
GENERAL COUNSELING (CNGC)

CNGC 500 Research and Evaluation (3 credits)

This course is designed to help prepare counseling students as informed practitioners. The purpose of this course is to provide a framework for counselors to evaluate the efficacy of research studies that have implications for the practice of counseling. Students will become familiar with research methods, statistical analysis, needs assessment, and program evaluation as it relates to the counseling profession. Students will be exposed to ethical and legal considerations, diversity and equity as it relates to conducting research in counseling.

CNGC 502 Research (3-6 credits)

Prerequisite: Consent of the department; formal application required
Original research undertaken by the graduate student in counseling in collaboration with a faculty member. For details, consult the *Graduate and Continuing Education* section of this catalog for information on independent study.

CNGC 503 Directed Study (1-6 credits)

Prerequisite: Completion of 15 approved graduate credits and acceptance in the counseling program; consent of the department; formal application required

Designed for the graduate student who desires to study selected topics in the counseling field or engage in fieldwork in addition to what is required in each program option. For details, consult the *Graduate and Continuing Education* section of this catalog for information on independent study.

CNGC 510 The Counseling Function in School, Agency/Community, and Higher Education Settings (3 credits)

This course provides students with an orientation to the field of counseling. Students will be exposed to various employment opportunities and settings in the counseling profession. Central to this course, will be an on-going self-evaluation of the students' attitudes, values, interpersonal skills and motives for choosing counseling as a potential profession. The student will be provided with an overview of the core requirements and competencies necessary to becoming a counselor. Threaded throughout this course and each counseling program option are: competencies in technology, professionalism, and multiculturalism.

CNGC 528 Counseling and Development (3 credits)

This course will introduce the student to counseling theory and practice in the context of human development, culture, and other contextual factors. Diversity will be broadly defined and include, but not be limited to ethnicity, race, spirituality, gender, SES and sexual orientation. The major counseling theories will be examined with respect to their overall worldview, underlying value systems and related compatibility with mainstream and disenfranchised populations, their

perspective on human development and clinical application. Although primary course emphases will be on counselor self reflection and working with individual clients, secondary focus will be on ecological/system approaches and prevention strategies.

CNGC 529/PSYC 516 Multicultural Counseling (3 credits)

Prerequisite: CNGC 510

This skill-based course will further develop the students' working knowledge and basic competency in multicultural counseling theory and application. To this end, the course will focus on the counselor on both a professional and personal level. Additionally, the course will examine salient and population-specific issues related to the life experiences and worldview of the culturally "different" client and how such experiences impact on the counseling relationship and therapeutic process. Underlying values and assumptions associated with widely used traditional counseling interventions and their appropriateness with disenfranchised populations will be explored. Traditional and nontraditional culturally consonant-counseling approaches will also be discussed.

CNGC 532 Psychological Assessment (3 credits)

Prerequisite: CNGC 510 and CNGC 528

This course will examine the basic principles and components of individual and group psychological assessment. The student will be introduced to the most commonly used assessment tools and practices for measuring intelligence, achievement, aptitude, interest, career and personality. Basic concepts of standardized testing and statistical concepts such as measures of central tendency, variability, norm and criterion referenced tests and types of reliability and validity will be explained for each test discussed. Critical issues and procedures such as technology, ethical and multicultural aspects related to the administration, scoring, interpretation and report writing for individual and group tests will be emphasized.

CNGC 535 Applied Counseling: Adolescent-Adult (3 credits)

Prerequisite: CNGC 510 and CNGC 528

Awareness of characteristics and behaviors that influence the helping process will be explored, such as developmental issues, multicultural, ascribed and achieved personality characteristics. Students will develop basic interviewing and counseling skills for the purpose of establishing a therapeutic relationship, diagnosis of client problems and implement appropriate counseling treatment goals within the ethical guidelines.

CNGC 536 Applied Counseling: Pre-Adolescent (3 credits)

Prerequisite: CNGC 510 and CNGC 528 and CNGC 535

This course is designed to assist the student with learning

Note: This section is arranged in course number order. See course prefix key for assistance in locating department sections.

effective therapeutic techniques for working with young children. The course will examine developmental child psychopathology from a constructivist perspective. Using this model, various approaches to child therapy and collaboration skills will be applied and evaluated. No preferred treatment modality will be espoused, rather, students will be expected to make use of a combination of techniques and integrate various forms of intervention. Moreover, diversity, psychological development, technology, and professionalism will be integrated throughout the course.

