

Counselor Education

CAREER COUNSELING, CLINICAL MENTAL HEALTH COUNSELING, AND SCHOOL COUNSELING

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Graduate programs in Career Counseling, Clinical Mental Health Counseling, and School Counseling, offering courses leading to the Master of Arts degree in Counselor Education.

COUNSELOR EDUCATION PROGRAM MISSION

The Counselor Education Program prepares counselors to work in mental health, school, and career counseling settings who promote social justice and responsibility, serve as leaders in a diverse and global community, and respond to the complexity of human needs across the lifespan. Faculty is expected to teach and mentor students, serve the community and counseling profession, and promote intellectual advancement through conducting and disseminating research.

OBJECTIVES

The program develops counselors who:

1. Develop a theoretically solid philosophy of practice;
2. Apply knowledge, skills, and dispositions consistent with the ACA Code of Ethics;
3. Formulate a professional identity that responds to the needs of their client populations;
4. Utilize cultural competence in practice;
5. Act with expertise in individual, group, and family counseling with diverse clients on personal, social, emotional, career, and educational issues that impact development across their lifespan;
6. Develop leadership ability and advocate to meet client needs and to remove individual and systemic barriers to development;

7. Build and sustain collaborative partnerships with stakeholders for promoting social justice, equity, and access;
8. Utilize appropriate assessment tools and procedures;
9. Consult with others concerning the developmental needs of culturally diverse clients;
10. Integrate research data into evidence-based practice.

The Counselor Education Program is housed within the Department of Allied Professions in the School of Education and is fully accredited by the Council for the Accreditation of Counseling and Related Educational Programs (CACREP) and is approved by the International Registry of Counsellor Education Programs (IRCEP). Classes are offered in three delivery formats – on-campus, online, and hybrid. Applicants must complete an online application including transcripts, references, GRE scores, and a professional statement. A select number of applicants will be contacted for an admission interview before final decisions are made. All materials must be submitted by February 1st for fall semester admissions. Students must maintain a 3.0 GPA to remain in good academic standing (see University policies on earning grades of C or F). Financial aid information can be located through the Financial Aid Office. A limited number of graduate assistantships are available to fully admitted students.

Each of the three concentrations is divided into three phases of courses. These are sequenced for matriculation through the student's specific program of study. Students may opt to complete a thesis for 3 semester hours of credit by enrolling in EDGR 5900 (Phase 3). The preparation of the thesis should show the capacity of the student under guidance to accomplish independent investigation, and it must demonstrate mastery of the methodology of research.

A brief overview of the three concentrations is as follows:

- The graduate program in Career Counseling is designed to prepare counselors to assist clients in career exploration, career decision-making and career development.
- The graduate program in Clinical Mental Health Counseling is designed to give adequate breadth and depth of training to prepare counselors to perform counseling activities in mental health settings.
- The graduate program in School Counseling is designed to prepare counselors to work in K-12 settings.

Letters of recommendation prepared by the counseling faculty will indicate the program in which each student was enrolled (i.e., career counseling, clinical mental health counseling, school counseling) and will describe the nature of the internship which the individual completed (i.e., setting, population served). In addition, program faculty will only recommend individuals for licenses and certificates for which they are qualified by having met the requisite standards.

THE GRADUATE PROGRAM IN CAREER COUNSELING LEADING TO THE MASTER OF ARTS DEGREE

The career counseling program track prepares students to work as career development professionals with people of all ages in a variety of settings. These settings include, but are not limited to, career services offices in colleges, universities, community colleges, K-12 public and private schools, nonprofit organizations, and private companies.

Curriculum Requirements

Educational Research: 6 hours

- EDGR 5910 Introduction to Statistical Methods (3) Phase 2
- EDGR 5920 Procedures in Educational Research (3) Phase 3

Professional Counseling: 36 hours

- CON 5201 Ethical and Professional Orientation to Counseling (3) Phase 1
- CON 5310 Theories and Techniques of Counseling (3) Phase 1
- CON 5320 Vocational Theory and Career Development (3) Phase 1
- CON 5331 Psycho-Social Development and Behavioral Dynamics (3) Phase 1
- CON 5351 Principles and Procedures of Group Counseling (3) Phase 1
- CON 5360 Multicultural and Gender Issues in Counseling (3) Phase 1
- CON 5361 Assessment, Evaluation and Analysis in Counseling (3) Phase 2
- CON 5371 Pre-Practicum Counseling Skills (3) Phase 2
- CON 5372 Supervised Practicum in Counseling (3) Phase 3
- CON 5373 Consultative/Referral Processes in Counseling (3) Phase 2
- CON 5390 Internship in Counseling: Career (6) Phase 3

