

**International Conference
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Curriculum Design In Counselor Education

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Outline

- **Jesuit Education & Counseling**
- **Holistic Health**
- **Counseling Profession**
- **Clinical Mental Health Counseling (CMHC)**
- **CMHC Curriculum**
- **Professional Attributes**

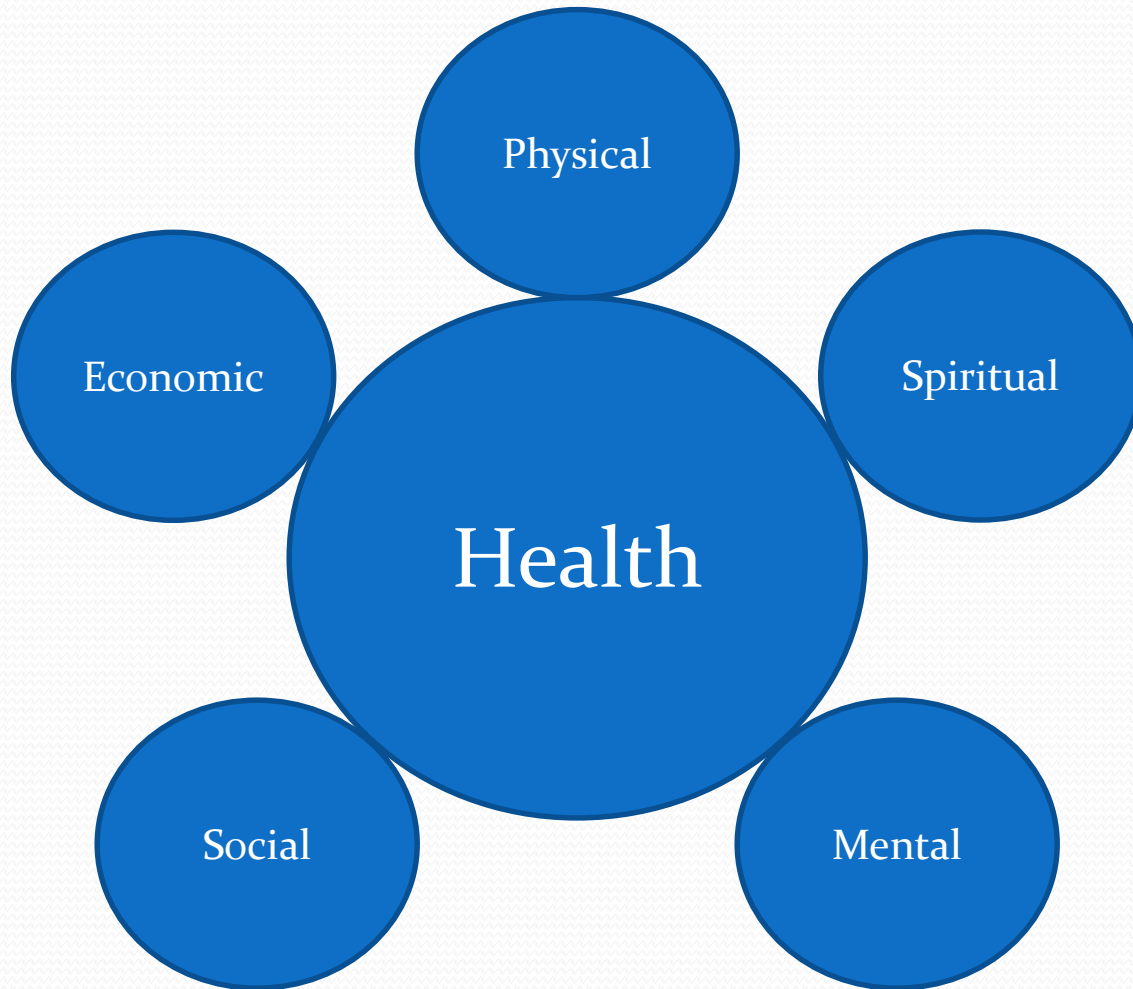
University of Scranton

- Private, Catholic, Jesuit
- Co-Educational
- Founded in 1888
- 28 Jesuit Universities

Jesuit Education & Ignatian Spirituality

- Each person is unique – mind, body & spirit “Cura Personalis”
- Dignity & positive regard
- Advocating for others
- Social justice
- Local & global perspectives
- Critical thinking
- Sensitive to diversity
- Reflection
- Discernment
- “Magis” – Searching for “the more universal good”

