

COU 625 - Principles of Group Counseling (3.0 hours)

Group theory and experiential understanding of group counseling dynamics including group purpose, practices, methods, and group leader facilitation skills for a multicultural society will be taught. Students will receive supervised practice and experience in group counseling as a leader and as a participant.

Prerequisite: COU 623 and 624 or ENC 623 and 624; or consent of instructor

COU 630 - Diagnosis and Treatment of Mental Disorders (3.0 hours)

Etiology, diagnostic process, and nomenclature, clinical and psychopharmacological treatment, referral, and prevention of mental and emotional disorders.

Prerequisite: COU 624 or ENC 624

COU 631 - Trauma, Crisis and Grief Counseling (3.0 hours)

Effects of crises, disasters, and other trauma-causing events on persons of all ages: principles of crisis intervention, emergency management systems, psychological first aid, grief and loss, and trauma-informed care.

COU 632 - Psychopharmacology in Counseling (1.0 hour)

Basic classifications, indications, and contraindications of commonly prescribed psychopharmacological medications.

Prerequisite: COU 630 or ENC 630

COU 640 - Clinical Supervision (2.0 hours)

Offers students the opportunity to better understand the supervisory process. Evidenced-based supervision (EBS), different models of supervision and a common factors approach are emphasized. Integration of neurocounseling into supervision is discussed.

Prerequisite: COU 623 and COU 624 or ENC 623 and ENC 624

COU 641 - Assessment in Counseling (3.0 hours)

Individual and group approaches to assessment and evaluation in a multicultural society including historical perspectives, basic concepts of standardized and non-standardized testing, and other assessment techniques. Statistical concepts and social/cultural factors related to assessment and evaluation.

COU 651 - Clinical Mental Health Counseling (3.0 hours)

Principles of clinical mental health counseling including prevention, intervention, consultation, and advocacy as well as operation of programs and networks that promote mental health in a multicultural society.

Prerequisite: COU 620 or ENC 620 or consent of instructor.

COU 653 - Professional School Counseling K-8 (2.0 hours)

Students will learn about the history and development of elementary and middle school counseling programs, including their administration, financing, and accountability. Using current neuroscience and neurocounseling research on teaching and learning, students will be introduced to reading methods; reading in the content areas; cognitive, experiential, and social-emotional learning skills; methods for group and individual counseling; and methods for counseling students with disabilities and students from diverse populations.

Prerequisite: COU 620 or ENC 620 or consent of instructor.

COU 654 - Consultation in the Helping Professions (1.0 hour)

A conceptual understanding of effective consultation and its relevance to the helping professional. Demonstration of knowledge and skills necessary to deliver effective consultative services in schools and clinical mental health agencies.

Prerequisite: COU 620 or ENC 620 and foundational concentration course (COU or ENC 651, 653, or 655) or consent of instructor.

COU 655 - Professional School Counseling in Secondary Schools (3.0 hours)

Secondary professional school counseling programs, including administration, finance, and accountability; cognitive and experiential skills. History and development of school counseling; secondary school education and counseling programs (similarities and differences); group and individual counseling; the counselor's role in school testing; career planning and exploration. Practical experiences.

Prerequisite: COU 620 or ENC 620 or consent of instructor.

COU 661 - Intimate Partner Relationships and Family Counseling (3.0 hours)

Theories and techniques of intimate partner relationships and family counseling. Emphasis is on working with couples (intimate partners), families, and children to promote human development, including the role of the family counselor within the network of school and clinical mental health settings.

Prerequisite: COU 651 or 653 or 655 or ENC 651 or 653 or 655

COU 662 - Community Relations (1.0 hour)

Developing effective community relations through a four-step process involving two-way communication and researching, planning, communicating, and evaluating.

COU 663 - Counseling and the Dynamics of Aging (1.0 hour)

The mental health dynamics of aging and its impact on the human service professions. Practical skills of gerontological counseling and their relationship to the concerns of aging.

COU 669 - Education Law, Advocacy and Leadership (2.0 hours)

The course reviews all disability categories related to special education services and includes appropriate staffing and instructional methods for students with exceptionalities. Course content provides information on state and federal requirements relative to students where English is not their primary language and the statutory provisions of the Individuals with Disabilities Education Act (IDEA), Section 504 of the Rehabilitation Act of 1973 and the American with Disabilities Act (ADA). An examination of stakeholders and participants in special education services, identification/evaluation of services, appropriate instructional methods, least restrictive environment, related services, and free and appropriate education.

COU 670 - Human Resource Management (3.0 hours)

Survey approaches to supervision and evaluation in K-12 education based upon legislative requirements; examination of the relationship between practices, professional development, and the improvement of instruction; development skills of classroom observation and conferencing; and development of skills in hiring and induction of personnel.

COU 676 - The School Principalship (3.0 hours)

Various components, background, and training for an entry-level elementary or secondary school principal.

Prerequisite: COU 673 or ENC 673 or consent of instructor.

COU 677 - Educational Finance (2.0 hours)

Theory and practice; historical and present sources of revenue and allocation of funds.

COU 678 - United States Public School Law (3.0 hours)

Legal aspects of education. Constitutional, statute, and administrative laws related to public and private education.

COU 681 - Seminar in Educational Administration (0.0-6.0 hours)

Special problems, areas, or current issues in student's chosen field within educational administration/supervision. Maximum of three hours may be taken under a single topic.

COU 690 - Practicum (3.0 hours)

Supervised application of theory and development of counseling skills with clients representing the ethnic and demographic diversity of the community.

Prerequisite: COU 625 or ENC 625; consent of instructor.

COU 691 - Internship I (1.0-3.0 hours)

Comprehensive supervised experience that reflects a professional counselor's work appropriate to the students' designated program area.

Prerequisite: COU 690 or ENC 690; consent of instructor

COU 692 - Internship II (1.0-6.0 hours)

Comprehensive supervised experience that reflects a professional counselor's work appropriate to the students' designated program area.

Prerequisite: COU 690 or ENC 690; consent of instructor

COU 699 - Thesis (0.0-6.0 hours)

Advanced educational or social science research under the guidance of a departmental faculty member. Student will design, develop, and present the research proposal, then conduct the approved research study consistent with the Committee for Use of Human Subjects in Research (CUHSR) regulations and university ethical guidelines. Minimum of 3.0 and maximum of 6.0 hours may be taken and applied toward Master's degree.