

COUNSELING (COUN)

Courses and Descriptions

COUN 500 Introduction to Counseling and Helping Professions 3 Credits

Educational, social, and psychological foundations of counseling services. Basic theories, principles, and techniques of counseling and related helping professions, such as coaching, and their applications to professional services. Emphasizes self-awareness as related to becoming a facilitator of helping skills. The team approach to counseling services and the contribution of the various specialties within the total counseling services program are stressed.

COUN 501 Coaching Principles and Practices 3 Credits

The course covers core coaching competencies, including coaching screening and orientation, fundamental skills, assessment, approaches for organizations, and coaching ethics. The course meets all 30-hour educational requirements for certification as a Board Certified Coach (BCC) through the Center for Credentialing and Education and is required course for the 60-hour BCC educational requirements.

COUN 502 Prevention and Intervention for Body Image and Disordered Eating 3 Credits

In this course, students will gain an understanding of strategies relevant to the prevention and treatment of body image and disordered eating concerns. Prevention strategies applicable to individual client care, small group work, and large group programming will be discussed. Students will also learn how to communicate and teach prevention strategies to parents, teachers, partners, and others who may be key influences in body image and/or disordered eating issues. In addition, various treatment and intervention approaches for individuals already exhibiting problematic body image and/or disordered eating attitudes and behaviors will be reviewed.

COUN 503 Group Counseling 3 Credits

Analyze the historical development of group treatment methods, theories, practices, methods for appraising outcomes of treatment, and review research findings. Each class member will be a group member and a leader in an actual group counseling experience.

Prerequisite(s): COUN 500 and CNPY 502.

COUN 504 Vocational/Career Development in Educational Settings 3 Credits

This course provides a comprehensive and practical approach to career counseling, coaching, and curriculum design in Kindergarten through postsecondary settings. Theories of vocational development and decision making form the foundation for designing career counseling curriculum. The problems and techniques of using college and career information, assessment tools, educational and vocational goal setting, conflict management strategies, and individual and organizational change processes are stressed. Concepts of career/life planning and the interrelationships among life roles, family, ecosystemic influences, and work in a diverse and changing society are explored.

COUN 505 Vocational/Career Development 3 Credits

Includes organizational change and vocational development theories, research, and literature in the field to inform practice with clients with vocational/career concern. The problems and techniques of using occupational and career information, assessment tools, educational and vocational goal setting, conflict management strategies, and individual and group processes are stressed. Includes concepts of career/life planning and counseling and coaching techniques, lifespan transitions, and the interrelationships among work, family, and other life roles.

COUN 508 Foundations of Clinical Mental Health Counseling 3 Credits

This course will provide the foundation of clinical mental health counseling, including discussion of roles, policies, history, diversity, systems, programs, interventions, fiscal issues, community resources, consultation, advocacy, and assessment issues that are unique to clinical mental health counselors. Projects include searching for government and foundation funding, writing a grant proposal, developing a resource directory, and visiting and writing reports on clinical mental health agencies.

COUN 510 Approaches to Family Counseling 3 Credits

Presents a basic understanding of major approaches of family counseling. Family counseling approaches covered include structural, systems, Ackerman, Satir, and analytical. These approaches are presented as related to major problem centered family concerns--child-rearing concerns, alcohol, drugs, child abuse, dysfunctional marriage, divorce, etc. Emphasizes self-awareness as related to family development.

Prerequisite(s): COUN 500, CNPY 502, or permission of instructor or advisor.

COUN 512 Disaster Response, Trauma, Crisis, and Grief Counseling 3 Credits

This course is an introduction to the research and practice of disaster response, trauma, crisis, and grief and loss counseling in clinical and educational settings. Course will include an overview of the impact of disasters, crisis, and trauma-causing events on individuals, communities, and educational settings and of the impact of working with traumatized clients on practitioners. Emphasis will be placed on prevention, intervention, and postvention practices in working effectively with individuals, families, and groups of people in the midst of traumatic situations and who have experienced loss, crisis, disasters and trauma-causing events.

Prerequisite(s): COUN 550.

COUN 515 Substance Abuse Counseling 3 Credits

This course analyzes the development, intervention and treatment of substance abuse. Family dysfunction and its results will be examined with the various addictive behaviors. This course is designed to help students understand addictive behaviors and how they function. Specialized techniques for treatment will be examined along with related elements, i.e., family, parenting, the characteristics of dysfunction, developmental growth problems, physical problems, effects on school and job performance.