CNGC 538 Group I: Theory and Process of Group Interaction (3 credits)

Prerequisite: CNGC 510 and CNGC 528

Group I is an experiential course designed to provide students with the opportunity to co-facilitate, participate, observe, and analyze group process. Emphasis will be placed on the synthesis of leadership, membership and purpose, as well as the evaluation of the appropriateness of various types of groups and counseling applications.

CNGC 539 Introduction to Career Counseling (3 credits)

Prerequisite: CNGC 510 and CNGC 528 and CNGC 529

This course will review concepts, issues, trends and tools as they relate to career development. It is designed to consider the role of the professional counselor in the career decision-making process embedded within lifestyle and life stage factors. Topics will include, but not be limited to: career development theory, career assessment tools, interest, skills and personality inventories, career resource materials, technology and the implementation of career counseling strategies.

CNGC 542 Group II: The Facilitation of Group Experience (3 credits)

Prerequisite: CNGC 538

Group II is an advanced level course that provides students with an opportunity to enhance their group counseling skills and repertoire as well as increase their ability to apply theory to practice. This course uses both experiential and discussion methods of teaching to facilitate learning.

CNGC 544 Introduction to Reality Therapy (3 credits)

This course is designed to bring about an awareness and an understanding of the philosophy and basic concepts of reality therapy. Modalities of learning will include the following: didactic presentation, role play, lecture and group process.

CNGC 545 Counseling from an Existential-Humanistic Perspective (3 credits)

An examination of existentialism as applied to the counseling process. This course will review counseling applications as they relate to the following topics: the existential crisis, authenticity, resistance, the role of the counselor, the self, anxiety and choice.

CNGC 546 Parent and Family Counseling (3 credits)

In this course, students will review theories of family systems and learn counseling interventions. This course uses both experiential and discussion methods of teaching to facilitate learning.

CNGC 553 Seminar in College Admissions (3 credits)

Prerequisite: CNGC 510 and CNGC 528 and CNGC 529

This course is specifically designed to allow the individual to experience and procure the necessary background to function as a secondary school or college admissions counselor.

CNGC 560 Special Topics in Counseling (1-3 credits)

Prerequisite: CNGC 510 and CNGC 528 and CNGC 529

Special topics of current relevance in counseling will be offered from time to time. The topic to be addressed will be announced in pre-registration publications. This course may be taken more than once with the consent of the adviser.

CNGC 561 Death/Dying/Bereavement Counseling (3 credits)

Prerequisite: CNGC 510 and CNGC 528 and CNGC 529

Introduction to the theory and application of grief work principles as they apply to individuals and families. Emphasis will be on grief counseling and will focus primarily on the "bereaved". The course will stress the importance of the professional counselor self-awareness and impact on the therapeutic process. At the core of all course material will be a respect for the "client's" cultural contextual, a recognition of the importance of culture and other critical intervening factors on the counseling and grief process, and the maintenance of high ethical standards.

CNGC 562 Contemporary Psychosocial Issues in Counseling Assessment and Strategies (3 credits)

This course will focus on contemporary issues confronting the professional counselor in educational, agency and community settings. Such cutting edge issues may include, but not be limited to, substance abuse, AIDS/HIV, childhood, adolescent and adult trauma such as sexual and physical abuse, domestic violence and PTSD, teen pregnancy/parenthood and human sexuality. The advanced counseling student will become acquainted with the current research on each area and will be actively encouraged to explore his own feelings about the issues and the predominate populations served. Traditional and nontraditional intervention strategies will also be explored.

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Note: See Catalog Web Addenda at www.bridgew.edu/catalog/addenda/ as that information supersedes the published version of this catalog.

