

Master of Science in Counseling

Cohort 21



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Program Description

The mission of Rocky Mountain University of Health Professions (RMUoHP) is to educate current and future healthcare professionals for outcomes-oriented, evidence-based practice. The Master of Science in Counseling program, with various specialties, support this mission by preparing future counselors to address the mental health, social, and educational needs of their clientele.

The Counseling programs at Rocky Mountain University of Health Professions offers options for those seeking training in the field of counseling:

- Master of Science Addictions Counseling
- Master of Science Clinical Mental Health Counseling
- Master of Science Marriage, Couples, and Family Counseling
- Master of Science School Counseling
- Dual-degree option in any two programs listed above

The 60-semester hour Master of Science in Clinical Mental Health Counseling (MHC) program prepares students for counseling positions in various community agencies, such as mental health centers, private counseling agencies, drug abuse centers, centers for counseling the elderly, child protective services, child counseling clinics, family counseling centers, pastoral counseling settings, as well as business and industry. The degree program provides the opportunity to counsel a broad range of client populations.

The Master of Science in School Counseling (SC) program is a 60-semester credit hour program that prepares students to become Professional School Counselors. Students become familiar with school counseling services, develop better self-understanding, and develop the competencies of comprehensive school counselors who build and lead school counseling programs. This degree program meets coursework specifications for professional school counselor certification/licensure.

The 60-semester credit hour Master of Science in Addictions Counseling (AC) Program prepares students to become Mental Health Counselors that work primarily with substance abuse, dependency disorders and other behavioral addictions. Students will gain competencies in understanding the addiction process and how it relates to other mental health and behavioral issues and develop the skills needed to address these concerns.

The 60-semester hour Master of Science in Marriage, Couple, and Family Counseling program is designed to prepare counselors to understand family systems and to use systemic interventions to help individuals, couples, and families in various settings, including mental health agencies, inpatient and schools.

The dual-degree option is designed for students seeking more than one of the above counseling specializations. Students who select this option will complete 72 credit hours and receive two master's degrees, which are awarded at the same time.

Program Objectives

To advance the vision and mission, all graduates will demonstrate competency in the following areas:

A. Core Counseling Objectives.

1. Professional Identity and Ethics – Demonstrate an understanding of the counseling profession, develop an identity as a counselor and demonstrate dispositions, attitudes and behaviors consistent with the norms and ethics of the counseling profession.
2. Counseling Theory – Gain significant knowledge of major counseling theories in the context of individual and group counseling and apply this knowledge to the counseling process.
3. Helping Relationships – Demonstrate effective communication skills consistent with a successful counselor. Demonstrate effective individual and group counseling techniques which facilitate client growth and demonstrate the ability to evaluate progress toward treatment goals.
4. Social and Cultural Diversity – Develop an awareness of, and an appreciation for, social and cultural influences on human behavior and recognize the impact of individual differences on the counseling process.

5. Human Growth and Development – Develop an understanding of the aspects of human growth and an appreciation for the nature of human development and its integration within the counseling process.
6. Career Development – Develop an understanding of career development and related life factors and the effects on an individual's mental health and lifestyle and the application within counseling.
7. Group Counseling – Develop both theoretical and experiential understanding of group process, development, dynamics, group counseling theories, methods, skills, and other group approaches.
8. Assessment – Gain knowledge and skills in assessment techniques, including standardized instruments, interviewing, and suicide and risk of violence assessment as well as apply concepts to individual and group appraisal. Demonstrate an ability to evaluate, analyze, and apply information to make evidence-based decisions and solve problems consistent with effective client change.
9. Psychodiagnosis– Develop a working knowledge of psychodiagnosis, the ethical application and its effect on treatment and counseling practice.
10. Addictions – Gain knowledge and skills in assessment and treatment of individuals with addictive issues.
11. Crisis, Trauma, and Suicide – Demonstrate sufficient knowledge and skills associated with counseling in crisis settings, addressing trauma in clients and assessing and responding to risk of suicide.
12. Research and Program Evaluation – Develop the ability to read, critique, evaluate, and contribute to professional research literature.