COUN 516 Strategies in Addiction Counseling 3 Credits

This is an experiential and laboratory-based experience in which students will learn to implement evidence based counseling techniques that are utilized in the field of substance abuse counseling. Students will be able to expand their basic counseling skills and techniques learned in COUN 550, as well as become exposed to techniques that are unique to addiction counseling. In addition to learning assessment skills, students will learn interventions that include motivational interviewing, relapse prevention, alternative therapies, group counseling, family counseling, and others. This course will also focus on issues of ethics and prevention in counseling.

Prerequisite(s): COUN 550.

COUN 520 Multicultural Counseling and Relationship Development 3 Credits

Introduces, examines, and critically analyzes and reflects upon major origins and dimensions of human similarities and differences. Explores and personalizes the social-psychological and behavioral implications of these similarities and differences. Examines issues of race, ethnicity, class, disability, age, gender identity, sexual identity, etc., in the light of theories of individual and group identity development and the impact of these on, between and within group relationships. Each student is expected to utilize this knowledge for the development of healthy multicultural skills. A semester-long engagement in a multicultural interaction and a presentation of a multicultural discovery project are required.

COUN 521 Cultivation and Implementation of Trauma-Informed Counseling in Community & Educational Settings 3 Credits

This course takes the knowledge of trauma-informed practice in the counseling profession to the cultivation and implementation of trauma-informed practices in various counseling settings. The course will provide an introduction and more in depth understanding of various trauma-informed models such as the Sanctuary Model, and how to work with various systems to implement trauma-informed practices. Specifically, leadership will be a major component of the course, as discussion and assignments will focus on how to implement and educate others in agencies or educational settings on how to adapt a trauma-informed culture in the setting. Specific steps to implement trauma-informed practices and trauma-informed advocacy will be covered throughout the course. Furthermore, there will be an emphasis on how to collaborate with the community, teachers, administrators, and staff to promote trauma-informed practice, trauma-informed treatment, enhancing resiliency, and how to lead the implementation of trauma-informed care in schools and community settings with concrete steps.

COUN 525 Gender Issues in Counseling 3 Credits

Examines the psychological, physiological, historical, and socio-cultural factors that affect the development of women and men across the life span and discusses implications for counseling. Focuses on relevant gender issues including gender bias and equity, misdiagnosis, self-esteem, depression, violence and sexual abuse, the feminization of poverty, and the importance of relationship for women. Presents an overview of feminist psychotherapy and explores the context of the behavioral, emotional and biological problems that impact on mental health. Also discusses the emerging men's movement and trends in counseling men; introduces gay and lesbian issues, the issues of minority women, and factors in counseling the HIV/AIDS client.

COUN 528 Introduction to Creative Arts and Specializations in Counseling 3 Credits

This course provides an introduction to the basic concepts and practices of the uses of creative arts in clinical and educational counseling settings, including the history, current and future trends, rational, and benefits of using artistic methods in counseling. The class is designed for mental health and school practitioners interested in gaining a deeper understanding of the neuroscience, theory and practice of the use of mediating properties found in the creative arts such as visual arts, imagery, dance/movement, music, humor, and drama and other modalities such as animal-assistance, horticulture, and wilderness/nature therapy. Emphasis will be placed on experiential learning activities and exercises to introduce these modalities as they are used independently or in conjunction with the therapeutic process. The function and range of professional practices and specialization/credentialing processes will also be introduced in this course.

COUN 530 Legal and Ethical Issues in Counseling and Psychotherapy 3 Credits

Examines and analyzes the legal, ethical, and professional parameters of counseling and psychotherapy. Discusses legal liabilities and malpractice cases arising from constitutional, tort, contract, family, privacy, and criminal laws. Examines client rights and counselor duties and responsibilities. Explores legal, ethical, and professional implications of third party payment, informed consent, medication, case documentation, client termination and abandonment. Advertisement of counseling services, crisis and case management, consultation and supervision, "duty-to-warn" and court appearances of an expert witness will be explored. Special attention will be given to child abuse reporting issues, dual relationships and to regional legal and ethical developments.

COUN 535 Holistic Wellness Counseling 3 Credits

Based on current methods and research, students will explore holistic wellness (e.g., spirituality, self-direction, work and leisure, friendship, and love) positive psychology (e.g., hope, forgiveness, etc.), and human change from personal and interpersonal perspectives.

Prerequisite(s): CNPY 502.

COUN 550 Counseling and Helping Techniques Laboratory 3 Credits

This is a laboratory course, which provides opportunities for both the observation and practice of counseling and professional helping skills. The purpose of this course is to provide students with their initial training in counseling and helping skills under closely supervised conditions. The focus of this course is the development of initial client interviewing and basic counseling and helping skills through an emphasis on techniques (basic and advanced listening and helping skills), strategy (the counseling and helping process), and self-development (the student as counselor and helper) grounded in theories of counseling and related helping professions.

