INTRODUCTION

The Department of Counseling offers a Master of Science in Counseling, with a specialty in marriage and family therapy.

Our program meets the educational requirements established by the California State Board of Behavioral Sciences (BBS) to pursue licensure as a Marriage and Family Therapist (LMFT, Business and Professions Code Section 4980.36 and 4980.37) and as a Professional Clinical Counselor (LPCC, Business and Professions Code Section 4999.32 or 4999.33, which took effect Aug. 1, 2012).

The Council for Accreditation of Counseling and Related Educational Programs (CACREP), a specialized accrediting body recognized by the Council for Higher Education Accreditation (CHEA), has granted accreditation until March 31, 2015, to the following program in the Department of Counseling at California State University, Fullerton: Community Counseling (M.S.).

We emphasize training clinicians who can serve the needs of individuals, couples, families and groups in their communities. We train students to provide counseling to adults, children, adolescents, couples and families. Our students learn to diagnose and design treatment plans, provide short-term and long-term counseling, conduct group therapy, work with addictions, provide crisis intervention, provide career counseling and maintain a professional identity as a counselor and marriage and family therapist in the community. The program strongly emphasizes a multicultural perspective. We are a culturally diverse faculty that specializes in working with students from different backgrounds. We prepare culturally competent counselors who will be sensitive to the diverse cultural heritages, lifestyles and special needs of individuals and families living in our community.

LEARNING GOALS AND STUDENT LEARNING OUTCOMES

The following learning goals and learning outcomes have been established for students pursuing a degree in Counseling:

Clinical Skills
- Demonstrate effective individual (adults and children), couples, families, and group counseling skills which facilitate client growth
- Demonstrate the ability to evaluate progress toward treatment goals during practicum experiences
- Develop an awareness of and appreciation for social and cultural influences on human behavior and to recognize the impact of individual differences on the counseling process
- Recognize client issues in the context of lifespan development
- Recognize counter-transference that may be interfering with the client’s process, minimize counter-transference through personal work, and understand how counter-transference can be used in therapy
• Identify ethical and legal issues, and apply them appropriately using the decision model

**Conceptualization and Treatment Planning Skills**
• Gain significant knowledge of major counseling theories in the context of individual, couple, family and group counseling, and apply this knowledge to the actual counseling process
• Understanding and application of the DSM-IV-R, psychopharmacology and various psychological assessment instruments
• Recognition and treatment of clients with addictive behaviors

**Professional Identity**
• Demonstrate an understanding of the counseling profession, develop an identity as a counselor and demonstrate a willingness to provide counseling and consultation services with the ethical guidelines of the counseling profession
• Use physical, cognitive, social and emotional counseling strategies, which include principles of wellness, human development, and prevention in addressing clinical issues
• View clients from a systemic (micro system) perspective

**Critical Thinking and Problem Solving**
• Become critical consumers of professional research and literature
• Formulate sound conceptualizations, recognizing bias and misattribution, and reflecting on ways in which therapeutic or research conversations are influenced through language
• Collect and organize random or incomplete information for clinical hypotheses, and systematically inquire about the multiple and varied perspectives of a client
• Integrate prior learning, create a formal system of inquiry, and apply it in a “practicum of research,” which connects the work of researchers and clinicians
• Draw from theoretical and empirical literature, field interviews, and personal experience to develop a knowledge base about unique issues relevant to Californians served by marriage and family therapists and counselors

**Write Effectively**
• Write about various kinds of texts so as to articulate the dimensions of the work
• Demonstrate an awareness of audience, purpose and various rhetorical forms as well as a high level writing within APA format

**MASTER OF SCIENCE IN COUNSELING (60 UNITS)**

**Admission Requirements**

The Department of Counseling welcomes applicants from diverse academic, social and cultural backgrounds. Preparation for the counseling profession is rigorous and multifaceted, necessitating the student’s development in interpersonal, self-reflective and academic realms. Students must meet the CSU requirements for admission to a master’s degree program. Please consult the Graduate Admissions section in this catalog for complete information. In addition, admission to the program is based upon indicators of the applicant’s potential for becoming an effective counseling practitioner including, but not limited to grade point average (GPA), letters of reference, personal statement and departmental interview. Admission is not based on any single factor, but on a composite assessment of all factors and is at the sole discretion of the Counseling Department’s Admissions Committee.

For further information, including deadlines and the admissions process, please visit our website: hhd.fullerton.edu/counsel.