B. Clinical Mental Health Objectives

1. CMHC1. Mental Health Systems – Demonstrate sufficient knowledge and skills associated with working in multi-disciplinary Mental Health care setting and have practical knowledge in the areas of service, prevention, treatment, referral, and program management.
2. CMHC2. Psychopharmacology and Treatment Planning – Demonstrate an ability to develop and implement a treatment planning and a basic understanding of psychopharmacology and how treatment is applied in integrated mental health care.
3. CMHC3. Counseling Families and Couples – Demonstrate an understanding of systems theory and its application to the dynamic of families and couples.

C. School Counseling Objectives

1. SC1. Comprehensive School Counseling – Develop and demonstrate an understanding of the foundations of school counseling, including the school environment, educational processes, multifaceted prevention and interventions and effective program assessment skills to access and obtain data to evaluate intervention effectiveness.
2. SC2. School Services – Evaluate school counseling efficacy related to closing the achievement, opportunity and attainment gaps. Identify instruments for measuring school counseling outcomes and use achievement related data to demonstrate school counselor efficacy.
3. SC3. Counseling Interventions for Student Success – Demonstrated understanding of the application of developmental theory in the practice of counseling children and adolescents.

D. Marriage, Couples and Family Student Learning Objectives

1. Families and Couples from a Systems Perspective – Develop and demonstrate understanding of the major models used in couples and family counseling and applying systems thinking in case formulation.

2. Practice of Marriage and Family Counseling – Develop proficiency in the skills and techniques of systems-oriented counseling approaches and their use in work with couples and families.
3. Counseling Children and Adolescents in the Family System – Demonstrate the ability to assess a client system’s resources and constraints through the various perspectives including organization, sequences, development, multicultural, gender, and internal family system and select appropriate intervention strategies.

E. Addictions Counseling Student Learning Objectives

1. Biopsychosocial Aspects of Addiction – Develop an expanded understanding to addictions and substance abuse that includes concepts such as genetic predispositions, psychological factors, trauma, abuse, family, cultural and political issues and how these interact to influence the treatment of addictions.
2. Treatment of Addictions – Integrate counseling skills with knowledge of addictions to facilitate effective addictions treatment to maintain long term recovery as well as promote healthy practices, self-awareness, and self-care.

F. Practical Application Objectives

1. Experiential Learning – Through supervised practicum and internship experiences, develop, demonstrate, and integrate the knowledge and skills needed to be successful as practicing counselors.
2. Personal Growth and Understanding – Enhance professional dispositions and develop, through self-reflection and insight, an understanding of oneself and the use of self in the counseling process. Develop a personal approach to counseling and client advocacy with a clear understanding of counselor roles and functions.

Course Schedule/Delivery

The Counseling programs use a hybrid delivery method. To be an effective counselor, students must have the foundational knowledge of the areas outlined above in the program objectives. Much of this information can be obtained through reading and online study. Therefore, a significant portion of the acquisition of foundational knowledge will be facilitated by faculty in the online environment. Students will then come to class one night per week and, along with their co-learners, will apply that knowledge to practical situations that are facilitated by experienced faculty. This process will foster skill acquisition and integration of knowledge and practice into application.

Students will take three courses per semester, with one course running the full semester and the other two courses running for eight weeks consecutively. Therefore, students will be taking two classes at a time and completing three courses each semester.

Courses have been sequenced and grouped to allow the student to integrate knowledge into the larger concepts of the art and science of counseling. The first few semesters are heavier on foundational knowledge. The program then moves to knowledge that is needed for practice, following which, basic and intermediate counseling skills will be taught. Finally, each student will complete a supervised practicum and internship experience where mastery of the integration of knowledge and skill will be achieved in preparation for a professional career as a counselor.