CNGC 563 Psychopharmacology for Non-medical Professionals (3 credits)

This course examines modern medication treatments for psychological disorders, including schizophrenia, mania, depression and anxiety. Additional problems such as ADHD/ADD, steroids, alcohol and cigarette dependency, street drugs and inhalants will be examined. Types of medications reviewed are the following: antipsychotics, antidepressants, antianxiety, sedative-hypnotics, over the counter, and herbal alternatives and are discussed in conjunction with diagnostic factors, effectiveness, side effects, risk, and biological actions.

CNGC 565 Cognitive Development (3 credits)

Prerequisite: CNGC 510 and CNGC 528 and CNGC 529
This course will review the development of the cognitive processes, including perception, language, intelligence and memory. Throughout the life cycle the major focus will be on the growth of basic systems and strategies for representing information symbolically. Major cognitive theories will be examined and applied to client assessment and intervention.

CNGC 566 Childhood Psychopathology (3 credits)

Prerequisite: CNGC 510 and CNGC 528 and CNGC 529
This advanced level course will examine, from a developmental viewpoint, the nature, etiology, consequences and prevention of the major psychological disorders of children. Current diagnostic tools including the current Diagnostic and Statistical Manual will be covered. Topics include psychological problems of children ranging from normal adjustment difficulties to serious psychological factors responsible for behavior.

CNGC 567 Marital and Family Therapy (3 credits)

Prerequisite: CNGC 510 and CNGC 528 and CNGC 529
This course is an examination of schools of family systems and treatment intervention options. Attention will be given to the history and development of marital family therapy, current schools of therapy, intervention strategies, and the role of the counselor in marital and family work. Professional standards for marital and family therapy will be reviewed.

CNGC 569 Internship: School Guidance Counselor (PreK-8) (9 credits)

Prerequisite: Completion of all core courses and fieldwork application approved by the Counseling Programs Committee
This fieldwork experience is for students who are employed in the role of a PreK-8 School Guidance Counselor. An internship includes a minimum of 450 clock hours at the practicum site. Students must submit an application by April for the fall semester internship or by November for the spring semester internship. **This course fulfills the revised Department of Education internship requirements for school guidance counselor licensure effective October 1994.**

CNGC 570 Internship: School Guidance Counselor (5-12) (9 credits)

Prerequisite: Completion of CNSG 580 and a fieldwork application approved by the Counseling Programs Committee
This fieldwork experience is for students employed in the role of a 5-12 School Guidance Counselor. An internship includes a minimum of 450 clock hours at the practicum site. Students must submit an internship application by the first week of April for the fall semester internship or by November for the spring semester internship. **This course fulfills the revised Department of Education internship requirements for school guidance counselor licensure effective October 1994.**

CNGC 571 Practicum: School Guidance Counselor (PreK-8) (9 credits)

Prerequisite: Successful completion of CNSG 570 and a fieldwork application approved by the Counseling Programs Committee
This fieldwork experience is completed in the role of School Guidance Counselor at a PreK-8 educational site approved by the Counseling Programs Committee. This fieldwork experience includes a minimum of 450 clock hours at the fieldwork site. The student must have successfully completed pre-practica hours prior to beginning this fieldwork experience. Students must submit an application by the first week in April for the fall semester practicum and November for the spring semester. **This course fulfills the Department of Education practicum requirements for school guidance counselor licensure effective October 1994.**

CNGC 572 Practicum: School Guidance Counselor (5-12) (9 credits)

Prerequisite: Successful completion of CNGC 580 and a fieldwork application approved by the Counseling Programs Committee
This fieldwork experience is completed in the role of School Guidance Counselor at a 5-12 educational site approved by the Counseling Programs Committee. This fieldwork experience includes a minimum of 450 clock hours at the fieldwork site. The student must have successfully completed pre-practica hours prior to beginning this fieldwork experience. Students must submit an application by the first week in April for the fall semester practicum and November for the spring semester. **This course fulfills the Department of Education practicum requirements for school guidance counselor licensure effective October 1994.**

CNGC 582 Principles and Methods of Community Counseling and Consultation (3 credits)

Prerequisite: CNGC 510 and CNGC 528 and CNGC 529
This course will explore the wide variety of factors in society and the community that effect the well-being of the client in school, agency/community, and higher education settings. Emphasis will be on addressing human problems through community counseling and consultation within a framework of multiculturalism, professional standards and equity, and using technology to enhance the development and delivery of

community counseling interventions. Topics include: consultation, referral, program development, intervention strategies, outreach, general systems theory, community counseling, person/environment “fit” and action/evaluation research.