Holistic Health Model



Goals For Improving Community Health

1. Attain high-quality, longer lives free of preventable disease, disability, injury and premature death.
2. Achieve health equity, eliminate disparities and improves the health of all groups.
3. Create social and physical environments that promote good health for all.
4. Promote quality of life, healthy development and health behaviors across all life stages.
5. Medical cost averted through improved quality of life

The Profession of Health and Human Services

1. Clinical Mental Health Counseling (Behavioral)
2. Rehabilitation Counseling
3. School Counseling:
 - Primary School
 - Secondary School
4. University Counseling

The Professions of Health and Human Services

5. Community Health Education (Counseling)
 - Diabetes
 - Nutrition
 - Exercises
 - Chronic Diseases
6. Vocational Counseling:
 - Testing
 - Career Placement
 - 2nd Careers
 - Rehabilitation

Clinical Mental Health Counseling

- Mental health
 - Depression
 - Suicide
- Domestic violence
- Alcoholism
- Drug abuse
- Post Traumatic Stress Disorder (PTSD)
- Smoking cessation

Clinical Mental Health Counseling

- People With Chronic Disabilities
 - Orthopedic
 - Neurological
 - Cardiac
 - Pulmonary
- Marginalized Persons
 - Roma population
 - Latino population
- Single Parents

Clinical Mental Health Counseling

- Behavioral Health and Wellness
- Career Adjustment and Placement
- Environmental Health
- Natural Disasters
- Infectious Diseases
- Humanitarian Emergencies

Master of Science in Clinical Mental Health Counseling

- Public & Private Setting
- Specific Field of Study
- Services include:
 - Advocacy
 - Prevention & Education
 - Outpatient
 - Inpatient
 - Residential
 - Crises / Emergency

Master of Science in Clinical Mental Health Counseling

- May Utilize Different Counseling Modalities:
 - Individual Theory
 - Couple Theory
 - Family Theory
 - Group Theory
- A Collaborative Effort That:
 - Empowers clients
 - Emotional growth
 - Cognitive growth
 - Behavioral growth
 - Relational
 - Spiritual well-being

Clinical Mental Health Counseling Curriculum

- Foundations of Professional Counseling (24 credits required)
 - COUN 501 – Counseling and Interviewing Skills
 - COUN 502 - Counseling Theories
 - COUN 503 – Group process and Practice
 - COUN 504 – Appraisal Techniques
 - COUN 505 – Research Materials
 - COUN 506 – Social and Cultural Issues
 - COUN 507 – Career and Lifestyle Development
 - COUN 508 – Lifespan Development
- Clinical Mental Health Counseling Courses (21 credits required)
 - COUN 500 – Professional Issues: Clinical Mental Health Counseling
 - COUN 540 – Family Counseling and Therapy
 - COUN 549 – Assessment and Diagnosis
 - COUN 560 – Addictive Behaviors
 - COUN 563 – Crisis Intervention
 - COUN 577 – Evidence-Based Practice
 - COUN 578 – Organizational Systems in CMHC
- Clinical Experience (6 credits required)
 - COUN 590 – Practicum: Clinical Mental Health Counseling (100 hours)
 - COUN 595 – Internship: Clinical Mental Health Counseling (600 hours)
- Electives for Specialization (9 credits required)
 - Elective courses may be selected from other graduate counseling courses in the Department of Counseling and Human Services
- **Credits for Degree: 60**

Professional / Personal Attributes In Counseling

1. A Commitment to Wellness
 - A way of life (mind, body & spirit)
 - Lifestyles
2. Commitment to Learning
 - Self assessment
 - Academic & life-management skills
 - Critical thinking skills
 - Ethical decision making
3. Core Academic & Clinical Competencies
 - Core areas
 - Certifying agencies
 - Values, attributes
 - Behaviors & beliefs

Professional / Personal Attributes In Counseling

4. Professional Identity

- Helping profession
- Standards of practice
- Professional attributes & conduct

5. Personal Maturity

- Emotional
- Balanced work-life
- Self awareness

6. Responsibility

- Commitments
- Work habits
- Honesty & integrity

Professional / Personal Attributes In Counseling

7. Interpersonal Skills

- Interact with clients, families
- Other professionals
- Dealing with disparities & diversities
- Feedback
- Assertiveness

8. Problem Solving

- Define problems
- Analyze data
- Research
- Critical thinking

9. Stress Management

- Sources of stress
- Coping behaviors
- Professional performance

Questions and Discussion