

# COUNSELING (CO)

## CO 5010 Professional Orientation and Ethics (3)

This course provides a foundational understanding of the profession of counseling as well as its philosophical, ethical, and legal underpinnings. A focus on the importance of counselor wellness supports the course's emphasis on promoting students' intra- and inter-personal awareness as it relates to the promotion of helping relationships. Falls and Springs. Prerequisite(s): Matriculated in Counselor Education program or permission of the instructor.

## CO 5020 Counseling Skills (3)

The course is designed to help students develop basic counseling skills. Through role play, practice interviews, and tape transcriptions, students will have the opportunity to learn and practice basic counseling skills. The relationships among theory, case conceptualizations, and counseling interventions will be examined. Ethical and culturally responsive practices will be emphasized. Prerequisite(s) or Corequisite(s): CO 5010 or SY 6010.

## CO 5030 Foundations of School Counseling (3)

This course is designed to explore the comprehensive role of the school counselor. Specific emphasis is in understanding the American School Counselor Association National Model and various roles school counselors can take on to meet with needs of diverse students in their school. A 15-hour pre-practicum in a prek-12 public school setting is required during this course.

## CO 5040 Diversity and Advocacy in Helping Relationships (3)

As helping professions, we work with clients from various cultures. Throughout this course, differences, similarities, and connections among cultures are explored through an intersectional approach. This course begins with increasing awareness of ourselves as cultural beings followed by understanding how our identity can impact our work. Techniques to broach diversity and ensure cultural sensitivity as helping professionals are also discussed. Falls and Summers.

## CO 5050 Advanced Human Development (3)

Focuses on a life-span approach to human development and looks at the constancy and change in behavior throughout life, from conception to death. Students will study human development in the context of a multidisciplinary approach and the larger ecological context of developmental events in human behavior. This course will have four major concerns: to identify and describe the changes that occur across the life span; to explain these changes in the context of maturation, early learning, and societal factors impacting development; to review research and theoretical frameworks that have affected our way of thinking and, to study the interdependence and interrelatedness of all aspects of development.

## CO 5070 Research Design in the Helping Professions (3)

This course is designed to familiarize students with a variety of research principles, ethical and legal considerations, research design, methodologies of research, data analyses, and principles of program evaluation. In addition, students will be able to critically evaluate research literature, understand basics of writing a literature review, and principles outlined in the Publication Manual of the American Psychological Association. As a result, students will be prepared to understand available research, act on that knowledge in being discriminate evaluators of research and in being able to design research projects.

## CO 5080 School Counseling Practice (3)

This course provides school counseling students with prerequisite skills necessary to design and facilitate curriculum and interventions to meet the social/emotional, academic, and career needs of diverse students in classroom and group situations. Lessons will be designed using relevant data, facilitated for peers and students, and evaluated afterwards. Students will complete a 15-hour minimum pre-practicum requirement at a school site. Falls. Prerequisite(s): CO5010 or SY6010

## CO 5100 Practicum (3)

This course is a 100-hour field-based experience that focuses on developing competency in basic helping skills. Students will complete field experiences in approved community sites appropriate for their concentration and participate in group seminar as well as in required on-site and university supervision. Successful completion of at least 100 hours of field work, including 40 hours of direct service to clients and successful completion of the practicum course is required to be eligible for internship. Prerequisite(s): Completion of all courses in program contract and submission of Intent to Enroll form by departmental deadline. Pass/No Pass.

## CO 5130 Psychopharmacology and the Biological Basis of Mental Health (3)

Psychopharmacology and the Biological Basis of Mental Health course will explore the biological influences on mental illness. This will include an examination of the physiological basis of behavior, perception, emotion and self-regulation; the current theory and research on the relationship between biological events in the central nervous system and behavior; and psychopharmacological interventions. Prerequisite(s): CO 5010 or SY 6010.

## CO 5150 Eating Disorders Clinical (3)

This clinical experience is a capstone course for those enrolled in the eating disorders certificate program. Students will be able to choose a focus on awareness, prevention, and education experience or a clinical experience working in an eating disorders treatment facility for 120 hours.

## CO 5160 Eating Disorders: Awareness and Prevention (3)

The focus of the course will be on increasing the student's knowledge of awareness, education, prevention and treatment of eating disorders. Discussion will include diagnostic classifications; causes of eating disorders; history, prevalence and treatment approaches to eating disorders; a discussion of a wellness/holistic approach to medical, nutritional and psychological therapies; special populations, i.e., women, children, males, athletes; prevention programs; resources; the latest research and information on becoming a coordinator of Eating Disorder Awareness and Prevention Week.

