

## GENERAL COUNSELING (CNGC)

### CNGC 500 Research and Evaluation (3 credits)

This course is designed to help prepare counselor education students who intend to work in mental health, PreK-12 or higher education settings, and who may also be seeking licensure as one or more of the following: Licensed Mental Health Counselor (LMHC), School Social Worker/School Adjustment Counselor, or School Counselor as practitioner-scientists. 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 501 Orientation to Counseling (1.5 credits)

This course provides students who intend to work in the counseling profession with an orientation to the field of counseling. Students will be exposed to various employment opportunities and settings in the counseling profession through a combination of classroom experiences and a field-based learning component. Students will acquire hands-on experience in the field working with their potential population of interest. Students will complete a total of 15 hours of field-experience in addition to attending lectures. Central to this course will be an ongoing self-evaluation of the students' attitudes, values and interpersonal skills 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 professional counselor. Threaded throughout this course are: competencies in technology, professionalism and multiculturalism. This course may not be used to fulfill the degree requirements of any counseling program. This course may be used to fulfill admissions requirement for a degree program within the Department of Counselor Education.

### CNGC 502 Research (3-6 credits)

*Prerequisite: Consent of the department; formal application required*  
Original research will be undertaken by the graduate student in counseling in collaboration with a faculty member. For details, consult the paragraph entitled "Directed or Independent Study" in the "School of Graduate Studies" section of this catalog.

### 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*  
Directed study is 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 paragraph entitled "Directed or Independent Study" in the "School of Graduate Studies" section of this catalog.

### CNGC 504 Research and Evaluation II (3 credits)

*Prerequisite: CNGC 500 or PSYC 500 or SCWK 541; and matriculation in MEd or CAGS or Postmaster's in Counseling or MA in Psychology or MSW*

The completion of a research project is the main objective of this course, which is designed to facilitate the academic and professional development of the advanced graduate student. This counseling focused research project must be an original work.

### CNGC 520 Group Experience (0 credit)

All matriculated MEd counselor education students are required to participate in a confidential, small-group experience provided by the department. This non-graded, eight-session activity will be facilitated by a licensed clinician who is not a member of the faculty and will provide counselors-in-training with direct experience as a member of a group. Completion of this requirement is a prerequisite for the Advanced Applied Counseling Course. This course is graded on an (P)Pass/(N)No Pass basis.

### CNGC 528 Counseling and Development (3 credits)

This course will introduce the counselor education student who intends to work in mental health, PreK-12 or higher education settings, and who may also be seeking licensure as one or more of the following: Licensed Mental Health Counselor (LMHC), School Social Worker/School Adjustment Counselor, or School Counselor, 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 emphasis will be on counselor self-reflection and working with individual clients, secondary focus will be on ecological/system approaches and prevention strategies.

### CNGC 529 Multicultural Counseling (3 credits)

This skill-based course will further develop the students' working knowledge and basic competency in multicultural counseling theory and application. For the counseling student who intends to work in mental health, PreK-12 or higher education settings, and who may also be seeking licensure as one or more of the following: LMHC, School Social Worker/School Adjustment Counselor, or School Counselor. To this end, the course will focus on the counselor on both a professional and personal level. Additionally, the course will examine salient client population-specific issues related to the life experiences and world view 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.

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## **CNGC 532 Psychological Assessment (3 credits)**

*Prerequisite:* CNGC 510

This course will examine the basic principles and components of individual and group psychological assessment and is designed for the counselor education student who intends to work in mental health, PreK-12 or higher education settings, and who may also be seeking licensure as one or more of the following: Licensed Mental Health Counselor (LMHC), School Social Worker/School Adjustment Counselor, or School Counselor. 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, diversity and multicultural aspects related to the administration, scoring, interpretation and report writing for individual and group tests will be emphasized.

