

Spring Arbor University

Master of Arts in Counseling Curriculum

The required 60 credit courses for both Clinical Mental Health and School Counseling tracks are:

CNS 603 Introduction to Counseling: The Counselor and Diversity (3)

This course introduces graduate students to the field of counseling. Students will begin to develop a professional identity as a counselor by obtaining an overview of the history of the profession; current roles, functions, and practices of the counselor; basics of entry into the profession; and skills necessary to advocate both for the profession and for diverse clients. Students will also engage in self-exploration to better understand their values as they relate to the counseling profession and diversity issues.

CNS 605 Research in Counseling (3)

This course provides an overview of basic statistics and research designs/techniques utilized in the field of counseling. Primary emphasis will be on analyzing and interpreting research. Students will also be expected to develop and submit a research proposal.

CNS 606 Advanced Clinical Psychopathology and Abnormal Behavior (3)

This course will provide students with an in depth examination of the various classes of disorders as outlined in the DSM-5. Emphasis will be given to the identification, etiology, and current best practice treatment of these disorders. Case studies will be used to investigate the developmental issues in abnormal behavior across the life span. Consideration will also be given to how this developmental perspective is applied to counseling practice. A thorough knowledge of the DSM-5 is expected.

CNS 611 Legal Issues and Ethics in Counseling (3) (*online*)

The emphasis of this course will be on the major legal and ethical issues in the field of counseling, including familiarization with the ethical principles of relevant professional organizations. Case studies will be used to highlight current legal and ethical areas such as confidentiality, dual relationships, testing, and multicultural competence.

CNS 613 Social and Cultural Diversity (3) (*Blended*)

In this course, students will explore multicultural issues in counseling to gain an understanding of the cultural context of relationships, issues, and trends in a multicultural society. This course is designed to engage counseling students in understanding the multi-faceted dimensions of working with diverse clients. Through various teaching modalities and experiential activities, this course will establish a foundation for building multicultural counseling competence in counseling.

CNS 614 Crisis Intervention (3)

This course introduces graduate students to the history, theory and practices of crisis intervention. The course is an overview of the basic skills needed to respond to various crises as

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a helping professional. The course will train students in mental health and school counseling programs to gain a functional knowledge and basic skills relevant to crisis intervention. Students will learn techniques to use in response to a crisis involving child abuse, suicide, homicide, sexual assault, domestic violence, psychiatric issues, substance abuse and school-related issues. The students will also learn how to access and refer individuals to community resources to assist in a crisis. The ethical issues for counselors regarding crisis intervention will also be examined.

CNS 615 Addictions (3)

This course provides students with a basic overview of addictions, including theories of addiction and treatment modalities. Students taking this course will develop theoretical knowledge and practical skills regarding the diagnosis and treatment of addictions. The course covers substance addictions, as well as process (or behavioral) addictions.

CNS 621 Counseling Theory in Multicultural Contexts (3)

This course will detail the rationale, background and research that underlie selected theories of counseling. Emphasis is placed on the implication of each theory for counseling practice. Students will develop a theoretical basis for their own counseling practice.

CNS 622 Counseling Techniques in Multicultural Settings (3)

This course will focus on developing basic counseling skills and techniques. Special attention will be given to various topics relevant to the counseling setting, including gender, age, culture and ethnicity. Videotaping of simulated counseling sessions will be used to provide specific feedback to students. *Prerequisite: CNS 621 Counseling Theory in Multicultural Contexts*

CNS 623 Marriage & Family Counseling: Assessment, Diagnosis & Treatment Planning (2)

This course introduces students to evidence-based protocols for couple, marital and family counseling. Students will develop effective couple, marital, and family case conceptualizations and apply effective treatment interventions in response to various problems couples may experience, including co-morbidities that often impact systemic interventions and treatments such as the impact of infidelity, addiction, crisis, disasters, and other trauma-causing events.

Prerequisite: CNS 621 Counseling Theory in Multicultural Context; CNS 622 Counseling Technique in Multicultural Setting.

CNS 636 Assessment and Testing (3) (online)

This course will help students to develop skills in using qualitative and quantitative assessment methods. The course will also involve training in administering, scoring, and interpreting standardized tests.

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CNS 641 Group Process and Counseling (3)

This course focuses on understanding group process and skill development in leading group counseling sessions. Practical experience as a group member will also be involved.

Prerequisite: CNS 621 Counseling Theory in Multicultural Context; CNS 622 Counseling Technique in Multicultural Setting.

CNS 645 Developmental Issues in Counseling (3)

This course emphasizes counseling implications for assessing and enhancing human development across the life span. Particular focus will be on theories of human development and the predictable stages and tasks at various points in the developmental process. Cultural and diversity issues as they relate to implications for counseling throughout the lifespan will be examined.

CNS 654 Conceptualization and Treatment in Counseling (3)

Students will bring together the knowledge and skills learned in their previous coursework.

Emphasis will be placed on conducting diagnostic interviews, developing case conceptualizations, writing intake summaries, and developing treatment plans. Students must demonstrate competencies in the basic counseling skills. The role of supervision is also discussed. The purpose of this course is to prepare students for their clinical experience.

Prerequisites: All courses in the core curriculum with the exception of (1) CNS606 Advanced Clinical Psychopathology, (2) CNS607 Evaluation of Psychopathology.

