



# SOUTHERN UNIVERSITY

# College of Humanities and Interdisciplinary Studies

# Master of Arts in Clinical Mental Health Counseling

## College of Humanities and Interdisciplinary Studies

Dean: Dr. Cynthia Downing Bryant

## Clinical Mental Health Counseling Master of Arts in Clinical Mental Health Counseling

### **Interim Department Chairperson:**

Dr. Roxanne Davidson  
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### **FACULTY**

#### **Associate Professors:**

Donald W. Anderson, Ed.D., LPC-S  
*Texas A&M University*

Roxanne M. Davidson, Ph.D., LPC, NCC  
*Southern Illinois University - Carbondale*

Denise Gilstrap, Ph.D., LPC, NCC, RPT  
*University of Mississippi*

### **CLINICAL MENTAL HEALTH COUNSELING**

#### **PROGRAM OF STUDY**

##### **Introduction**

The Department of Counseling & Educational Leadership administers a master's degree program in Clinical Mental Health Counseling. The department is committed to teaching, research and service, and feels a responsibility to further humanize and liberalize students with whom it has contact, with a view towards advancing best practices in mental health, critical thinking skills, diversity consciousness, and a global perspective.

##### **Mission**

The mission of the Southern University A&M College Clinical Mental Health Counseling Program is to train competent, culturally aware, ethical counselors who will provide exceptional mental health services in both public and private settings to meet the needs of increasingly diverse communities.

##### **Vision Statement**

The faculty believes that mental health counselors play an important role in the creation of a nurturing mental health environment, which fosters good mental health and family development. We are committed to developing highly qualified mental health professionals who are in the unique position to understand the needs of clients and their families and to design and coordinate mental health activities to meet those needs. The Clinical Mental Health Counseling Program at Southern

University seeks to provide a variety of opportunities in which counselors in preparation will gain knowledge and experience in the following:

- Understanding and acquiring skills related to the mental health setting: etiology, diagnosis, assessment, treatment, and prevention of mental and emotional disorders;
- Effectively working with individuals, small groups and families for prevention as well as intervention;
- Accepting other people's behaviors/differences and developing sensitivity to a variety of human perspectives;
- Increasing candidates' knowledge, skills, and awareness to work with individuals, families, and groups from diverse populations;
- Working in managed care clinical environments; communicating effectively with others and expressing themselves effectively in writing using APA style;
- On-going professional and personal development that strongly adhere to ethical standards; assuming leadership and advocacy roles as mental health counselors; and
- Becoming academically qualified to become certified, licensed and registered clinical professionals.

##### **Program Learning Outcomes**

###### **Outcome 1: Professional Orientation and Ethics**

Develop an understanding of the professional roles and ethical responsibilities of clinical mental health counselors in order to document and provide direct services and referrals in an ethical, professional manner.

###### **Outcome 2: Human Growth**

Develop knowledge of human growth in order to design and deliver prevention, educational, and support-based programming in response to community needs.

###### **Outcome 3: Career Development**

Develop knowledge of career development in order to design and deliver prevention, educational, and support-based programming in response to community needs.

###### **Outcome 4: Helping Relationships**

Develop theoretical and applied knowledge of helping relationships at the personal, group, and systemic levels in order to develop treatment plans, properly document services, provide consultation, and implement individual, group, and family counseling interventions.

###### **Outcome 5: Social and Cultural Diversity**

Develop an understanding and appreciation of social and cultural diversity in order to provide culturally sensitive services to all clients and to advocate for equity in other community-based services.

## Outcome 6: Assessment

Develop knowledge of assessment principles, test instruments, and interview practices in order to provide responsible test administration and interpretation, case conceptualization, and diagnosis.

## Outcome 7: Research

Develop theoretical and applied knowledge of research and evaluation practices in order to perform community needs assessments, program evaluation, and quality assurance.

## Outcome 8: Group Processing

Demonstrate an understanding of group counseling and group work to include group development, dynamics, and counseling theories; group leadership styles; group counseling methods and skills, and other group approaches.