## CO 5170 Treatment Modalities for Eating Disorders (3)

This course will be an in-depth study of the dynamics of eating disorders followed by an overview of the dominant counseling approaches used in eating disorders treatment and management. The focus will include diagnosis, psychological assessments, psychotherapeutic and other interventions, as well as clinical issues encountered in treatment.

**CO 5180 Nutrition Fundamentals and Counseling in the Recovery of Eating Disorders (3)**

This course will focus on nutritional education issues relevant to those interested in health and wellness for the general population, as well as those working with eating disorders clients. Discussion will include: basic concepts of nutrition science and nutritional needs, evaluation of weight management methods, investigation of food facts and fallacies, different diet plans, i.e. vegetarian, sports nutrition. Information will be presented on how the nutritionist, counselor or health educator applies nutritional information to their clients or students. The course will also include how to present information in nutritional counseling and education for the eating disorder client.

**CO 5185 Medical Aspects and Nutrition Counseling of Eating Disorders (3)**

This course will introduce students to the physiology and medical complications of eating disorders. An overview of the health risks and tools for recognition of medically compromised patients will be provided. The nutrition component provides clinical counseling skills to deliver nutrition therapy in the treatment of eating disorders. Summers.  
Prerequisite(s): CO 5160.

**CO 5190 Medical and Physiological Aspects of Eating Disorders (3)**

The focus of the course will be to increase the student's knowledge of the effects eating disorders have on the body's medical systems and the physiologic function. Discussion will include diagnostic criteria and a multidisciplinary, integrative approach to assessment and management of each disorder. Emphasis will be placed on the evaluation of each body system, as well as prevention and treatment of medical complications.

**CO 5200 Adlerian Play Therapy (1)**

Students will be prepared to integrate the foundational elements of Adlerian play therapy. Students will understand Adlerian play therapy concepts, personality formulation, assessment, and treatment. Students will learn active and directive Adlerian interventions with variations for individual, family, and school formats.

**CO 5210 Dynamic Play Therapies (1)**

This course provides a broad overview of the major theories of play therapy. It covers the history of play therapy, therapeutic properties of play, developmental perspectives, beliefs, and techniques. Discussion and case histories will demonstrate the application of these theories to the playroom. Class format includes lectures, discussions, experimental practice and self-reflection.

**CO 5220 Child Centered Play Therapy (1)**

Students are prepared with therapeutic skills and experience in implementing Child Centered theory in the play therapy process. Class format includes lectures, discussions, personal reflection, skill development and videotape of a session demonstrating skills for group supervision.

**CO 5230 Career Counseling and Development (3)**

An introduction to career development theories and their application to the counseling process. Students will understand and utilize career information and assessments as they pertain to counseling and career development. Students will apply theory and practice to current or potential work settings. There is a 20-hour pre-practicum field experience as part of this course.

**CO 5240 Expressive Play Therapies (1)**

Course participants will gain skills in the use of metaphoric play therapies. A broad overview of expressive methods including sand tray therapy, bibliotherapy, and puppet play will be explored and related to current play therapy theoretical models. Class format includes lectures, discussions, sand tray exploration and skill development.

**CO 5250 Special Populations in Play Therapy (1)**

This course offers an in depth study of special client populations including spectrum disorders, sensory deficits, ADHD, and children with dysregulation and anger issues. Efficacy-based play therapy methods and assessments will be discussed. Class format includes lectures, discussions, reflections, case histories and skill development.

**CO 5260 Counseling Theories and Personality (3)**

This course is designed to be a comparative and critical in-depth analysis of personality and counseling theories, including interrelationships, philosophical foundations, and practical application. Individual, familial, and systemic models are presented along with dynamics and issues that reflect cross theoretical perspectives. Students will be required to compare and contrast counseling theories and strategies, consider appropriate application of these strategies in diverse populations, and develop a personal model for providing help and facilitating behavioral change.

**CO 5270 Special Topics: Play Therapy (1-4)**

This course offers an in-depth study of a particular topic, contemporary issue or concern. The course will be taught by a specialist within the field being studied. A faculty member can also coordinate a series of guest speakers who will meaningfully address the topic. Since topics vary, the course may be repeated with permission of the instructor.

**CO 5280 Group Play Therapy (1)**

Students will be prepared to integrate a variety of group therapy theories, skills, and interventions into the play therapy process. Students will design and facilitate their own group play therapy session.

