

# COUNSELING AND GUIDANCE (EDCG)

## EDCG 5302 Introduction to Counseling

**Credits:** 3 (3-0-0)

Introduction to the principles, practices and philosophy of the field of Counseling and Guidance, and an exploration of the various work settings where counselors are found. This is an overview of the counseling field and explores historical development as well as professional orientation of counselors and their ethics and responsibilities.

**Restrictions:** Enrollment is limited to Graduate level students.

## EDCG 5307 Military Experience of Trauma

**Credits:** 3 (3-0-0)

This course will address issues related to assessment and counseling for presenting problems commonly seen in the world of military service such as: Post-Traumatic Stress Disorder (PTSD); Traumatic Brain Injury (TBI); domestic violence, suicide, and rape and sexual assault. This course will also include thorough study of grief and loss.

**Prerequisites:** EDCG 5327.

**Restrictions:** Enrollment is limited to Graduate level students.

## EDCG 5308 Clinical Treatment: Couples, Families, and Military Populations

**Credits:** 3 (3-0-0)

This course is designed to focus on major marriage, couples, and family theoretical approaches, assessment, and treatment in counseling. Attention will be on theoretical development, basic skills (e.g., joining, interviewing), assessment and intermediate skills and techniques of MCF Counseling.

**Prerequisites:** EDCG 5314.

**Restrictions:** Enrollment is limited to Graduate level students.

## EDCG 5309 Coun Ind, Cpls&Fam in Military

**Credits:** 3 (3-0-0)

This course is designed to focus on contemporary theories, assessment, and techniques in couples counseling. This course also addresses current issues (e.g., substance abuse, domestic violence, sexual dysfunction, separation, and divorce) in working with couples.

**Prerequisites:** EDCG 5308 and EDCG 5328.

**Restrictions:** \* May be taken concurrently. Enrollment is limited to Graduate level students.

## EDCG 5311 Theories of Counseling

**Credits:** 3 (3-0-0)

Study selected theories of counseling and their implications on selected personality and developmental theories. Various theorists have developed theories to explain and to account for human development and human behavior. All personality theories have counseling implications and this is an exploration of those counseling theories.

**Prerequisites:** Must be enrolled in EDCG program.

**Restrictions:** Enrollment is limited to students with a major in Clinical Mental Hlth Counseling, Counseling and Guidance, Marriage Family Counseling or Marriage Family Therapy. Enrollment is limited to Graduate level students.

## EDCG 5313 Prof Orientation & Ethics

**Credits:** 3 (3-0-0)

This course serves as an orientation to the professional identity and ethical standards of counseling professionals. Students will address professional and ethical issues that affect the practice of counseling and related professions. Varied points of view will be presented to stimulate discussion, exploration, and reflection.

**Prerequisites:** EDCG 5311, EDCG 5335, and EDCG 5333.

**Restrictions:** Enrollment is limited to Graduate level students.

## EDCG 5314 Theoretical Foundations of Individual, Couples, and Family Counseling

**Credits:** 3 (3-0-0)

The purpose of this course is to provide students with an introduction to counseling theories with an emphasis on systems theory. The course will provide knowledge of theories that may be utilized for working with clients who present as individuals, couples, or families.

**Prerequisites:** EDCG 5311, and EDCG 5333.

**Restrictions:** Enrollment is limited to Graduate level students.

## EDCG 5316 School Counseling: Leadership and Advocacy

**Credits:** 3 (3-0-0)

This course explores the historical development, professional identity, ethical standards and leadership roles of the school counselor. Students will learn how to plan, implement, and evaluate a comprehensive, development guidance and counseling program designed to promote personal growth and development of all students. The legitimate role of the school counselor will be emphasized.

**Prerequisites:** EDCG 5333.

**Restrictions:** Enrollment is limited to Graduate level students.

## EDCG 5317 Counseling Techniques

**Credits:** 3 (3-0-0)

This course is designed to combine the study of theory and philosophy of individual counseling with techniques and practices in the field. This is a "hands on" course where the student is taught through practice and observation the dynamics of providing individual counseling services. Both classroom and laboratory experiences are offered in this course.