CNGC 592 Internship in Higher Education (9 credits)

This fieldwork experience is for advanced counseling students seeking employment in higher education settings. Students must complete a minimum of 450 fieldwork hours at a site approved by the Counseling Programs Committee. Students must submit an internship application in April for the fall semester and in November for the spring semester.

CNGC 610 Counselor Supervision: Principles and Practice (3 credits)

This advanced level course will provide the student with an overview of the varied principles and practices of counselor supervision. Supervision is examined from an administrative and clinical paradigm. Furthermore, topics related to supervision such as diversity, gender, personal/professional development, counseling theory, and ethics will be covered. Central to the course will be the development of the skills and knowledge requisite to becoming an effective supervisor in the counseling profession. An on-going self-evaluation of supervisor’s attitudes, values, skills, personality, and roles as a supervisor will be examined.

CNGC 620 Multicultural Counseling II (3 credits)

Prerequisite: Graduate level multicultural counseling course

This advanced level competency-based course is designed for professional counselors and advanced level graduate students in counseling who are interested in increasing their knowledge and skill in the fourth “force” of counseling-Multicultural Counseling and Therapy. Emphasis will be on operationalization of the components of multicultural competence as identified by the American Counseling Association. Primary focus will be on increasing knowledge and skills in the areas of assessment, intervention planning, and service delivery, understanding and effectively responding to bias and hate incidents and crimes, facilitating “praxis” consultation, legal and ethical issues, and continued self-awareness/professional development in this area. Students will also develop a diversity related philosophy statement and technology product to be included in their counseling portfolio.

CNGC 625 Enhancing Counseling and Prevention through Technology (3 credits)

Prerequisite: Graduate level applied technology course

This advanced level course is designed for professional counselors and advanced level graduate students in Counseling who are interested in increasing their knowledge and skill in the ways technology can be used to develop, deliver and evaluate counseling and prevention services, materials and programs. The course will build upon the student’s earlier courses and experiences and will primarily focus on compe-

tenacy and skill building to increase student effectiveness in this area. Emphasis will be on readily available software applications whose use can be modified to enhance and customize counseling interventions, as well as those which are integral to the functioning of the school counselor and in which familiarity and initial competency is expected by school systems. Topics will include: use of the Internet, scheduling programs, record keeping systems, presentation and publishing software applications, career and college exploration, developing customized computer-generated counseling materials, electronic mail, data management, photo/graphic editing and importing, multimedia applications and web pages/websites. Legal and ethical issues related to the use of technology, as well as diversity issues will be threaded throughout the course. All topics will be explored from a guidance and counseling perspective. Much of the work for the course will take place within population-specific small groups.

CNGC 630 Child and Adolescent Psychopathology (3 credits)

Prerequisite: Admission to CAGS in School Guidance Counseling Program

This advanced level course for the professional school guidance counselor will examine the nature, etiology, consequences, and prevention/treatment of the major emotional issues/disorders of children and adolescents. Childhood behavior will be considered from a developmental viewpoint for counselors in the school and the community and will include emotional problem of children as well as psychological disorders. Primary emphasis will be on understanding the psychological factors which constitute difficulties in children’s academic, social and personal development. This course will also provide an examination of the classification, diagnostic criteria, and differential diagnosis according to the current *Diagnostic and Statistical Manual of the Mental Disorders (DSM)*.

CNGC 660 Special Topics in Counseling (1-3 credits)

Special topics of current relevance in counseling will be offered from time to time. The topic to be addressed will be announced in pre-registration publications. This course may be taken more than once with the consent of the adviser.

Other Approved Courses:

CNGC 522 Measurement of Intelligence: Stanford-Binet

CNGC 524 Measurement of Intelligence: Wechsler Scales

CNGC 525 Measurement of Intelligence: Woodcock-Johnson

CNGC 526 Projective Assessment Techniques I

CNGC 527 Projective Assessment Techniques II

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