

- 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

A-2 Understand the importance of and strategies for integrating multicultural competencies (i.e. awareness, knowledge, and skills) in an intentional manner in the counseling process. (F.1.k, F.2.d, F.2.e, F.2.g, F.2.h, F.5.a, F.5.f, F.5.g, F.5.j, C.1.b, C.2.j, C.2.l, C.3.b)

- F.1.k. strategies for personal and professional self-evaluation and implications for practice
- F.2.d. the impact of heritage, attitudes, beliefs, understandings, and acculturative experiences on an individual's views of others
- F.2.e. the effects of power and privilege for counselors and clients
- F.2.g. the impact of spiritual beliefs on clients' and counselors' worldviews
- F.2.h. strategies for identifying and eliminating barriers, prejudices, and processes of intentional and unintentional oppression and discrimination
- F.5.a. theories and models of counseling
- F.5.f. counselor characteristics and behaviors that influence the counseling process
- F.5.g. essential interviewing, counseling, and case conc

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

F.8.b. identification of evidence-based counseling practices

C.1.b. theories and models related to clinical men

C.3.b. techniques and interventions for prevention and treatment of a broad range of mental health issues

C-3 Understand the stages of an effective helping interview and be able to identify the relevant basic skills, advanced skills, and influencing skills to progress efficiently through the appropriate stages for the purpose of the helping interview. (F.5.a, F.5.f, F.5.g, F.8.b, C.1.b, C.2.j, C.2.l, 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.g. essential interviewing, counseling, and case conceptualization skills

F.8.b. identification of evidence-based counseling practices

C.1.b. theories and models related to clinical mental health counseling

C.2.j. cultural factors relevant to clinical mental health counseling

C.2.l. legal and ethical considerations specific to clinical mental health counseling

C.3.b. techniques and interventions for prevention and treatment of a broad range of mental health issues

Skill Learning Outcomes: The student will:

C-4 Demonstrate the ability, in a culturally sensitive manner, to use basic and advanced counseling and influencing skills to progress efficiently through the appropriate stages of an initial helping interview that assists clients to communicate about and understand their issues and motivates clients to engage in a process of change. (F.1.i, F.5.a, F.5.f, F.5.g, F.5.n, F.8.b, C.1.b, C.2.j, C.2.l, C.3.a, C.3.b)

F.1.i. ethical standards of professional counseling organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling

F.5.a. theories and models of counseling

F.5.f. counselor characteristics and behaviors that influence the counseling process

F.5.g. essential interviewing, counseling, and case conceptualization skills

F.5.n. processes for aiding students in developing a personal model of counseling

F.8.b. identification of evidence-based counseling practices

C.1.b. theories and models related to clinical mental health counseling

C.2.j. cultural factors relevant to clinical mental health counseling

C.2.l. legal and ethical considerations specific to clinical mental health counseling

C.3.a. intake interview, mental status evaluation, biopsychosocial history, mental health history, and psychological assessment for treatment planning and caseload management

C.3.b. techniques and interventions for prevention and treatment of a broad range of mental health issues

GOAL D:

Identify, select, and implement in a culturally sensitive manner theoretically anchored and empirically supported basic intervention strategies to assist clients in the change process.

(CACREP STANDARDS F.1.i, F.5.a, F.5.f, F.5.g, F.8.b; CLINICAL MENTAL HEALTH COUNSELING STANDARDS C.1.b, C.2.j, C.2.l, C.3.b)

Knowledge Learning Outcomes: The student will:

- D-1 Be knowledgeable about individual counseling strategies and specific interventions related to humanistic, behavioral, and cognitive approaches to counseling and empirical evidence to support the selection of that strategy/intervention.** (F.1.i, F.5.a, F.5.f, F.5.g, F.8.b, C.1.b, C.2.j, C.2.l, C.3.b)

F.1.i. ethical standards of professional counseling organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling

F.5.a. theories and models of counseling

F.5.f. counselor characteristics and behaviors that influence the counseling process

F.5.g. essential interviewing, counseling, and case conceptualization skills

F.8.b. identification of evidence-based counseling practices

C.1.b. theories and models related to clinical mental health counseling

C.2.j. cultural factors relevant to clinical mental health counseling

C.2.l. legal and ethical considerations specific to clinical mental health counseling

C.3.b. techniques and interventions for prevention and treatment of a broad range of mental health issues

GOAL F:

Demonstrate the ability to recognize his or her own limitations as a clinical mental health counselor and to seek supervision or refer clients when appropriate. (CACREP STANDARDS F.1.k, F.5.n; CLINICAL MENTAL HEALTH COUNSELING STANDARDS C.2.1)

Skill Learning Outcomes: The student will:

F-1 Demonstrate an understanding of his or her strengths and weaknesses in the provision of mental health counseling interviews and in the use of intervention strategies and techniques and identify strategies to improve the ability to be an effective counselor. (F.1.k, F.5.n, C.2.1)

F.1.k. strategies for personal and professional self-evaluation and implications for practice

F.5.n. processes for aiding students in developing a personal model of counseling

C.2.1. legal and ethical considerations specific to clinical mental health counseling

ADDITIONAL INTENDED COURSE OUTCOMES