



MHC 8062

(06/2019)

**COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES
BASIC COURSE INFORMATION**

COURSE TITLE: Advanced Seminar: Cognitive-Behavioral Counseling

COURSE NUMBER: MHC 8062

PREREQUISITES: *MHC 6401, MHC 650, MHC 6402*

COURSE DESCRIPTION: This course provides an advanced exploration of the theories, principles, and skills of cognitive and cognitive behavioral approaches to counseling.

I. MAJOR INSTRUCTIONAL GOALS:

GOAL A:

Understand cognitive behavioral therapy and counseling theories that provide the student with models to conceptualize client presentation and help the student select appropriate counseling interventions (CACREP F.5.a, F.5.b, F.5.d, F.5.f, F.5.g, F.5.j; CLINICAL MENTAL HEALTH COUNSELING STANDARDS C.1.b, C.3.b)

Knowledge Learning Outcome: The student will:

A-1 Be knowledgeable about cognitive behavioral therapeutic models and how they are selected and applied in clinical mental health counseling practice. F.5.a, F.5.b, F.5.d, F.5.f, F.5.g, F.5.j, 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.d. ethical and culturally relevant strategies for establishing and maintaining in-person and technology-assisted relationships

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

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

F.5.j. evidence-based counseling strategies and techniques for prevention and intervention

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 how to use research and current literature that outlines cognitive behavioral therapy theories, approaches, strategies, and techniques shown to be effective when working with specific populations of clients with mental and emotional disorders to inform evidence-based practice. (CACREP STANDARDS F.5.a, F.5.j, F.8.a, 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 evidence-based practices of cognitive behavioral therapy and of current empirically based research to inform the use of cognitive behavioral theories, approaches, strategies, and techniques shown to be effective when working with specific populations of clients with mental and emotional disorders.** (F.5.a, F.5.j, F.8.a, F.8.b, C.1.b, C.3.b)

F.5.a. theories and models of counseling

F.5.j. evidence-based counseling strategies and techniques for prevention and intervention

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 C:

Demonstrate the ability to apply culturally responsive cognitive behavioral therapy theories, approaches, skills, strategies, and techniques when counseling clients (CACREP STANDARDS F.5.a, F.5.d, F.5.f, F.5.g, F.5.j, F.5.n; CLINICAL MENTAL HEALTH COUNSELING STANDARDS C.1.b, C.2.j, C.3.b)

Skill Learning Outcome: The student will:

- C-1 Demonstrate the effective use of a culturally responsive cognitive behavioral therapy approach.** (F.5.a, F.5.d, F.5.f, F.5.g, F.5.j, F.5.n, C.1.b, C.2.j, C.3.b)

F.5.a. theories and models of counseling

F.5.d. ethical and culturally relevant strategies for establishing and maintaining in-person and technology-assisted relationships

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

F.5.g. essential interviewing, counseling, and case conceptualizat