**Prerequisites:** EDCG 5311; EDCG 5335; and EDCG 5342.

**Corequisites:** EDCG 5313

**Restrictions:** Enrollment is limited to Graduate level students.

## EDCG 5318 Crisis Intervention

**Credits:** 3 (3-0-0)

This 3-hour course is designed to assist counselors in addressing clients who present in crisis. Crises come in many forms and can vary in degree and significance depending on many factors. Content will include, but is not limited to: a thorough understanding of the various types of crises; settings in which counselors will experience clients in crisis; counselor responses such as vicarious trauma; research-based approaches to clients in crises; and the importance of support systems.

**Prerequisites:** EDCG 5317.

**Restrictions:** Enrollment is limited to Graduate level students.

**EDCG 5319 Systemic Interventions w Youth****Credits:** 3 (3-0-0)

This course will provide an overview of counseling interventions with children and adolescents in agency, school, and private practice. Group, individual, and systems techniques will be covered. Emphasis will be on understanding the interactions between the developmental needs of each of these age groups and counseling techniques and procedures used to deliver mental health services to each of these groups. Techniques for communicating effectively with families and working collaboratively with other professionals and with community members to promote positive change in youth will be included. Approaches for working with children impacted by military service will be covered.

**Prerequisites:** EDCG 5311 or EDCG 5314.**Restrictions:** Enrollment is limited to Graduate level students.**EDCG 5323 Group Counseling Techniques****Credits:** 3 (3-0-0)

This course is an introductory course for learning effective strategies, skills and techniques to resolve conflict. It is a course that will be beneficial for human service professionals which includes counselors who work in a school or community setting and whose client population includes children, adolescents and family. The course will focus on the techniques and models for conflict resolution, mediation and creative problem-solving in various conflict areas, including the family, the school, and the workplace. Techniques for effective communication, brainstorming and cooperative group decision making will be explored. Communication across cultures and bias awareness issues will be explored within the content areas. Class format will include discussion groups, reading, writing, individual projects and experiential classroom activities. It is expected that students will engage in critical thinking and engage in class activities, complete the reading and writing assignments and integrate and implement their learning.

**Prerequisites:** EDCG 5328.**Restrictions:** Enrollment is limited to Graduate level students.**EDCG 5325 Assessment****Credits:** 3 (3-0-0)

This course will provide students with an orientation to measurement theory, statistics associated with measurement, and the practical application of formal and informal tests. Special emphasis will be devoted to interpretation and appropriate strategies to assess individuals, couples, marriages, and families and assist in treatment planning. Assessments appropriate for use with individuals involved in world of military service will also be examined.

**Prerequisites:** EDCG 5333 (formerly EDCG 5329).**Restrictions:** Enrollment is limited to Graduate level students.**EDCG 5326 Spec Prob in Guidance & Couns****Credits:** 3 (3-0-0)

Course is a study of problems in designated areas approved by the university. May be repeated when the topic changes.

**Prerequisites:** EDCG 5328.**Restrictions:** Enrollment is limited to Graduate level students.**Repeat Status:** Course may be repeated 1 time(s).**EDCG 5327 Abnormal Human Behavior****Credits:** 3 (3-0-0)

This course is an in-depth look at the varieties of psychopathology, its etiology, classification, and treatment. The course reviews the history and treatment of mental illness over the years with special attention to the various classification schemes and systems as they have evolved. The emphasis will be to give the student skills to recognize the nature of the abnormal behavior and to determine what services, if any, the counselor might be able to provide. Proper referral services, methods, and procedures will be explored. Students will explore the practical use of the Diagnostic Statistical Manual of Mental Disorders.

**Prerequisites:** EDCG 5311 or EDCG 5314; EDCG 5335; EDCG 5342.**Restrictions:** Enrollment is limited to Graduate level students.**EDCG 5328 Group Counseling Techniques****Credits:** 3 (3-0-0)

This course is designed to provide the student with an understanding of group dynamics, theories, and techniques. Special emphasis on developmental stages of the group process, leadership roles, and various responsibilities associated with forming and conducting groups. Types of groups and common group settings will be examined.