**Classification and Advancement to Practicum**

All students begin the program as conditionally classified students. During the first semester of graduate coursework, students meet with the New Student Adviser to write their study plans. After the study plan has been approved by the Office of Graduate Studies, students are considered classified.

Each student undergoes a comprehensive evaluation in the semester prior to his or her first Practicum (COUN 530). This evaluation determines advancement to practicum. Advancement to practicum requires: 3.0 GPA for graduate courses; “B” (3.0) or better in COUN 526; and successfully passing the faculty’s ongoing assessment of the student’s aptitude and suitability for the counseling profession, progress in skill development, interpersonal and cultural sensitivity, readiness to see clients, and ethical and professional conduct. A student may be: (a) advanced to practicum; (b) required to postpone practicum and complete remedial steps required by the faculty; or (c) disqualified from the program. Students in practicum (COUN 530, 590 or 584) and who are seeing clients at their agency site are designated as Trainees by the BBS.

**Probation and Disqualification**

Students may be placed on academic or administrative probation. Students may also be disqualified for a variety of reasons. See the “Graduate Regulations” section of the catalog for university policies and the Student Handbook for departmental policies on our website: http://hhd.fullerton.edu/counsel.

**Curriculum**

COUN 500 The Counseling Profession (3)
COUN 502 Career and Lifestyle Development (3)
COUN 511 Pre-Practicum (Basic Counseling Skills) (3)
COUN 518 Human Development and Functioning (3)
COUN 520 Modes of Individual Counseling (3)
COUN 521 Research in Counseling (3) (first half of the final research project)
COUN 522 Techniques of Brief Treatment and Assessment (3)
COUN 523 Counseling and Culture (3)
COUN 524 Child and Adolescent Counseling (3)
COUN 525 Psychopharmacology for Counselors (3)
COUN 526 Professional, Ethical and Legal Issues in Counseling (3)
COUN 527 Systems of Family Counseling (3)
COUN 528 Groups: Process and Practice (3)
COUN 530 Beginning Practicum (3)
  (fieldwork in a community agency)
COUN 535 Addictions (3)
COUN 560 Appraisal in Counseling (3)
COUN 562 Couples Counseling (3)
COUN 584 Advanced Practicum (3)
COUN 590 Advanced Counseling Techniques (3)
COUN 597 Research Project (3)
  (second half of the final research project)

COUNSELING COURSES
Courses are designated as COUN in the class schedule.

252 Career and Life Planning (3)
  Prerequisite: introductory course in Oral Communication and
  English Composition. Career, personal and educational awareness.
  Strategies include integrating skills, abilities, interests and values into
  the career search. Decision-making and goal setting.

350 Leadership Skills and Personal Development (3)
  (Same as HUSR 350)

380 Theories and Techniques of Counseling (3)
  (Same as HUSR 380)

449 Seminar on Child Abuse (1)
  Prerequisite: HUSR 201 or CAS 301. Characteristics of child
  abuse and a review of current laws, appropriate procedures for inter-
  vention and methods of community networking and referral.

500 The Counseling Profession (3)
  Prerequisite: graduate standing. Counseling as a mental health
  professional, including its history, current functions and future direc-
  tions. The counselor as a professional, including educational goals,
  personal values and cultural understandings. Opportunity to observe
  master counselors at work.

502 Career and Lifestyle Development (3)
  Pre- or corequisite: COUN 500. Survey of career and lifestyle
devvelopment throughout the lifespan. Major theories and strategies
in career counseling. Integrating knowledge of career development
with the practice of counseling.

511 Pre-Practicum (3)
  Pre- or corequisite: COUN 500; or admission to the Concentra-
  tion in School Nursing. Basic counseling skills, including establishing
  a therapeutic relationship, facilitating client self-exploration and
  understanding how one’s values influence the counseling process.
  Crisis intervention also will be addressed. Extensive role play practice.

518 Human Development and Functioning (3)
  Pre- or corequisites: COUN 500, 511. Human development
  from infancy to old age, and its effect on individuals, couples and
  family relationships. Implications for counseling; role of cultural/
  social contexts and social stressors; role of human sexuality in
  development.

520 Modes of Individual Counseling (3)
  Prerequisite: COUN 511. Advanced study of major theoretical
  frameworks in counseling, including models of personality,
  definitions of individual dysfunction and approaches to treatment.
  Practice in case conceptualization and application of theories to
  counseling.

521 Research in Counseling (3)
  Pre- or corequisite: COUN 530 or consent of faculty. Applied
  research methods and program evaluation. Comparative review and
  synthesis of inquiry approaches. Completion of literature review for
  anticipated COUN 597 project.