Specialty Studies: 6 hours

- CON 5325 Advanced Career Counseling (3) Phase 2
- Electives – Courses are to be selected with the student's academic advisor (3)
- Total 48 credit hours

NOTE: The Internship, CON 5390, is a 600-hour requirement, which can be completed over 1 or 2 semesters. Candidates must obtain a passing score on the comprehensive examination, and successfully defend their portfolio to graduate.

THE GRADUATE PROGRAM IN CLINICAL MENTAL HEALTH COUNSELING LEADING TO THE MASTER OF ARTS DEGREE

The clinical mental health counseling program prepares students to work as counselors in mental health settings. The program provides students with comprehensive curricular and supervised experiences for professional licensure with the North Carolina Board of Licensed Professional Counselors and for initial preparation in other mental health counseling specialty areas.

Curriculum Requirements

Educational Research: 6 hours

- EDGR 5910 Introduction to Statistical Methods (3) Phase 2
- EDGR 5920 Procedures in Educational Research (3) Phase 3

Professional Counseling: 36 hours

- CON 5201 Ethical and Professional Orientation to Counseling (3) Phase 1
- CON 5310 Theories and Techniques of Counseling (3) Phase 1
- CON 5320 Vocational Theory and Career Development (3) Phase 1
- CON 5331 Psycho-Social Development and Behavioral Dynamics (3) Phase 1
- CON 5351 Principles and Procedures of Group Counseling (3) Phase 1
- CON 5360 Multicultural and Gender Issues in Counseling (3) Phase 1
- CON 5361 Assessment, Evaluation and Analysis in Counseling (3) Phase 2
- CON 5371 Pre-Practicum Counseling Skills (3) Phase 2
- CON 5372 Supervised Practicum in Counseling (3) Phase 3
- CON 5373 Consultative/Referral Processes in Counseling (3) Phase 2
- CON 5390 Internship in Counseling: Clinical Mental Health (6) Phase 3

Specialty Studies: 18 - 19 hours

- CON 5306 Introduction to Substance Abuse Counseling (3) Phase 1
 - CON 5307 Crisis, Trauma, and Grief Counseling (3) Phase 1
 - CON 5381 Introduction to Clinical Mental Health Counseling (3) Phase 1
 - CON 5321 Introduction to Family Counseling (3) Phase 1
 - PSYG 5121 Advanced Abnormal Psychology (4)* Phase 2
- Candidates may transfer in a 3 hour Advanced Abnormal Psychology course.
- Electives – Courses are to be selected with the student’s academic advisor (3)
 - Total 60 credit hours

NOTE: The Internship, CON 5390, is a 600-hour requirement, which can be completed over 1 or 2 semesters. Candidates must obtain a passing score on the comprehensive examination, and successfully defend their portfolio to graduate.

THE GRADUATE PROGRAM IN SCHOOL COUNSELING LEADING TO THE MASTER OF ARTS DEGREE

The school counseling program track prepares students to work as school counselors in K-12 settings. The program provides students with all the curricular and supervised experiences required by the Department of Public Instruction for NC licensure as a professional school counselor.

Curriculum Requirements

Educational Research: 6 hours

- EDGR 5910 Introduction to Statistical Methods (3) Phase 2
- EDGR 5920 Procedures in Educational Research (3) Phase 3

Professional Counseling: 36 hours

- CON 5201 Ethical and Professional Orientation to Counseling (3) Phase 1
- CON 5310 Theories and Techniques of Counseling (3) Phase 1
- CON 5320 Vocational Theory and Career Development (3) Phase 1
- CON 5331 Psycho-Social Development and Behavioral Dynamics (3) Phase 1
- CON 5351 Principles and Procedures of Group Counseling (3) Phase 1