Research and practice have demonstrated that the counselor as a person has a profound impact on the therapeutic relationship. Therefore, the program will monitor, assess, and attempt to enhance the personal and professional disposition of all students.

Refer to the Program Outline and Program Calendars sections below for more complete details regarding the course sequence.

Admission Requirements

All students admitted to the Counseling Program will meet the following qualifications:

1. A baccalaureate degree from a regionally accredited college or university;
2. An overall minimum 2.75 undergraduate grade point average on a 4.0 scale;
3. An acceptable undergraduate statistics course with grade of a C or higher;
4. Acceptable test scores from one of the following standardized tests: GRE, MAT, or PLT. (This criterion is waived for applicants who have an UGPA of 3.0 or better or hold a conferred master's degree or higher);
5. Three letters of recommendations (at least 2 from professional references);
6. Successful completion of an interview with Counseling Program Admissions Committee; and
7. Recommendation for admission from the Counseling Program Admissions Committee.

The Clinical Mental Health Counseling and School Counseling master's degree programs are accredited by the Council for Accreditation of Counseling and Related Educational Programs (CACREP) and have been determined to be ... "in full compliance with all applicable accreditation standards and policies." The accreditation cycle for the Clinical Mental Health Counseling and School Counseling specialty areas runs through October 31, 2031.

(www.cacrep.org/) - Noted limitations: Post-masters counseling certificate programs are not accredited by CACREP, nor are the additional two MS degree programs offered - Addictions Counseling, and Marriage, Couples, and Family Counseling.

Program Outline & Requirements

Course Code & Title		Credits
Core Counseling Courses: (all courses required)		
	CO 610 Counseling Orientation & Ethics	3
	CO 611 Social & Cultural Counseling (8-week course)	3
	CO 612 Human Development (8-week course)	3
	CO 613 Research Methods & Program Evaluation	3
	CO 614 Career Counseling (8 week course)	3
	CO 615 Assessment & Testing (8 week course)	3
	CO 616 Psychodiagnosis	3
	CO 617 Crisis, Trauma & Suicide (8-week course)	3
	CO 618 Substance Abuse & Addictions (8 week course)	3
	CO 619 Theories in Counseling (8-week course)	3
	CO 630 Counseling Skills	3
	CO 631 Group Counseling (8-week course)	3
Core Counseling Course Total:		36
Concentration Courses: (3 courses, 9 credits required)		
Addictions Counseling	CO 651 Psychopharmacology & Treatment Planning	3
	CO 656 Treatment of Addictions (8-week course)	3
	CO 657 Biopsychosocial Aspects of Addiction (8-week course)	3
Clinical Mental Health Counseling	CO 650 Mental Health Care Systems (8-week course)	3
	CO 651 Psychopharmacology & Treatment Planning (8-week course)	3
	One of the following: CO 652 Systems Theory for Families & Couples (8-week course) CO 653 Practice of Marriage & Family Counseling (8-week course) CO 654 Counseling Children & Adolescents in the Family System	3
Marriage, Couples, and Family Counseling	CO 652 Systems Theory for Families & Couples (8-week course)	3
	CO 653 Practice of Marriage & Family Counseling	3
	CO 654 Counseling Children & Adolescents in the Family System (8-week course)	3
School Counseling	CO 640 Foundations of School Counseling – Models & Systems (8-week course)	3
	CO 641 College & Career Readiness (8-week course)	3
	CO 642 School Counseling Interventions for Student Success (8-week course)	3
Concentration Course Total:		9
Clinical Experience Courses: (2 courses, 9 credits required)		
Addictions Counseling	CO 670 Counseling Practicum	3
	CO 673A-D Counseling Internship: Addictions	1-6
Clinical Mental Health Counseling	CO 670 Counseling Practicum	3
	CO 671A-D Counseling Internship: Mental Health	1-6
Clinical Rehabilitation Counseling	CO 670 Counseling Practicum	3
	CO 674A-D Counseling Internship: Clinical Rehabilitation	1-6
Marriage, Couples, and Family Counseling	CO 670 Counseling Practicum	3
	CO 675A-D Counseling Internship: Marriage, Couples, & Family	1-6
School Counseling	CO 670 Counseling Practicum	3
	CO 672A-D Counseling Internship: School	1-6
Clinical Experience Course Total:		9

Cont . . .