522 Techniques of Brief Treatment and Assessment (3)
  Prerequisites: COUN 511, 518. Advanced study of the latest
  edition of the Diagnostic and Statistical Manual of Mental Health
  Disorders (DSM) with emphasis on detection and assessment of
  alcohol and substance, spousal or partner, elder, and child abuse, and
  human sexual dysfunction. Review of brief treatment models.

523 Counseling and Culture (3)
  Prerequisites: COUN 500, 511. Culturally competent coun-
  seling with people from diverse cultural backgrounds. Effects of
  socioeconomic status on treatment, and available resources.

524 Child and Adolescent Counseling (3)
  Prerequisites: COUN 500, 511, 518. Corequisite, 520.
  Overview of child/adolescent development theories and counseling
  frameworks, with emphasis on utilizing strategies, examining ethical
  issues, and exploring assessment techniques to evaluate the range of
  disruptive behaviors.

525 Psychopharmacology for Counselors (3)
  Prerequisites: COUN 500, 511, 518, 522. Introduces biochemical
  basis of behavior and a general knowledge of the effects and side
  effects of the major classes of psychotropic drugs. Such knowledge
  is to make appropriate referrals and a comprehensive approach to
  treatment.
526 Professional, Ethical and Legal Issues in Counseling (3)
Prerequisite: COUN 522. Pre- or corequisite, COUN 523. Current ethical and legal standards in practicing counseling and marriage and family therapy. Issues related to child/partner/elder abuse and substance abuse. Role of counselor values, work contexts and client-centered perspective in ethical decision-making. Licensing laws and process. Must pass with a “B” (3.0) or better to advance to COUN 530.

527 Systems of Family Counseling (3)
Prerequisite: COUN 511. Survey of family systems models, including Adler, Satir, Bowen, Haley, Minuchin, and others.

528 Groups: Process and Practice (3)
Prerequisites: COUN 500, 511. Basic issues and concepts related to group process. Demonstration of group leadership skills with an emphasis on self-reflection.

530 Practicum (3)
Prerequisites: COUN 520, 523, 524, 526 (with a “B” or better), 527. Pre- or corequisite: COUN 528. Classified standing; consent of Fieldwork Coordinator. Supervised clinical practice with adults, families and children in approved community agencies. Practice in case management, documentation, use of community resources. Emphasizes dysfunction and healthy functioning. Hours accrued towards 280 required for year-long practicum experience.

535 Addictions Counseling (3)
Prerequisites: COUN 500, 511. Etiology and treatment of addictive behaviors, (e.g., substance abuse, gambling). Biological, psychological and systemic factors. Current approaches to assessment, intervention, prevention programs and relapse prevention, including Motivational Interviewing. Role of co-occurring disorders. Use of community resources in helping client and client’s family.

560 Appraisal in Counseling (3)
Prerequisite: COUN 522. Theories and applications of psychological testing and other means of appraisal, as they relate to the practice of community-based counseling and marriage and family therapy.

562 Couples Counseling (3)
Prerequisite: COUN 527. The treatment of couples, including overview of current theories, assessment, goal-setting, interventions, ethical issues, and diversity issues. Assessment and treatment of spousal abuse. Study of sexual dysfunctions and sex therapy.

584 Advanced Practicum (3)
Prerequisites: COUN 530 and consent of Fieldwork Coordinator. Advanced supervised clinical practice with adults, families and children in approved community agencies. Emphasizes diagnosis, treatment planning, applied use of theory and techniques. Hours accrued towards 280 required for year-long practicum experience.

590 Advanced Counseling Techniques (1-3)
Prerequisite: COUN 530. Advanced interventions, such as disaster and trauma response with attention to resilience, helping issues with the severely mentally ill, case management and evidence-based practice. Required as part of year-long practicum experience. Hours may be accrued towards 280 minimum. May be taken four times for credit.

597 Research Project (3)
Prerequisites: COUN 521 and consent of faculty adviser. Capstone program experience; taken final semester. Student conducts original research relevant to the counseling field.

598 Thesis (1)
Prerequisites: COUN 530; consent of graduate program adviser. Independent research culminating in a thesis. Recommended for pre-doctoral students. May be repeated for credit.

599 Independent Study (1-3)
Prerequisite: consent of instructor or graduate program adviser. Research and development in counseling pursued independently with periodic conference with instructor. May be repeated for credit.