- CON 5360 Multicultural and Gender Issues in Counseling (3) Phase 1
- CON 5361 Assessment, Evaluation and Analysis in Counseling (3) Phase 2
- CON 5371 Pre-Practicum Counseling Skills (3) Phase 2
- CON 5372 Supervised Practicum in Counseling (3) Phase 3
- CON 5373 Consultative/Referral Process in Counseling (3) Phase 2
- CON 5390 Internship in Counsel: School (6) Phase 3

Specialty Studies: 9 hours

- CON 5303 Introduction to School Counseling (3) Phase 1
- CON 5304 Advanced School Counseling (3) Phase 2
- Electives – Courses are to be selected with the student’s academic advisor (3)
- Total 51 credit hours

NOTE: The Internship, CON 5390, is a 600-hour requirement, which can be completed over 1 or 2 semesters. Candidates must obtain a passing score on the comprehensive examination, and successfully defend their portfolio to graduate.

COURSE DESCRIPTIONS

CON 5201. Ethical and Professional Orientation to Counseling (3)

This course is designed to provide an understanding of the ethical and professional issues in the field of counseling. Additionally, identity of the professional counselor, the characteristics of an effective counselor, and self-exploration in relation to that role are also examined.

CON 5303. Introduction to School Counseling (3)

This course is an introductory course in the school counseling program and provides an in-depth overview to school counseling at the K-12 level. The class is designed so that students can comprehend the academic, career, and personal/social needs of all K-12 students, including those with special needs. This course is designed to give students an overview of current trends, practices, and policies of school counseling on the local, state, and national levels. Students will examine the American School Counseling National Model as the basis for developing a comprehensive, developmentally appropriate school counseling program in a K-12 setting.

CON 5304. Advanced School Counseling (3)

Prerequisites: CON 5303. This course is an advanced course in school counseling designed for students to learn how to organize and administer a comprehensive, developmentally appropriate school counseling program in a K-12 setting. This course further examines contemporary issues within education, legal and ethical policies in school counseling, cultural competence critical for the diverse/global society, and proactive programming to meet the issues of children and adolescents.

CON 5305. Special Topics: Workshop in Counseling (1-6)

Special workshops and short intensive courses on theory, methods, supervision, and other special topics in counseling.

CON 5306. Introduction to Substance Abuse Counseling (3)

This course is designed to provide an overview of substance abuse counseling and psychopharmacology for mental health counselors. Topics discussed include addiction issues, diagnosis, treatment planning and individual and group counseling strategies with diverse populations. Additionally, students will be exposed to the fundamentals of psychotropic medications. Basics of pharmacology, adverse effects, indications, and drug interactions will be discussed. Boundaries of practice and practical issues of assessment and referral will be covered.

CON 5307 Crisis, Trauma, and Grief Counseling (3)

This course will provide specialized instruction for candidates in the Clinical Mental Health Counseling concentration of the Counselor Education Program. Candidates will learn advocacy, consultation, crisis intervention and clinical strategies for assisting clients facing life changes, transitions across the lifespan, and loss and traumatic events.

CON 5310. Theories and Techniques of Counseling (3)

This course provides a comprehensive study of the major approaches to counseling and psychotherapy, the philosophy, theorists, techniques, and research associated with them. Students will develop an initial philosophy of practice and will identify preferred treatment procedures for selected client problems.

CON 5311. Introduction to Rehabilitation Counseling/Case Management (3)

This course provides an examination of the professional roles, ethics, credentials, identity, and context of rehabilitation counseling. The field of rehabilitation is reviewed. The counselor's role in assisting with client social, legal and psychological functioning in the rehabilitation process is examined.

CON 5312. Job Development/Placement (3)

Prerequisites: CON 5320. This course emphasizes the acquisition of the knowledge and skills necessary for counselors to work effectively in the job placement process for individuals with disabilities. Effective informational strategies will be discussed such as job seeking skills, coaching, supported employment as well as educational resources. Prerequisite: CON 5320 (Vocational Theory and Career Development).

CON 5313. Psychological/Social Aspects of Disability (3)

This course emphasizes the theories related to the social and psychological adjustment involved in disability-related issues. This course also reviews cultural diversity issues related to disability.

CON 5314. Medical Aspects of Disability (3)

Basic clinical and medical conditions are presented in this class. The course addresses many areas of specialization related to rehabilitation and provides information related to treatment and diagnoses.