COUN 555 Introduction to Play Therapy 3 Credits

Introduction to Play Therapy provides an overview of the fundamental principles of play therapy, including history, theories, skills, and applications. The course emphasizes developing the therapeutic relationship with children and utilizing play to facilitate children's self-expression, self-understanding, and personal growth. Observation of and supervised experiential activities in play therapy with children are an integral part of the course.

Prerequisite(s): CNPY 502, can take concurrently with COUN 550.

COUN 556 Parent-Child Play Therapy 3 Credits

Parent-child play therapy builds upon the introduction to play therapy course and focuses on helping parents/caregivers enhance their relationship with children through play therapy modalities. Students will learn the history, principles, and skills of filial therapy, with an emphasis on Child-Parent Relationship Therapy (CPRT). Students will have opportunities to strengthen their play therapy skills, develop the ability to conduct CPRT, and learn how to facilitate systemic changes in children's lives through working with parents/caregivers. This course contains an experiential component including in-class role-playing and supervised parent-child play therapy experiences with parents/caregivers.

Prerequisite(s): CNPY 502, COUN 550, EDPS 503, COUN 555.

COUN 580 Elementary School Counseling Practicum 3 Credits

This course provides students with a 100-hour supervised experience in counseling, collaboration, and consultation in an elementary school setting. Students will obtain a minimum of forty (40) contact hours with clients. The course will also provide an historical overview of the school counseling function. Current practices for assessing, organizing, implementing and evaluating school counseling services will be reviewed. The relationship of the school counseling program to academic objectives will be reviewed. Students will develop knowledge and skills in developmental, preventive, and crisis interventions designed to promote the academic and social development of students of elementary school age. Role, function, and professional identity of the school counselor in relation to the roles of other professional and support personnel will be discussed in the class and experienced at the site. Students apply knowledge and skills developed in pre-practicum experiences in addressing the needs of elementary students.

COUN 581 Secondary School Counseling Practicum 3 Credits

This course provides students with a 100-hour supervised experience in counseling, collaboration, and consultation in a secondary school setting. Students will obtain a minimum of forty (40) contact hours with clients. The course will also provide an historical overview of the school counseling function. Current practices for assessing, organizing, implementing and evaluating school counseling services will be reviewed. The relationship of the school counseling program to academic objectives will be reviewed. Students will develop knowledge and skills in developmental, preventive, and crisis interventions designed to promote the academic and social development of students of secondary school age. Role, function, and professional identity of the school counselor in relation to the roles of other professional and support personnel will be discussed in the class and experienced at the site. Students apply knowledge and skills developed in pre-practicum experiences in addressing the needs of secondary students.

COUN 582 Coaching Practicum 3 Credits

A 30-hour supervised experience in coaching with individuals, groups, or organizations. Includes seminar discussions, observations of recorded sessions, session analyses, and group supervision with the faculty supervisor. Provides the coach in training with the opportunity to develop and practice skills and techniques necessary for the effective delivery of coaching services. Reviews current practices for assessing, developing, organizing, implementing, evaluating, and reflecting on coaching services as they address the needs of clients. This course is designed to fulfill the practice requirements for certification as a Board Certified Coach through the Center for Credentialing and Education.

Prerequisite(s): COUN 500 or COUN 501, CNPY 502, COUN 505, and permission of instructor.

COUN 585 Clinical Mental Health Counseling Practicum 3 Credits

A 100-hour supervised experience in counseling and consulting techniques in a mental health agency, private practice, hospital, or college counseling setting. Students will obtain a minimum of 40 direct contact hours with clients. This practicum course is facilitated in the format of group supervision. The course includes seminar discussions, audio- or video- recorded observations, and individual supervision with the site supervisor and university instructor. Students will develop knowledge and skills in developmental, preventive, and crisis counseling interventions designed to promote mental health in clients from diverse backgrounds. Students will apply knowledge and skills developed in pre-practicum experiences in addressing the needs of clients. Students registering for this course should contact their advisor or coordinator the semester prior to the course being offered.

Prerequisite(s): To be taken semester prior to COUN 590.

COUN 586 Practicum II 1 Credits

The continuation of Practicum, this 1-credit course is required for those students who were unable to complete the 100-fieldwork hours of Practicum in the fall or spring semester. Students will continue at their Practicum fieldwork site and will be responsible for completing the remainder of their 100-hours. A grade will not be granted in Practicum until the successful completion of Practicum II. The approval and cooperation of the intern's agency or school field supervisor for continuing placement must be obtained at the conclusion of the prior semester. Prior to enrollment, students must submit documentation of supervisor, director, and professor permission and a comprehensive plan for fieldwork- hour completion to the clinical coordinator.