CNS 664 Career Counseling (3) (online)

This course emphasizes career development theory and its application to counseling, including identifying possible resources related to career choice and exploring the career needs and concerns of clients from differing cultural backgrounds.

CNS 668 Consulting in the Helping Professions (2) (online)

To provide an introduction to the consultation process as it is applied to the individual, group, or organization. Knowledge and skill competencies emphasized will include the understanding and application of developmental stages within the consultation process. Special consideration will be given to consultation within the school and mental health settings.

CNS 672 Clinical Psychopathology (3)

This course emphasizes current models of abnormality, assessment of mental disorders using the DSM-5 classification system, and treatment approaches for various disorders.

CNS 678 Capstone in Christian Counseling (2)

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This course will focus on integrating a Christian perspective into one's counseling practice. It consists of two one-day seminars, conducted in May at the end of the first year (1 credit) and in August at the beginning of the second year (1 credit).

CNS 658 Practicum in Counseling (3)

This course emphasizes practical application of counseling principles. Counseling experiences are provided in a clinical setting providing the opportunity for students to apply previously acquired knowledge and skills. A total of 100 hours is required with a minimum of 40 hours direct client contact. A student must file an application and receive approval to begin the clinical experience.

Prerequisites: All courses in the core curriculum with the exception of (1) CNS606 Advanced Clinical Psychopathology, (2) CNS607 Evaluation of Psychopathology. For School track students, CNS 673 and CNS 683 are also required.

NOTE: Students in the School and Dual Counseling Track will have a school site for this practicum.

CNS 680 Internship (3)

This is an intensive, 300-hour, field-based experience in which students will apply counseling knowledge and professional competencies in an approved setting. Possible internship sites include schools, colleges, and community agencies.

Prerequisite: CNS 658 Practicum in Counseling.

During the second semester of Internship, each student is required to take the *Counselor Preparation Comprehensive Examination (CPCE)* as scheduled during this course. This comprehensive exam is needed to complete course requirements and serves as an excellent practice test for the NCE.

NOTE: Students in the School and Dual Counseling Track will have a school site for this practicum.

*This course is repeated. **A student must complete this course two times for a total of 600 hours and 6 credits.***

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Additional Courses for the School Counseling Track

(The School Counseling Track consists of 66 or 69 credits total, depending on whether the student holds a teaching certificate. Students in the School Counseling Track must take the MTCC exam to become certified in the State of Michigan.)

CNS 643 Introduction to Classroom Dynamics (3) (online)

The purpose of CNS 643 is to serve as a prerequisite for non-teachers to the school counseling track. Students will study classroom dynamics such as teacher responsibilities, effective teaching strategies, classroom management practices, learning theories, and unit planning. Legislative and reform movement influences on K-12 education are explored, as are the influences of educational theorists and movements. Students are expected to observe a classroom setting for a minimum of 20 hours. Due to the strong educational focus of this course it is a prerequisite for the school counseling track. Students with a teaching certificate may waive this course.

CNS 673 Development and Administration of School Counseling Programs (3) (Blended)

CNS 673 is an investigation into the systematic development and administration of K-12 comprehensive guidance programs. Knowledge and skill competencies emphasized will include the understanding and application of program development, implementation, and evaluation. The role and responsibility of the school counselor are explored within the context of the American School Counseling Association (ASCA) Model. Ethical and legal responsibilities within this framework will also be examined.

NOTE: This course must be completed prior to the beginning of the clinical experience.

Prerequisites: CNS 611 Legal Issues and Ethics in Counseling, CNS 636 Assessment and Testing, CNS 643 Introduction to Classroom Dynamics, or equivalent, and CNS 664 Career Counseling

CNS 683 Mental Health Within the Schools (3) (Blended)

Investigate methodologies used by the school counselor in dealing effectively with elementary and secondary school students whose physical, social, mental, or emotional needs preclude academic achievement. Knowledge and skill competencies emphasized will include early detection, intervention, and referral strategies appropriate for dealing with special populations within the school setting. Relational dynamics among parent, teacher, and agency resources are examined to encourage placement of proactive measures within the system.

NOTE: This course must be completed prior to beginning the clinical experience.

Prerequisites: CNS 611 Legal Issues and Ethics in Counseling, CNS 621 Counseling Theory in Multi-Cultural Contexts, CNS 622 Counseling Techniques in Multicultural Settings, CNS 641 Group Process and Counseling, CNS 645 Developmental Issues in Counseling, CNS 672 Psychopathology, and CNS 673 Development and Administration of School Counseling Programs

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**Additional Internship Course for the Dual Counseling Track
(School and CMHC):**

(The Dual Track consists of 72 or 75 credits total, depending on whether the student holds a teaching certificate. Students in the Dual Counseling Track must take the MTCC exam to become certified as a school counselor with the Michigan Department of Education and take the NCE to become eligible for licensure as a Licensed Professional Counselor with the State of Michigan.)

CNS 680 Internship (3) Repeatable for 6 credits/600 hours

This is an intensive, 300-hour, field-based experience in which students will apply counseling knowledge and professional competencies in an approved setting. Possible internship sites include colleges, and community agencies.

NOTE: This third and fourth internship for Dual track is conducted at a Clinical Mental Health Counseling site and not at a school site.