CON 5320. Vocational Theory and Career Development (3)

This course provides a survey of the major theories of career choice and development with demonstrations on how to translate these theories into meaningful practice in the counselor-client relationship. Candidates will demonstrate the ability to use computerized assistance guidance systems and career development techniques across the life span.

CON 5321. Introduction to Family Counseling (3)

Prerequisites: CON 5201 & CON 5310. This course consists of an in-depth study of the history, theory, and practice of family therapy. The focus will be on the understanding of families, therapeutic approaches to working with families, special populations in family therapy, and professional issues in family therapy.

CON 5325. Advanced Career Counseling (3)

Prerequisites: CON 5320. This course will provide specialized instruction for candidates in the Career Counseling concentration of the Counselor Education Program. Candidates will be provided instruction in the foundations of career counseling and the contextual dimensions of career counseling. Knowledge and skill requirements for career counselors will be emphasized, covering the application of career information systems, research and evaluation in career counseling, and ethical and legal issues specific to career counselors.

CON 5331. Psychosocial Development and Behavioral Dynamics (3)

This course provides a focus on the developmental process and the behavioral dynamics of individuals over the life span. Theories of personality and their relevance for client understanding will be explored.

CON 5351. Principles and Procedures of Group Counseling (3)

Prerequisites: CON 5201 and CON 5310. This course provides a study of the dynamics, processes, and functions of group work in counseling. Candidates will identify the therapeutic forces for behavioral change within a counseling group. Students will develop the skills to lead a group and, through participation in a group, will demonstrate their ability for interaction and growth.

CON 5360. Multicultural and Gender Issues in Counseling (3)

This class gives an overview of the knowledge base from the research on multicultural counseling and gender issues as they relate to counselor effectiveness. The course will provide experiential opportunities for awareness enhancement and skill building for practitioners in diverse cultural contexts. Multicultural critical incidents will be examined.

CON 5361. Assessment, Evaluation and Analysis in Counseling (3)

Prerequisites: Phase 1 completion. This class provides an examination of the clinical skills used in client assessment and diagnosis with an overview of the Diagnostic and Statistical Manual of Mental Disorders. Experience in selecting, administering, scoring and interpreting tests and other assessment tools commonly used by counselors will be provided.

CON 5363. Advanced Seminar on Special Issues in Counseling (3)

Prerequisites: Phase 1 completion. A consideration of special issues such as legal, ethical, health, addiction, credentialing, marriage and family or other current topics geared to the interests of advanced counseling candidates.

CON 5371. Pre-practicum Counseling Skills (3)

Prerequisites: Phase 1 completion. An opportunity is provided for candidates in all program tracks to learn and demonstrate through micro counseling and video sessions the skills of counseling interviews. Emphasis is placed on applying techniques through role-playing and

practicing skills in classes. This is a practice-oriented course with major emphasis on applying counseling techniques, considering multicultural issues and analyzing counseling style and performance through a reflection and self-evaluation process. Candidates must achieve a grade of B or better in this course before placement in CON 5372 and or CON 5390.

CON 5372. Supervised Practicum in Counseling (3)

Prerequisites: Phase 2 completion and a B or better in CON 5371. Advanced candidates in counseling will participate in a clinical instructional environment under the supervision of a faculty member. Candidates will receive supervision from a faculty member as they obtain individual and group counseling experience. The practicum is a 100-hour field experience in a mental health, career, or school counseling setting.

CON 5373. Consultative/ Referral Processes in Counseling (3)

Prerequisites: Phase 1 completion. This course provides an examination of the theories of consultation and the skills needed in working with parents, families, agencies, and organizations. Opportunities to practice consultation in class and the field will be provided. The development of treatment plans will be discussed as well as procedures and processes for making referrals.

CON 5381. Introduction to Clinical Mental Health Counseling (3)

This class gives students an opportunity to explore the organization and functions of various local, state and federal agencies responsible for community mental health. The student will be able to identify problems peculiar to various mental health agencies and will examine prevention and treatment strategies related to community mental health counseling.

CON 5390. Internship in (Career, School, or Mental Health) Counseling (3-6)

Prerequisites: Phase 2 completion and a B or better in CON 5371 and CON 5372. This class provides an opportunity for advanced candidates in counseling to demonstrate the ability to perform all counseling duties and responsibilities with individuals and groups in their applied sites. The internship is a 600 hour field placement experience.