**Prerequisites:** EDCG 5313, EDCG 5317, and EDCG 5327.**Restrictions:** Enrollment is limited to Graduate level students.**EDCG 5331 Conflict Resolution****Credits:** 3 (3-0-0)

This course is an introductory course for learning effective strategies, skills, and techniques to resolve conflict. It is a course that will be beneficial for human service professional which includes counselors who work in a school or community setting and whose client population includes children, adolescents, and family. The course will focus on the techniques and models for conflict resolution, mediation and creative problem-solving in various conflict areas, including the family, the school, and the workplace. Techniques for effective communication, brainstorming, and cooperative group decision making will be explored. Communicating across cultures and bias awareness issues will be explored within the content areas. Class format will include discussion groups, reading, writing, individual projects, and experiential classroom activities. It is expected that students will engage in critical thinking and engage in class activities, complete the reading and writing assignments and integrate and implement their learning.

**Prerequisites:** EDCG 5328.**Restrictions:** Enrollment is limited to Graduate level students.

**EDCG 5332 Substance Use/Process Addict****Credits:** 3 (3-0-0)

This 3-credit hour course is designed to provide counselor trainees with a thorough understanding of the nature of use, abuse and dependency/addiction related to alcohol and other legal and illegal substances with special emphasis on the brain, and its impact on behavior. In addition, counselor trainees will understand process addictions such as those related to eating, gambling, and sex. Furthermore, trainees will understand the dynamics of substance use in families, in schools, substance use and mental illness, as well as relapse and recovery. Finally, counselor trainees will understand how to interview and evaluate clients, as well as understand multiple treatment modalities.

**Prerequisites:** EDCG 5327.**Restrictions:** Enrollment is limited to Graduate level students.**EDCG 5333 Research in Counseling****Credits:** 3 (3-0-0)

Course addresses basic concepts associated with research as well as historical development of research methodologies. Focus will be on counseling related research. Emphasis will be on developing an understanding of various research designs and the exploration of threats to validity and reliability. Students will be expected to critically evaluate existing research and understand how research impacts counseling practices. A research project, produced as a major assignment in a 3-hour 5000 level research titled course, must be completed. This course is writing intensive and students are expected to generate new knowledge in an educational area of choice. American Psychological Association manual style writing will be emphasized.

**Restrictions:** Enrollment is limited to Graduate level students.**Repeat Status:** Course may be repeated 1 time(s).**EDCG 5334 Theoretical App in Counseling****Credits:** 3 (3-0-0)

This course is designed to transition students to application of counseling theories and techniques. Students will practice applying counseling theories to mock cases and role plays. They will be able to identify and apply counseling strategies that are consistent with a variety of theoretical orientations. This is an advanced elective course.

**Prerequisites:** EDCG 5328.**Restrictions:** Enrollment is limited to Graduate level students.**EDCG 5335 Human Dev Across Lifespan****Credits:** 3 (3-0-0)

This course provides a comprehensive overview of cognitive, physical, and psychological developmental aspects across the lifespan. Various theories associated with the developmental process will be explored and discussed. Special emphasis will be devoted to linking theory with practice across multiple settings (school, agencies, home).

**Restrictions:** Enrollment is limited to Graduate level students.**EDCG 5336 Abnormal Conditions and Interventions****Credits:** 3 (3-0-0)

This 3-hour course provides an in-depth look at the varieties of psychopathology and their classifications. This course is designed to assist the counselor trainee in assessing and treating clients who present in need of clinical attention. Students will be trained to use the Diagnostic and Statistical Manual of Mental Disorders and pertinent theories of psychopathology. Basic knowledge of psychopharmacological medications will also be reviewed.

**Prerequisites:** EDCG 5327 and EDCG 5328**Restrictions:** Enrollment is limited to Graduate level students.**EDCG 5339 Legal Issues in Counseling****Credits:** 3 (3-0-0)

This course provides an advanced exploration of the legal, ethical, and professional choices faced by mental health practitioners. Basic ethical issues are reviewed and extended into practical, case-oriented study of current demands and obligations for the mental health issues in ethics, professional liability, risk management, and managed care service environments. A focus will be on records management, business/family law, and the study/application of current LPC Board Rule.