## Program – Specific Admission Requirements

The prospective Counseling student must:

- Have completed a baccalaureate degree from an accredited institution with a GPA of 2.7 or better
- Have a combined GRE score (Verbal and Quantitative) of 281
- Submit three (3) letters of recommendation, accompanied with the Request for Evaluation form in the admissions application
- Submit a Personal Statement of Goals
- Participate in an interview with program faculty

## Curriculum

The program of study for the Master of Arts in Clinical Mental Health Counseling requires 60 semester hours of academic credit, including 100 clock hours of practicum and 600 hours of internship experiences in a clinical mental health counseling setting. At least 40 clock hours of the clinical experiences in practicum and 240 hours in internship must involve direct service to individuals and groups in a mental health setting.

After successfully fulfilling the required course hours according to the official plan of study, all Master's degree candidates must register and pass the department's comprehensive exam prior to enrollment in Internship in Counseling (COUN 514/515 or COUN 516). The Counselor Preparation Comprehensive Exam (CPCE) will serve as the Departmental Comprehensive examination for the Clinical Mental Health Counseling Program.

## PLAN OF STUDY MASTER OF ARTS IN CLINICAL MENTAL HEALTH COUNSELING

COUN 500	Introduction to Professional Counseling	3 credit hours
COUN 501	Theories of Counseling	3 credit hours
COUN 502	Ethics in Counseling	3 credit hours
COUN 503	Social and Cultural Diversity	3 credit hours

COUN 504	Career Counseling and Development	3 credit hours
COUN 505	Group Counseling	3 credit hours
COUN 506	Behavioral Research Methodology	3 credit hours
COUN 507	Analysis of the Individual	3 credit hours
COUN 508	Substance Abuse Counseling	3 credit hours
COUN 509	Pre-Practicum in Counseling	3 credit hours
COUN 510	Human Growth and Development	3 credit hours
COUN 511	Developmental Psychopathology	3 credit hours
COUN 512	Practicum in Counseling (100 hours)	3 credit hours
COUN 513	Clinical Psychodiagnostic Assessment	3 credit hours
COUN 519	Family Therapy	3 credit hours
COUN 601	Departmental Comprehensive	0 credit hours
<b>Internship:</b>		<i>(600 hours / 6 credit hours required)</i>
COUN 514	Internship in Counseling I (300 hours)	
COUN 515	Internship in Counseling II (300 hours)	3 credit hours
or		
COUN 516	Internship in Counseling III (600 hours)	6 credit hours
<b>Electives:</b>		<i>(9 hours required)</i>
COUN 517	Bereavement Counseling	3 credit hours
COUN 518	Personality Theories	3 credit hours
COUN 520	Crisis and Trauma	3 credit hours
COUN 521	Dynamics of Play Therapy	3 credit hours
COUN 522	Theories and Practice in Play Therapy	3 credit hours
COUN 523	Tools and Techniques of Play Therapy	3 credit hours

## COURSE DESCRIPTIONS

### COUN 500. INTRODUCTION TO PROFESSIONAL COUNSELING (Credit, 3 hours).

This course includes the theoretical bases of processes used in the enhancement of the mental health of individuals, families, and groups. Introduction to: 1) history, 2) roles, 3) organizations and standards, 4) professional issues, and 5) ethical, legal and diversity issues will constitute the foundations for mental health

program development. Contextual dimensions such as assumptions and roles, and community needs assessment will be comprehensively explored.

**COUN 501. THEORIES AND TECHNIQUES OF COUNSELING AND PSYCHOTHERAPY (Credit, 3 hours).**

Major theories of counseling as they apply to helping situations; supervised experiences in role playing utilizing major approaches to counseling; lectures, discussions, technology integration; practice in case study analysis and interviewing. Prerequisite: COUN 500.