Elective Courses: (2 courses, 6 credits required)	
CO 643 School Counseling Leadership & Management	3
CO 655 Field Work in Counseling	3
CO 659 Human Sexuality (8-week course)	3
CO 661 Mindfulness & Meditation (8-week course)	3
CO 662 Therapeutic Play	3
CO 663 Introduction to Creativity in Counseling: Theory and Practice	3
CO 699A-C Special Topics in Counseling	1-3
Other Elective – to be determined with program advisor	3
Elective Course Total:	6
Total Program Required Credits:	60

Dual-Degree Option:

Requirement (See outline above for course detail)	Credits
Counseling Core	36
First program specialty of choice – Concentration Courses	9
Second program specialty of choice – Concentration Courses	9
CO 670 Counseling Practicum	3
First program specialty of choice – Counseling Internship	6
Second program specialty of choice – Counseling Internship	6
Elective Course	3
Total Dual-Degree Required Credits:	72

Program Calendars

Master of Science in Counseling – All specialties

Semester	Course	Credits
Semester 1 Winter 2027	CO 610 Counseling Orientation & Ethics	3
	CO 611 Social & Cultural Counseling (8-week course)	3
	CO 612 Human Development (8-week course)	3
		9
Semester 2 Summer 2027	CO 613 Research Methods & Program Evaluation	3
	CO 614 Career Counseling (8-week course)	3
	CO 615 Assessment & Testing (8-week course)	3
		9
Semester 3 Fall 2027	CO 616 Psychodiagnosis	3
	CO 617 Crisis, Trauma & Suicide (8-week course)	3
	CO 618 Substance Abuse & Addictions (8-week course)	3
		9
Semester 4 Winter 2028	CO 630 Counseling Skills	3
	CO 619 Theories in Counseling (8-week course)	3
	CO 631 Group Counseling (8-week course)	3
		9
Semester 5 Summer 2028	CO 670 Counseling Practicum	3
	Concentration Course(s)*	(3-6)
	Elective Course(s)*	(3-6)
		(6-9)
Semester 6 Fall 2028	CO 67XA Counseling Internship: (specialty)	(1-6)§
	Concentration Course(s)*	(3-6)
	Elective Course(s)*	(3-6)
		(6-9)
Semester 7 Winter 2029	CO 67XB Counseling Internship: (specialty)	(1-6)§
	Concentration Course(s)*	(3-6)
	Elective Course(s)*	(3-6)
		(6-9)
Total Program Required Credits:		60
<i>Five-year deadline for program completion from start date of program.</i>		

*Individual student schedules will vary, depending on interest and courses being offered, and will be created with program leadership

§ Course is offered with variable credits. Overall, 6 credits of internship are required and can be split between semesters.