**Prerequisites:** EDCG 5328 and EDCG 5328.**Restrictions:** Enrollment is limited to Graduate level students.**EDCG 5341 Guidance Advanced Topics****Credits:** 3 (3-0-0)

Major problems of educational and vocational guidance covering selection, orientation, personnel, training programs, placement, and re-education. May be repeated when the topic changes.

**Prerequisites:** EDCG 5328.**Restrictions:** Enrollment is limited to Graduate level students.**Repeat Status:** Course may be repeated 2 time(s).**EDCG 5342 Counseling Diverse Populations****Credits:** 3 (3-0-0)

This course is designed to familiarize students with the cultural differences of special populations of people. Emphasis is placed on ethical use of appropriate counseling techniques for use with the major racial/ethnic groups and other special populations of people such as those who are physically or emotionally disabled of different ages, religions, genders or sexual orientations.

**Prerequisites:** Must be enrolled in EDCG program.

**Restrictions:** Enrollment is limited to students with a major in Clinical Mental Hlth Counseling, Counseling and Guidance, Marriage Family Counseling or Marriage Family Therapy. Enrollment is limited to Graduate level students.

**EDCG 5343 Counseling Older Adults****Credits:** 3 (3-0-0)

Older adults make up a significant sector of the US population. They are among the fastest growing population and are among the least likely to seek or receive mental health services. This 3-hour course will provide students with knowledge and understanding of the older adult population. Among the areas, how the aging process impacts cognition, emotion, behavior; age-related and chronic health issues; co-occurring mental health issues. Additionally, the course will cover transitional aspects, grief/loss and end-of life issues. In addition, this course will cover a variety of ways to address the complex and various issues older adults may present with. Students will have opportunities to practice strategies and approaches with older adults via simulated role plays.

**Restrictions:** Undergraduate level students may not enroll.**EDCG 5350 School Counseling Practicum****Credits:** 3 (0-0-3)

Students will complete supervised practicum counseling experiences within the School Counseling setting. Practicum experience will total a minimum of 100 clock hours with at least 40 clock hours of direct service with actual clients.

**Prerequisites:** EDCG 5317 and EDCG 5328**Restrictions:** Enrollment is limited to Graduate level students.**EDCG 5351 Practicum for School Couns****Credits:** 3 (0-0-3)

Students will completed a total of 200 hours of supervised experience in practical application and integration of principles and techniques of counseling in a selected educational setting. Students must demonstrate competence with elementary, middle school, and high school students. Students will gain experience in the provision of a comprehensive, developmental guidance and counseling program designed to promote the educational, personal, social, and career development of the learner. This course satisfies the TEA requirements for School Counselor Certification.

**Prerequisites:** EDCG 5350.**Restrictions:** Enrollment is limited to Graduate level students.**Repeat Status:** Course may be repeated 1 time(s).**EDCG 5352 Counseling Curriculum and Systemic Interventions****Credits:** 3 (3-0-0)

Designed to give attention to the personal, social, career, and academic needs of child and adult clients, this course emphasizes the design of prevention and wellness activities. Students will create developmentally appropriate plans for psycho-educational groups, classroom guidance lessons, individualized student planning sessions, and community workshops to be used within school and agency settings. (Previous title: Developmental Counseling Curriculum)

**Prerequisites:** EDCG 5328 and EDCG 5335.**Restrictions:** Enrollment is limited to Graduate level students.**EDCG 5353 Career Counseling****Credits:** 3 (3-0-0)

Students will demonstrate an understanding of theories, models, principles, materials, and practices of career development. This course will also emphasize unique career challenges persons in the world of military service may experience as a result of deployment, retirement, enlistment, or disability.

**Prerequisites:** EDCG 5333 and EDCG 5311**Restrictions:** Enrollment is limited to Graduate level students.**EDCG 5354 Prin and Prac Guidnce and Coun****Credits:** 3 (3-0-0)

Philosophical, sociological and psychological principles and concepts related to guidance and counseling and the helping professions.

**Restrictions:** Enrollment is limited to Graduate level students.**EDCG 5356 Field Practicum for Counselors****Credits:** 3 (3-0-0)

Course is supervised practice in the application of counseling strategies and techniques in environmental settings appropriate to the professional interests of the counselor trainee (clinical setting). Student will be expected to complete 150 hours of practicum experience. These hours are a combination of direct service/contact, supervision and administrative responsibilities. May be repeated subsequent semester to a total of 9 semester hours but cannot be substituted for another core course.

