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.

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)
Provides opportunities for students to understand school counselors’ roles and responsibilities. Students will understand the development, organization and administration of comprehensive guidance and counseling programs. Also focuses upon decision-making within a legal and ethical context, cultural diversity and contemporary issues facing school counselors. There is a 20-hour pre-practicum field experience as part of this course.
Prerequisite(s) or Corequisite(s): CO 5010 or SY 6010.

CO 5040 Social Behavior and Diversity (3)
Recognizing that social behavior occurs within an intercultural context, Counselor Education, Couples and Family Therapy, and School Psychology students will develop the basic knowledge foundations necessary to understand and influence social behavior in a diverse society. Texts, readings and learning modules have been chosen and/or designed to facilitate the student’s ability to understand the nature of social behavior cross culturally.

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 The Counselor in the Classroom (3)
This course is focused on providing school counseling students in the elementary, middle or secondary school setting with the prerequisite skills necessary for successful classroom work. Students will demonstrate competence in: knowledge of curriculum, lesson and interdisciplinary unit planning, organizing and delivering instruction, adjusting instruction for diverse learning styles, individual needs and cultures, evaluating outcomes of instruction and use of a variety of classroom management strategies. Seminars will address issues related to teaching and emphasize student reflection and evaluation of their teaching. All students will be required to complete direct observation, participation and teaching in a field placement. Discussions of ethical practice and professionalism will permeate the course.

CO 5090 Human Relations and Human Services (3)
Provides students an overview of the professions and high risk populations in Human Services work. Students develop a greater sense of self-awareness and group dynamics by exploring the undercurrents of human relations within personal and professional lives. Focuses on development of skills needed to build and maintain successful relationships in the home and at work. Springs.

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 and prevention, and education experience or a clinical experience working in an eating disorders treatment facility for 120 hours.
Prerequisite(s): 12 credits of eating disorders certificate program. Also offered as HL 5150.

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. Also presented as HL 5160.
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. Prerequisite(s): CO/HL 5160. Also presented as HL 5170.

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. Prerequisite(s): CO/HL 5160 or permission of instructor. Also presented as HL 5180.

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. Prerequisite(s): CO/HL 5160. Also presented as HL 5190.

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.

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.

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 and CO 5070.

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.

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.

Mindfulness Meditation: Theory and Practice (3)
Designed to review the theory and practice relative to mindfulness meditation. Focus on the practice of the body scan, sitting meditation, healing meditation, eating meditation and walking meditation. Extended periods of meditation practice each day are interspersed with group discussions, presentations and small group work. Provides students with the theories surrounding the use of meditation as a healing tool while at the same time providing an opportunity for students to learn and practice meditation techniques. Focus will be on: learning the theories of mindfulness meditation; learning and practicing mindfulness techniques; incorporating mindfulness practice into our personal and professional lives; the authentic use of mindfulness practice as a teaching tool. Students are required to pay additional fees to participate in this course. Also offered as HH 5570.

Transpersonal Psychology (3)
Transpersonal Psychology addresses aspects of mind and behavior that transcend individual ego and personal identity. This course considers the dimensions of consciousness, the implications of transpersonal experiences and the connection between psychology and spirituality. Class members gain an understanding of the fundamental assumptions underlying transpersonal theory and skills in applying theory to facilitate growth, health and well being. Also offered as HH 5590.

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.

Circle of Life: Living and Dying Well (3)
The course is designed to facilitate the learning of individuals who intend to work in professions related to wellness. The topic of death and dying will be addressed in a comprehensive way with an emphasis on the development of compassion for individuals and their life experiences. The course will also address the topic of living well and making choices that may increase happiness and decrease suffering. The course will offer students time to examine their own beliefs and understanding of death as well as learn how the medical profession and caring communities can assist those experiencing the dying process. The course will also offer readings and discussions that will help students to identify ways they would like to be living their own life with an emphasis on increasing their sense of wellbeing regarding their mind, body and spirit. Also offered as HH 5610.
CO 5620  Spiritual Health  (3)
Spiritual Health provides an opportunity to explore the role of the spiritual dimensions of wellness. A process of inquiry will help you better understand the spiritual dimension of self and the relationship of spirit to the health and healing process. Also offered as HH 5620.

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.

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 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, and apply treatment interventions.

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. Prerequisite(s): CO 5010, CO 5020, CO 5260, CO 5770, or permission of the instructor.

CO 5810  Human Services Leadership Practicum  (3)
This course is a 100-hour field-based experience that focuses on developing competency in human relations and human services. Students will complete field experiences in approved community sites based on their interest area. Prerequisite(s): Completion of all core courses as listed in the Human Services Leadership program contract. Pass/No Pass.

CO 5850  Seminar and Internship in School Counseling  (1-6)
Personal, educational and career guidance and counseling experiences performed under supervision of a certified counselor and conducted in a public school setting. In addition to the required field experiences totaling 600 hours, students must attend seminar meetings on campus with fellow student interns and the Plymouth supervisor to exchange viewpoints and feedback. Designed to be the culminating experience in the Counselor Education program. Prerequisite(s): Completion of all required courses, school counseling and consent of instructor. Pass/No Pass.

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 7010  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 7020  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 7030  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 7040  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 7120  Professional, Legal and Ethical Issues in Counseling  (3)
The study of professional, legal and ethical issues facing clinical mental health counselors. Focus will be on developing professional identity, learning about ethical principles and standards underlying the profession, and being able to apply the law as it relates to the practice of counseling.

CO 7300  Counseling Supervision  (3)
This course addresses theoretical, ethical, legal, relational and practical issues in counseling supervision. In addition to reviewing the fundamentals of counseling supervision, the course will provide an experientially based opportunity to develop and practice relevant supervision strategies.

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.