**CO 5290 Nature Based Play Therapy (1)**

Students will be prepared to integrate the relevant play therapy skills and theories into the nature-based play therapy environment. This course will also cover risk management, therapeutic value of nature, and the structure of the nature-based play therapy process. Students will design and facilitate nature-based play therapy activities for the class.

**CO 5370 Play Therapy in School (1)**

This course provides students an introduction to the use of play therapy in the school setting. Students will learn relevant school-based play therapy techniques, contemporary issues, and theoretical formulations.

**CO 5380 Family Play Therapy (1)**

This course will provide students with information on relevant family play therapy theory, skills, assessment, and treatment issues. Students will be prepared to conduct family play therapy sessions, understand the dynamics of working with families and groups, and how to integrate play therapy into the family process.

**CO 5390 Play Therapy with Traumatized Children (1)**

This course provides students with the therapeutic skills and experience to treat children and adolescents who have been traumatized. Students will be prepared to understand the neuroscience of childhood traumatization and how play therapy can be incorporated into the therapeutic process. Students will learn directive and non-directive play therapy techniques.

**CO 5430 Assessment for Counselors (3)**

How to understand and interpret the principles of assessment. Students will learn to analyze the psychometric properties of commonly used assessments. They will learn to administer, score, and interpret social/emotional assessments; analyze the data, and prepare a written report. Special consideration will be given to the treatment of minority populations and children with disabilities.

Prerequisite(s): CO 5010.

**CO 5460 Group Counseling (3)**

This course provides a comprehensive understanding of theory, practice, and ethics in group counseling across the lifespan within clinical, school and other professional settings. This course provides students an opportunity to develop group counseling skills through classroom facilitation and supervision. In addition to the didactic portion of this class students will also participate as group members in an in-class 10-hour facilitated experiential group process. Prerequisite or corequisite: CO 5010 or SY 6010, and CO 5260.

**CO 5560 Special Topics in Counseling (1-3)**

This course offers an in-depth study of a particular topic, contemporary issue or concern. The course will be taught by a specialist within the field being studied. A faculty member can also coordinate a series of guest speakers who will meaningfully address the topic. Since topics vary, the course may be repeated with permission of the instructor.

**CO 5570 Mindfulness Meditation: Theory and Practice (3)**

Introduces the theory and practice of mindfulness meditation and expands awareness of evidence-based practices that lead to advances in neuroscience and healing of mind, body, and spirit. Students learn and practice mindfulness techniques in personal and organizational contexts. Also offered as HH 5570

**CO 5590 Transpersonal Psychology (3)**

Addresses aspects of mind and behavior that transcend individual ego and personal identity. Considers dimensions of consciousness, implications of transpersonal experiences, and the connection between psychology and spirituality. Explores the assumptions underlying transpersonal theory and skills in leadership contexts. Offered as CO & HH 5590.

**CO 5600 Foundations of Clinical Mental Health Counseling (3)**

Foundational elements of the clinical mental health counseling field. Exploring issues of developing a professional identity, understanding the larger clinical mental health service delivery system, being sensitive to issues of diversity, and integrating theory and ethics into ideas about professional clinical mental health counseling. Prerequisite CO 5010.

**CO 5610 Circle of Life: Leading with Well-Being (3)**

The topic of death/dying is examined in the context of leading with compassion and empathy. Students examine their own beliefs about death and consider how leaders can integrate healthy living and working conditions that increases mind, body and spirit wellness. Also offered as HH5610.

**CO 5650 Critical Issues in Schools (3)**

This course focuses on the role of the school counselor in special education and crisis prevention and intervention. Topics include special education processes, roles, laws, ethics, disability categories, the Individual Educational Plan (IEP), cultural factors, school learning, divorce, bullying, child abuse, death, illness, parents with disabilities, moving, school violence and disasters, suicide, substance abuse, homosexuality, adolescent parenthood, parent-adolescent crises, rape and sexual assault and eating disorders. Prerequisite(s): CO 5010 (may be taken concurrently). Corequisite(s): SY 6010.

**CO 5670 Working with Children and Families (3)**

This course is designed to help students understand the foundational models and associated techniques of relational therapy and counseling youth. Basic principles, concepts, and assumptions inherent in each of the foundational models will be explored as well as the implications for practice. Issues that affect contemporary families and youth and the associated empirically validated treatment will be explored. Required course for MS students in the clinical mental health counseling and couples and family therapy tracks. Prerequisites CO 5010 or SY 6010 and CO 5260, or permission of the instructor.