**Prerequisites:** EDCG 5328.**Restrictions:** Enrollment is limited to Graduate level students.**Repeat Status:** Course may be repeated 2 time(s).**EDCG 5359 Marriage/Couple/Fmily Internsh****Credits:** 3 (0-0-3)

Students will complete a total of 200 clock hours of supervised counseling internship within Marriage, Couple, and Family Counseling setting. Students will have weekly interaction with site supervisors that averages one hour per week of individual and/or triadic supervision throughout the internship. Students will also participate in an average of 1 1/2 hours per week of group supervision on a regular schedule throughout the internship.

**Prerequisites:** EDCG 5365.**Restrictions:** Enrollment is limited to Graduate level students.**Repeat Status:** Course may be repeated 2 time(s).**EDCG 5360 Clinical Mental Health Practicum****Credits:** 3 (0-0-3)

Course is supervised practice in the application of counseling strategies and techniques in environmental settings appropriate to the professional interests of the counselor trainee (clinical setting). Students will be expected to complete 100 hours of practicum experience. These hours are a combination of direct service/contact, supervision, and administrative responsibilities.

**Prerequisites:** EDCG 5317 and EDCG 5328.**Restrictions:** Enrollment is limited to Graduate level students.

**EDCG 5361 Advanced Counseling Practicum****Credits:** 3 (0-0-3)

This course provides an opportunity for students to develop and refine their counseling skills while gaining in-depth experience across a broad range of client problems and treatment modalities. Theoretical conceptualizations of client concerns, treatment planning, self-exploration, and practical application of advanced skills and interventions will be emphasized. Students will be expected to complete 150 hours of practicum experience with an emphasis on individual and group counseling skill development.

**Prerequisites:** EDCG 5351.**Restrictions:** Enrollment is limited to Graduate level students.**EDCG 5362 School Counseling Internship****Credits:** 3 (0-0-3)

Students will complete a total of 200 clock hours of supervised counseling internship within a School Counseling or clinical mental health setting. Students will have weekly interaction with site supervisors that averages one hour per week of individual and/or triadic supervision throughout the internship. Students will also participate in an average of 1-2 hours per week of group supervision on a regular schedule throughout the internship.

**Prerequisites:** EDCG 5350.**Restrictions:** Enrollment is limited to Graduate level students.**Repeat Status:** Course may be repeated 2 time(s).**EDCG 5365 Marriage/Family Couns Practicum****Credits:** 3 (0-0-3)

Students will complete supervised practicum counseling experiences within the Marriage, Couple and Family Counseling setting. There will be a special emphasis on appropriate assessment, treatment planning, and intervention with couples and families. Practicum experience will total a minimum of 100 clock hours with at least 40 clock hours of direct service with actual clients.

**Prerequisites:** EDCG 5308 and EDCG 5328.**Restrictions:** Enrollment is limited to Graduate level students.**EDCG 5385 Clinical Mental Health Internship****Credits:** 3 (0-0-3)

Students will complete a total of 200 clock hours of supervised counseling internship within the Clinical Mental Health Counseling setting. Students will have weekly interaction with site supervisors that averages one hour per week of individual and/or triadic supervision throughout the internship. Students will also participate in an average of 1.5 hours per week of group supervision on a regular schedule throughout the internship.

**Prerequisites:** EDCG 5360.**Restrictions:** Enrollment is limited to Graduate level students.**Repeat Status:** Course may be repeated 2 time(s).**EDCG 5386 Internship: Mental Health Counseling****Credits:** 3 (0-0-3)

Internship is designed to meet the CACREP accreditation standards and is a tutorial form of instruction. The program requires students to complete a clinically supervised internship of 300 clock hours. Students are required to complete two internships for a total of 600 clock hours. Students should consider selecting internship sites that offer opportunities to engage in both individual counseling and group work. The internship provides an opportunity for the student to perform, under clinical supervision, a variety of professional counseling activities that a regularly employed staff member in the setting would be expected to perform.

**Prerequisites:** EDCG 5360**Restrictions:** Enrollment is limited to Graduate level students.