Dual-Degree Option – Combine two specialties

Semester	Course	Credits
Semester 1 Winter 2027	CO 610 Counseling Orientation & Ethics	3
	CO 611 Social & Cultural Counseling (8-week course)	3
	CO 612 Human Development (8-week course)	3
		9
Semester 2 Summer 2027	CO 613 Research Methods & Program Evaluation	3
	CO 614 Career Counseling (8-week course)	3
	CO 615 Assessment & Testing (8-week course)	3
		9
Semester 3 Fall 2027	CO 616 Psychodiagnosis	3
	CO 617 Crisis, Trauma & Suicide (8-week course)	3
	CO 618 Substance Abuse & Addictions (8-week course)	3
		9
Semester 4 Winter 2028	CO 630 Counseling Skills	3
	CO 619 Theories in Counseling (8-week course)	3
	CO 631 Group Counseling	3
		9
Semester 5 Summer 2028	CO 670 Counseling Practicum	3
	Concentration Course(s)*	(3-6)
	Elective Course(s)*	(3-6)
		(6-9)
Semester 6 Fall 2028	CO 67X Counseling Internship: (first specialty)	(1-6)§
	CO 67X Counseling Internship: (second specialty)	(1-6)§
	Concentration Course(s)*	(3-6)
	Elective Course(s)*	(3-6)
		(6-9)
Semester 7 Winter 2029	CO 67X Counseling Internship: (first specialty)	(1-6)§
	CO 67X Counseling Internship: (second specialty)	(1-6)§
	Concentration Course(s)*	(3-6)
	Elective Course(s)*	(3-6)
		(6-9)
Semester 8 Summer 2029	Concentration Course(s)*	(3-6)
	Elective Course(s)*	(3-6)
	Subsequent Counseling Internship Course(s) as necessary	(1-6)
		(6-9)
Semester 9 Fall 2029	Concentration Course(s)*	(3-6)
	Elective Course(s)*	(3-6)
	Subsequent Counseling Internship Course(s) as necessary	(1-6)
		(6-9)
Total Program Required Credits:		72
<i>Five-year deadline for program completion from start date of program.</i>		

*Individual student schedules will vary, depending on interest and courses being offered, and will be created with program leadership

§ Course is offered with variable credits. Overall, 6 credits of internship are required and can be split between semesters.

Course Descriptions

Core Counseling Courses

CO 610 Counseling Orientation & Ethics (3 credits)

A review of the historical, philosophical, societal, cultural, economic and political dimensions of and current trends in the community mental health movement; a historical perspective of the counseling profession, counselor roles and functions, professional affiliations, and professional legal and ethical decision-making skills.

CO 611 Social & Cultural Counseling (3 credits)

Present the cultural context of the counseling relationship; examination of issues and concerns related to such factors as culture, ethnicity, age, gender, sexual orientation, religious and spiritual values, socioeconomic status and other various unique characteristics.

CO 612 Human Development (3 credits)

Theories of human development; developmental crises, tasks and transitions across one's lifespan; theories of learning and personality development; strategies for facilitating optimal human development.

CO 613 Research Methods & Program Evaluation (3 credits)

An overview of the qualitative and quantitative research methods, including the ability to critically examine research and the basic principles of disseminating professional knowledge.

CO 614 Career Counseling (3 credits)

Exploration of educational and career planning – theories, decision-making models, assessment inventories, and resources, and its integration with human development.

CO 615 Assessment & Testing (3 credits)

Examination of the most frequently used assessment and testing procedures in counseling, outcome evaluation, multicultural issues, ethical and legal issues.

CO 616 Psychodiagnosis (3 credits)

Examination of the development of diagnostic and case conceptualization skills, major theories of etiology & treatment, and diagnostic principles and skills.

CO 617 Crisis, Trauma & Suicide (3 credits)

An introduction to the theories, principles and concepts of crisis intervention; contemporary techniques of crisis intervention and resolution used in community, school, family and individual counseling settings and the prevention and treatment of trauma.

CO 618 Substance Abuse & Addictions (3 credits)

Examination of substance abuse and process addictions in multiple populations - the effects of drugs and/or other addictive behaviors on the client and others. The various etiologies – including diagnosis and implications for counseling and treatment.

CO 619 Theories in Counseling (3 credits)

Examination of the major models of counseling and psychotherapy, theoretical integration, review of outcome research, and its implication with the counseling relationship.

CO 630 Counseling Skills (3 credits)

Introduction to the knowledge, techniques, skills, and processes basic to initiating and conducting an effective counseling relationship; discussion and attention to the specific nature and process of helping, as well as the unique attitudes and skills required of the effective helper.

CO 631 Group Counseling (3 credits)

Overview of the theoretical and experiential components of the nature of group counseling, group dynamics, and group leadership.