**COUN 502. ETHICS IN COUNSELING (Credit, 3 hours).**

Includes legal and ethical considerations, certification, licensing, and legislative advocacy for issues related to mental health. Rights of the individual as participants in research experiments, therapeutic relationships, and consumers of mental health marketing information will also be emphasized.

**COUN 503. SOCIAL AND CULTURAL DIVERSITY (Credit, 3 hours).**

Includes studies of change, ethnic groups, subculture, changing roles of women, sexism, urban and rural societies, population patterns, cultural mores, and differing life patterns. Prerequisite: COUN 500.

**COUN 504. CAREER COUNSELING AND DEVELOPMENT (Credit, 3 hours).**

A study of theories of career counseling and vocational development. Emphasis is placed on the value of work, labor trends, vocational decision-making skills, and vocational counseling strategies and techniques.

**COUN 505. GROUP COUNSELING (Credit, 3 hours).**

Theoretical bases of group behavior and techniques for facilitating group interactions are among the topics given consideration, along with participatory experiences in interpersonal exploration. Prerequisites: COUN 500 and COUN 501.

**COUN 506. BEHAVIORAL RESEARCH METHODOLOGY (Credit, 3 hours).**

The purpose of this course is to advance candidates' knowledge of 1) the role of reliability in measurement where sources of error, estimates of reliability, and factors that affect reliability are understood; 2) the role of validity in measurement where construct validity, content validity, concurrent validity, convergent and divergent validity, predictive validity, and factors that affect validity are understood. A broad understanding of qualitative, quantitative, single-case designs, action research, and outcome-based research is gained through the design and implementation of research projects.

**COUN 507. ANALYSIS OF THE INDIVIDUAL (Credit, 3 hours).**

Provides students with a broad survey of methods of assessing personality and ability as it correlates with psychological behavior. Students will acquire a basic knowledge of descriptive statistics relating to standardized tests and measurements of individual characteristics.

**COUN 508. SUBSTANCE ABUSE COUNSELING (Credit, 3 hours).**

This course will provide the information and skills necessary to diagnose, refer, and treat substance abusers and their families. Topics to be covered will include the addiction process; the disease concept of alcoholism; family dynamics; diagnosis; treatment plans and modalities; and special populations.

**COUN 509. PRE-PRACTICUM IN COUNSELING (Credit, 3 hours).**

Includes preparation and laboratory experiences in the use and application of various change methods corresponding to the major theories of counseling and psychotherapy. Prerequisite: Approval from Advisor and Department Chairperson.

**COUN 510: HUMAN GROWTH AND DEVELOPMENT (Credit, 3 hours).**

This course provides an advanced overview of current research and theory in life-span human development. The course will enhance students' understanding of significant developmental changes that occur over the life span. Emphasis will be placed on standard physical, cognitive, emotional, and social development as well as on issues such as diversity and socialization in relation to perceptions of human development. Professional, clinical, legal, and ethical issues will also be addressed.

**COUN 511. DEVELOPMENTAL PSYCHOPATHOLOGY (Credit, 3 hours).**

Provides an in-depth exploration of the concepts of psychopathology, emphasizing the role families play in the development of mental health impairments including schizophrenia, depression, anxiety disorders, disruptive behavior disorders, substance abuse disorders, and personality disorders, with associated psychopharmacology. Uses the DSM-V as the organizing format for the class with special attention paid to the role of culture in etiology, diagnosis, and the development of treatment plans. Prerequisites: COUN 509 and COUN 513.

**COUN 512. PRACTICUM IN COUNSELING (Credit, 3 hours).**

One-hundred (100) hours of supervised practice in counseling and related functions. Includes actual group counseling experience under the supervision of a certified licensed counselor. Critiques of student leadership styles, facilitative ability, and understanding of group dynamics procedures will be done systematically. Prerequisite: Completion of core courses and approval from Advisor and Department Chairperson.