**CO 5710 Crisis and Trauma Counseling (3)**

This course will examine models of crisis intervention and trauma treatment. Students will learn how to evaluate risk factors, how to determine and utilize resources, and how to apply treatment interventions. Prerequisite(s): CO 5010.

**CO 5720 Addictions & Related Disorders (3)**

This course will examine models of addictions treatment. Students will learn how to evaluate risk factors, diagnose clients, determine and utilize resources, ethical and legal considerations, and how to apply treatment interventions including the 12 core functions.

**CO 5730 Addictions Treatment Modalities (3)**

This course will examine the study of current therapeutic modalities essential in the treatment of substance use disorders. Current treatment modalities such as Contingency Management, Brief Interventions, Motivational Interviewing, and Cognitive Behavioral Therapy will be explored and provide students with the knowledge, skills, and sensitivity to practice in the area of addictions. Prerequisite(s): CO 5720.

**CO 5770 Psychopathology: Disorders of Childhood, Adolescence and Adulthood (3)**

Course provides a clear, balanced presentation of the psychology of abnormal behavior including current theoretical models, research, clinical experiences, therapies and controversies. Enables student to understand psychological/psychiatric disorders as discrete clinical conditions and to be able to apply differential diagnoses. Fall.

**CO 5780 Working with Youth and Systems (3)**

This course is designed to help students develop basic approaches, techniques, and advocacy for counseling children and adolescents. The course emphasizes student conceptualization of common issues, pathology, and behavior that occur in youth and the application of therapeutic skills and techniques to utilize when intervening. The course also emphasizes the therapeutic involvement of significant others with children in a variety of systems. Required course for students in the school counseling, marriage and family therapy, and school psychology programs. Prerequisite(s): CO 5010 or SY 6010, CO 5050, or permission of the instructor.

**CO 5790 Assessment, Diagnosis, and Treatment Planning (3)**

This course is designed to develop competencies in clinical interviewing, diagnostic assessment, case conceptualization, and treatment planning. Diversity considerations and current models of evidence-based practice will be emphasized. Springs. Prerequisite(s): CO 5010, Minimal grade: C-, Academic level: GR And CO 5260, Minimal grade: C-, Academic level: GR And CO 5770, Minimal grade: C-, Academic level: GR

**CO 5850 Seminar and Internship in School Counseling (1-6)**

A 600-hour fieldwork experience conducted in a public school setting with site supervision from a licensed school counselor. Students must attend seminar meetings averaging two hours per week to exchange viewpoints, receive feedback, and process the fieldwork experience. Designed to be the culminating School Counseling program experience. Pass/No Pass. Springs, Falls, Summers.

Prerequisite(s): Completion of all required courses or approval from School Counseling Program Coordinator.

**CO 5880 Seminar and Internship in Mental Health Counseling (1-12)**

A 600-hour clinical counseling experience under supervision and conducted in a mental health counseling setting. Students must attend an on-campus seminar with fellow student interns that provides an opportunity for case presentation and professional development. Designed to be the culminating experience in the Mental Health Counseling concentration. Students must provide evidence of liability insurance.

Prerequisite(s): completion of all required courses in the Mental Health Counseling concentration and consent of the Plymouth internship supervisor. Variable and repeatable. Pass/No Pass.

**CO 5910 Independent Study in Counselor Education (1-3)**

Enrichment of the background of students in education through the pursuit of a special topic pertinent to their interests and abilities. An opportunity for an in-depth study of a problem in the field of education. Consent of a faculty supervisor and the department chair is required.

**CO 6900 Graduate Capstone Project (3)**

The purpose of the graduate capstone in the Personal and Organizational Wellness and the Human Relations program is to apply knowledge learned in previous coursework through an approved project. Students will select a topic area specific to individual or organization health or individual or group dynamics. Student capstones must be approved by the advisor and they should plan about 40 hours of work for the three credit course. Candidates must submit the Graduate Capstone Project form with their course registration. Once the Capstone is completed, students will present their final project to other students, their advisor, and/or PSU faculty members.

**CO 7560 Counselor Education: Special Topics (1-4)**

This course offers an in-depth study of a particular topic, contemporary issue or concern. The course will be taught by a specialist within the field being studied. A faculty member can also coordinate a series of guest speakers who will meaningfully address the topic. Since topics vary, the course may be repeated with permission of the instructor.