Addictions Counseling Courses

CO 651 Psychopharmacology & Treatment Planning (3 credits)

Introduction to the field of psychopharmacology. Integration of diagnostic, case conceptualization, and treatment planning skills; review of best practice guidelines.

CO 656 Treatment of Addictions (3 credits)

In depth look at the historical and current evidence-based treatment procedures and techniques of substance abuse and addictions treatment.

CO 657 Biopsychosocial Aspects of Addiction (3 credits)

Examination of the biopsychosocial aspects of substance abuse and addictions; with a focus on the physical predispositions, family history and systemic trauma as well as current social mores and legal perspectives.

Clinical Mental Health Counseling Courses

CO 650 Mental Health Care Systems (3 credits)

Overview of the knowledge and skills necessary to successfully operate in mental health care treatment systems.

CO 651 Psychopharmacology & Treatment Planning (3 credits)

Introduction to the field of psychopharmacology. Integration of diagnostic, case conceptualization, and treatment planning skills; review of best practice guidelines.

CO 652 Systems Theory for Families & Couples (3 credits)

A review of systems theories and techniques, issues related to family and couples, theoretical foundations, ethical, and legal issues.

CO 653 Practice of Marriage and Family Counseling (3 credits)

The practical application of system theory in use with counseling couples and families with a focus on effective skills and techniques.

CO 654 Counseling Children and Adolescents in the Family System (3 credits)

The application of development and system theory in counseling children and adolescents and circular causality with the family and other systems.

Marriage, Couples, and Family Counseling Courses

CO 652 Systems Theory for Families & Couples (3 credits)

A review of systems theories and techniques, issues related to family and couples, theoretical foundations, ethical, and legal issues.

CO 653 Practice of Marriage and Family Counseling (3 credits)

The practical application of system theory in use with counseling couples and families with a focus on effective skills and techniques.

CO 654 Counseling Children and Adolescents in the Family System (3 credits)

The application of development and system theory in counseling children and adolescents and circular causality with the family and other systems.

School Counseling Courses

CO 640 Foundations of School Counseling – Models & Systems (3 credits)

Foundation of school counseling, including; history, comprehensive guidance, and the politics of counseling services in schools.

CO 641 College & Career Readiness (3 credits)

Theories and techniques for developmental counseling with children, including college and career readiness, social development, normal and abnormal development and other issues such as bullying, suicide, substance use and so forth, that children and adolescents face.

CO 642 School Counseling Interventions for Student Success (3 credits)

The organization, administration and delivery of school counseling services in grades PK-12 (elementary, middle, and secondary schools).

Clinical Experience Courses

CO 670 Counseling Practicum (3 credits)

Supervised counseling with clients, including development of counseling skills through intensive weekly group and individual supervision. Completion of a minimum of 100 clock hours, with at least 40 client contact hours. Students develop conceptual and professional skills related to their practice at a clinical placement site and practice various specified counseling- and related-activities. *Prerequisites: CO 630 (or approval from the Program Director)*

CO 671A-D Counseling Internship: Mental Health (1-6 credits)

Supervised counseling with clients, continued development of student counseling skills. Includes weekly group and individual supervision. Must complete a minimum of 600 clock hours including at least 240 client contact hours in each specialized area (Mental Health, School, Addictions, Clinical Rehabilitation or Marriage, Couples, and Family Counseling). Students develop conceptual and professional skills related to their specialty at an approved placement site and practice various specified counseling- and related-activities. Students must demonstrate competence of the integration of all knowledge and skills in counseling. *Prerequisites: CO 670 (or approval from the Program Director)*

CO 672A-D Counseling Internship: School (1-6 credits)

Supervised counseling with clients, continued development of student counseling skills. Includes weekly group and individual supervision. Must complete a minimum of 600 clock hours including at least 240 client contact hours in each specialized area (Mental Health, School, Addictions, Clinical Rehabilitation or Marriage, Couples, and Family Counseling). Students develop conceptual and professional skills related to their specialty at an approved placement site and practice various specified counseling- and related-activities. Students must demonstrate competence of the integration of all knowledge and skills in counseling. *Prerequisites: CO 670 (or approval from the Program Director)*