**COUN 513. CLINICAL PSYCHODIAGNOSTIC ASSESSMENT (Credit, 3 hours).**

Introduction to the broad spectrum of psychological assessment procedures and techniques. The selection, administration, scoring, and interpretation of objective and projective testing instruments. Comprehensive report writing. Discussion of DSM-V. Prerequisite: COUN 507

**COUN 514. INTERNSHIP IN PROFESSIONAL COUNSELING (Credit, 3 Hours).**

Three-hundred (300) hours of field placement in an agency setting under the supervision of a qualified clinical mental health counselor. Prerequisite: COUN 512 and completion of core courses and approval from Advisor and Department Chairperson.



## **COUN 515. INTERNSHIP IN PROFESSIONAL COUNSELING (Credit, 3 Hours).**

Three-hundred (300) hours of field placement in an agency setting under the supervision of a qualified clinical mental health counselor. Prerequisite: COUN 512 and completion of core courses and approval from Advisor and Department Chairperson.

## **COUN 516. INTERNSHIP IN PROFESSIONAL COUNSELING (Credit, 6 Hours).**

Six-hundred (600) hours of field placement in an agency setting under the supervision of a qualified clinical mental health counselor. Prerequisite: COUN 512 and completion of core courses and approval from Advisor and Department Chairperson.

## **COUN 517. BEREAVEMENT COUNSELING (Credit, 3 hours).**

Theories and concepts related to the issues of dying and death, and guidelines for dealing with some of the sensitive issues, are examined. Living with loss and guiding children through grief and loss will be given special emphasis.

## **COUN 518. PERSONALITY THEORIES (Credit, 3 hours).**

Provides a broad understanding of the nature and needs of individuals at all developmental stages, emphasizing psychological, and sociobiological approaches.

## **COUN 519. FAMILY THERAPY (Credit, 3 hours).**

Interactions of the family unit from historical, contemporary, society, and small-group perspectives. Psychotherapeutic intervention by means of an extensive analysis of current therapeutic approaches, including communications theory models, systems theory models, and transactional theory models. Prerequisites: COUN 500 and COUN 501.

## **COUN 520. CRISIS AND TRAUMA (Credit, 3 hours).**

The goal of this course is to examine crisis and trauma theory, including prevention and intervention counseling techniques. This course will provide opportunities for student to gain knowledge and demonstrate skill practice in addressing specific crisis and trauma situations such as: homicide, suicide, natural disaster response, family crisis, sexual assault, domestic violence, assessment, posttraumatic stress, school/community crisis and online crisis counseling.

## **COUN 521. DYNAMICS OF PLAY THERAPY (Credit, 3 hours).**

Includes a study of cognitive and affective functioning with an emphasis on play and fantasy in child behavior. Therapeutic meaning of symbolic representations in children's play with toys. Playroom acquisitions and management will also be covered. Pre-practicum experience required.

## **COUN 522. THEORIES AND PRACTICE OF PLAY THERAPY (Credit, 3 hours).**

The purpose of this course is to provide students with an understanding of a variety of play therapy theoretical orientations and specific skills, which can be used when working with children and their families using the developmentally appropriate setting play. Prerequisite: COUN 521

## **COUN 523. TOOLS AND TECHNIQUES OF PLAY THERAPY (Credit, 3 hours).**

This course provides a study of essential theories and techniques used in play therapy. Most widely used theories such as Psychoanalytic Play Therapy, Jungian Analytical Play Therapy, Child-Centered Play Therapy, and Gestalt Play Therapy are among a few of that will be introduced. The content of this course will contain advanced materials to develop skills, learn how to utilize techniques and meet requirements as a registered play therapist. Prerequisites: COUN 521 and COUN 522.

## **COUN 601. DEPARTMENTAL COMPREHENSIVE (Credit, 0 hours).**

After successfully fulfilling the required course hours according to the official plan of study, all Master's degree candidates must register and pass the department's comprehensive exam prior to enrollment in Internship in Counseling (COUN 514/515 or COUN 516). The Counselor Preparation Comprehensive Exam (CPCE) will serve as the Departmental Comprehensive examination for the Clinical Mental Health Counseling Program.