Prerequisite(s): COUN 580 or CNSC 580 or COUN 581 or CNSC 581 or COUN 585 and all other required course work must be completed or in progress. Program director approval with professor of record approval is required.

COUN 590 Internship in Counseling I 3 Credits

An internship that provides 300 hours of on-the-job experience, including all activities that a regularly employed staff member would be expected to perform. The internship placement is selected on the basis of the student's career goals. School and agency counselors who supervise interns determine the structure and the content of the internship in cooperation with the Rider supervisor. The approval and cooperation of the student's superintendent, principal, or other appropriate administrative personnel must be obtained the semester before the counselor candidate's internship is scheduled.

Prerequisite(s): COUN 580 or COUN 581 or COUN 585 or CNSC 580 or CNSC 581. All other required course work must be completed or in progress and permission of the Rider supervisor must be obtained; any exceptions must be approved by the instructor.

COUN 591 Internship in Counseling II 3 Credits

The continuation of an internship that provides a 300-hour field experience including all activities that a regularly employed staff member would be expected to perform (n.b., a regularly employed staff member is defined as a person occupying the professional role to which the student is aspiring). The internship placement is selected on the basis of the intern's career goals. School and agency counselors who supervise interns determine the structure and the content of the internship in cooperation with the faculty supervisor. The approval and cooperation of the intern's agency or school field supervisor must be obtained the semester prior to the actual placement.

Prerequisite(s): COUN 590 or CNSC 590 or concurrent enrollment. All other required course work must be completed or in progress and permission of the faculty supervisor must be obtained; any exceptions must be approved by the faculty supervisor.

COUN 592 Internship III 1-3 Credits

The continuation of Internship I, this 1 to 3-credit course is required for those students who were unable to complete the 300-fieldwork hours of Internship I in the fall or spring semester. Students will continue at their Internship I fieldwork site and will be responsible for completing the remainder of their 300-hours. A grade will not be granted in Internship I until the successful completion of Internship III. The approval and cooperation of the intern's agency or school field supervisor for continuing placement must be obtained at the conclusion of the prior semester. Prior to enrollment, students must submit documentation of supervisor permission and a comprehensive plan for fieldwork- hour completion to the clinical coordinator. Clinical coordinator approval is required. Prerequisite(s): COUN 590 and all other required course work must be completed or in progress and permission of the clinical coordinator is required.

Prerequisite(s): COUN 590.

COUN 593 Internship IV 1-3 Credits

The continuation of Internship II, this 1-credit course is required for those students who were unable to complete the 300-fieldwork hours of Internship II in the fall or spring semester. Students will continue at their Internship II fieldwork site and will be responsible for completing the remainder of their 300-hours. A grade will not be granted in Internship II until the successful completion of Internship IV. The approval and cooperation of the intern's agency or school field supervisor for continuing placement must be obtained at the conclusion of the prior semester. Prior to enrollment, students must submit documentation of supervisor permission and a comprehensive plan for fieldwork- hour completion to the clinical coordinator. Clinical coordinator approval is required.

Prerequisite(s): COUN 590, COUN 591 and all other required course work must be completed or in progress and permission of the clinical coordinator is required.

COUN 600 Independent Study and Research in Counseling Services 1-3 Credits

Students may take two independent studies. However, under special circumstances, such as students seeking certifications (e.g., Student Assistance Coordinator), students may be approved by their advisor to take up to six COUN 600 3-credit courses for a total of 18 credits.

COUN 660 Counseling Supervision: Issues, Concepts and Methods 3 Credits

This course introduces and critically examines issues and concepts that arise in the supervision of counseling and psychotherapy practitioners and trainees. Methods and techniques of supervision are presented to enable students to become knowledgeable and skilled providers of proficient clinical supervision. Psychotherapeutic, behavioral, integrative, systems, experiential, and developmental models of supervision are studied. The unique problems encountered in group, family, and couples counseling supervision are raised as well as legal, ethical, and multicultural issues. Administrative and contemporary issues such as inter- and intra-agency supervision, inter-agency communication, record keeping, evaluation, and taping of counseling sessions are examined.

Prerequisites: COUN 590 with a minimum grade of B.

COUN 690 Internship in Counseling Speciality I 3-6 Credits

This internship provides on-the-job clinical experience in approved settings. Placement is selected based on students' specialty area goals and must be approved by the faculty advisor the semester prior to actual placement. Students must also submit in writing a description of clinical activities available in the field site before the placement is approved. Students will be required to attend a weekly seminar during which time each student will present and/or discuss legal, ethical, multicultural, contemporary, and clinical issues in her/his specialty area.