CO 673A-D Counseling Internship: Addictions (1-6 credits)

Supervised counseling with clients, continued development of student counseling skills. Includes weekly group and individual supervision. Must complete a minimum of 600 clock hours including at least 240 client contact hours in each specialized area (Mental Health, School, Addictions, Clinical Rehabilitation or Marriage, Couples, and Family Counseling). Students develop conceptual and professional skills related to their specialty at an approved placement site and practice various specified counseling- and related-activities. Students must demonstrate competence of the integration of all knowledge and skills in counseling. *Prerequisites: CO 670 (or approval from the Program Director)*

CO 675A-D Counseling Internship: Marriage, Couples, & Family (1-6 credits)

Supervised counseling with clients, continued development of student counseling skills. Includes weekly group and individual supervision. Must complete a minimum of 600 clock hours including at least 240 client contact hours in each specialized area (Mental Health, School, Addictions, Clinical Rehabilitation or Marriage, Couples, and Family Counseling).

Students develop conceptual and professional skills related to their specialty at an approved placement site and practice various specified counseling- and related-activities. Students must demonstrate competence of the integration of all knowledge and skills in counseling. *Prerequisites: CO 670 (or approval from the Program Director)*

Elective Courses

CO 643 School Counseling Leadership & Management (3 credits)

This School Counselor course is an overview of lesson planning, curriculum organization and delivery. Students will attain the skills necessary to establish and maintain an effective school counseling program using the framework specific to the delivery system of the American School Counselor Association (ASCA) National Model.

CO 655 Field Work in School Counseling (3 credits)

The Field Work in School Counseling will allow students to gain knowledge and develop an understanding of the environment and culture of the school. Students will be exposed to and be able to observe and shadow various school administrative and teaching personnel. This immersive experience will be facilitated by school personnel and supervised by an experienced school counselor.

CO 659 Human Sexuality (3 credits)

This course seeks to foster healthy attitudes toward sexuality by providing knowledge and having discussions about the formation of sexual attitudes and myths, the physiology of human sexual systems, psychological aspects of sex roles, love and human sexuality, sexual minorities, and the legal aspects of sexuality.

CO 661 Mindfulness & Meditation (3 credits)

This course is an overview of the Bio-Psycho-Social-Spiritual Aspects of Mindfulness and Meditation, including the history, current research, major theories, and therapeutic benefits of mindfulness; with a primary focus on mindfulness application in counseling and wellness settings.

CO 662 Therapeutic Play (3 credits)

This course is focused on the use of therapeutic play in counseling. History of play in counseling, theoretical orientations to play counseling, foundations of play counseling, practice of play counseling, and assessment are major areas of focus of the course.

CO 663 Introduction to Creativity in Counseling: Theory and Practice (3 credits)

This course will explore the application of creativity in mental health counseling, with a focus on the principles and practices endorsed by the American Counseling Association's Division, the Association for Creativity in Counseling. It will provide a comprehensive survey of creativity as an inherent capacity, examining it from a relational perspective through the counseling paradigms. Students will also be introduced to the field of creative

arts therapies, including drama, dance, music, art, and poetry therapy. The course will cover appropriate techniques from these modalities that counselors can integrate into their practice. Designed to be both didactic and experiential, the course will support students in developing and exploring their creative identity as counselors. Through a blend of theoretical insights and practical application, students will gain a deeper understanding of how creativity can enhance their counseling practice.

CO 699A-C Special Topics in Counseling

(1-3 credits)

Special topics course will address current developments or special-interest topics within the counseling profession. Each offering will include section-specific learning objectives. Students may repeat this course by taking different sections. Topic, learning objectives, and credits will be determined prior to registration and outlined in a unique section-specific syllabus.