WILMINGTON

MHC 6401
(05/2019)
COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES
BASIC COURSE INFORMATION

COURSE TITLE: Theories of Counseling

COURSE NUMBER: MHC 6401

PREREQUISITES: *MHC 6505, MHC 7605, MHC 6402*

A-2 Be knowledgeable about the application of empirically-based counseling theories in a clinical mental health counseling environment including counselor characteristics and helping behaviors**.** (F.5.a, F.5.b, F.5.f, F.5.j, F.8.b, C.1.b, C.3.b)

F.5.a. theories and models of counseling
F.5.b. a systems approach to conceptualizing clients
F.5.f. counselor characteristics and behaviors that influence the counseling process
F.5.j. evidence-based counseling strategies and techniques for prevention and intervention
F.8.b. identification of evidence-based counseling practices
C.1.b. theories and models related to clinical mental health counseling
C.3.b. techniques and interventions for prevention and treatment of a broad range of mental health issues

GOAL B:

Understand and integrate a variety of models and theories related to clinical mental health counseling and develop a personal model of counseling. (CACREP STANDARDS F.3.c, F.5.a, F.5.b, F.5.f, F.5.j, F.5.n, F.8.b; CLINICAL MENTAL HEALTH COUNSELING STANDARDS C.1.b, C.3.b)

Knowledge Learning Outcomes: The student will:

B-1 Be knowledgeable about empirically-based counseling theories related to clinical mental health counseling. (F.3.c, F.5.a, F.5.b, F.5.f, F.5.j, F.8.b, C.1.b, C.3.b)

F.3.c. theories of normal and abnormal personality development
F.5.a. theories and models of counseling
F.5.b. a systems approach to conceptualizing clients
F.5.f. counselor characteristics and behaviors that influence the counseling process
F.5.j. evidence-based counseling strategies and techniques for prevention and intervention
F.8.b. identification of evidence-based counseling practices
C.1.b. theories and models related to clinical mental health counseling
C.3.b. techniques and interventions for prevention and treatment of a broad range of mental health issues

B-2 Be able to summarize specific counseling theories and demonstrate how the theories can be integrated into a personal model of clinical mental health counseling. (F.5.a, F.5.f, F.5.j, F.5.n; C.1.b, C.3.b)

F.5.a. theories and models of counseling
F.5.f. counselor characteristics and behaviors that influence the counseling process
F.5.j. evidence-based counseling strategies and techniques for prevention and intervention
F.5.n. processes for aiding students in developing a personal model of counseling
C.1.b. theories and models related to clinical mental health counseling
C.3.b. techniques and interventions for prevention and treatment of a broad range of mental health issues

GOAL C:

GOAL D:
Understand current literature that outlines theories, approaches, strategies, and techniques shown to be effective when working with specific populations of clients with mental and emotional disorders. (CACREP STANDARDS F.8.a, F.8.b; CLINICAL MENTAL HEALTH COUNSELING STANDARDS C.1.b, C.3.b)

Knowledge Learning Outcomes: The student will:

D-1 **Be knowledgeable about current literature regarding counseling theories, strategies, and techniques shown to be effective when working with specific populations of clients and the application of that information in the treatment of clients with mental health disorders.** (F.8.a, F.8.b, C.1.b, C.3.b)

F.8.a. the importance of research in advancing the counseling profession, including how to critique research to inform counseling practice
F.8.b. identification of evidence-based counseling practices
C.1.b. theories and models related to clinical mental health counseling
C.3.b. techniques and interventions for prevention and treatment of a broad range of mental health issues

GOAL E:
Understand theories of learning and personality development, including current understanding about neurobiological behavior and understand theories for facilitating optimal development and wellness over the life span. (CACREP STANDARDS F.3.c; CLINICAL MENTAL HEALTH COETC0.0000091w(L12 92 reWB/F5 12 Tf1 0 0 1 108.02 4)9u1 0 0 1