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

*Prerequisite:* CNGC 510 and CNGC 528

In this course, awareness of characteristics and behaviors that influence the helping process will be explored, such as developmental issues, multicultural, ascribed and achieved personality characteristics. Students who intend to work with adolescents and/or adults in school, mental health or student affairs settings, and who may also be seeking licensure as one or more of the following: Licensed Mental Health Counselor (LMHC), School Social Worker/School Adjustment Counselor, or School Counselor will develop basic interviewing and counseling skills for the purpose of establishing a therapeutic relationship, diagnosis of client problems and implementing appropriate counseling treatment goals within the ethical guidelines.

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

*Prerequisite:* CNGC 510 and CNGC 528

This course is designed to assist the counseling student who intends to work in mental health or PreK-12 settings, and who may also be seeking licensure as one or more of the following: Licensed Mental Health Counselor (LMHC), School Social Worker/School Adjustment Counselor, or School Counselor, with learning 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.

*tMay be taken for graduate-level credit*

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

*Prerequisite:* CNGC 510 and CNGC 528; or PSYC 509; and matriculation in the MEd or CAGS or Post-Masters program in counseling or MA in Psychology program

Group I is an experiential course designed to provide students who intend to work in mental health, PreK-12 or higher education settings, and who may also be seeking licensure as one or more of the following: LMHC, School Social Worker/School Adjustment Counselor or School Counselor, 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.

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## **CNGC 539 Introduction to Career Counseling (3 credits)**

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.

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## **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.

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## **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.

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## **CNGC 560 Special Topics in Counseling (3 credits)**

*Prerequisite:* Dependent on topic

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

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## **CNGC 561 Grief Counseling (3 credits)**

This course is an introduction to the theory and application of grief models as they apply to individuals and families, including techniques and strategies to assist clients and students dealing with issues related to grief and loss in a variety of settings (school, mental health, college/student affairs). The course will stress the importance of the professional counselor's self-awareness and counselor impact on the therapeutic process, as well

as the role of ritual, spirituality and multicultural perspectives on grief. At the core of the course 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.

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### **CNGC 563 Psychopharmacology for Nonmedical Professionals (3 credits)**

This course is for the counseling student who intends to work in mental health or PreK-12 settings, and who may also be seeking licensure as one or more of the following: Licensed Mental Health Counselor (LMHC), School Social Worker/School Adjustment Counselor or School Counselor. It 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, anti-anxiety, sedative-hypnotics, over-the-counter and herbal alternatives are discussed in conjunction with diagnostic factors, effectiveness, side effects, risk and biological actions.

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### **CNGC 567 Marital and Family Therapy (3 credits)**

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.

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

This course is for the counseling student who intends to work in mental health, PreK-12 or higher education settings, and who may also be seeking licensure as one or more of the following: Licensed Mental Health Counselor (LMHC), School Social Worker/Adjustment Counselor, or School Counselor. It will explore the wide variety of factors in society and the community that affect 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.

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### **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 ongoing self-evaluation of supervisor's attitudes, values, skills, personality and roles as a supervisor will be examined.

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### **CNGC 620 Multicultural Counseling II (3 credits)**

*Prerequisite: CNGC 529 or graduatelevel 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.

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### **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 competency 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/Web sites. 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.

*tMay be taken for graduate-level credit*

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**Note:** This section is arranged in course number order. See pages 237-238 (course prefix key) for assistance in locating department sections.

**Note:** See Catalog Web Addenda at [www.bridgew.edu/catalog/addenda](http://www.bridgew.edu/catalog/addenda) as that information supersedes the published version of this catalog.



# Course Descriptions

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## **CNGC 630 Child and Adolescent Psychopathology (3 credits)**

This advanced-level course for the professional school 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 problems of children as well as psychological disorders. Primary emphasis will be on understanding the psychological factors that 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).

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## **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 prior to registration. This course may be taken more than once with the consent of the adviser.

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## **Other Approved Courses**

- CNGC 510 The Counseling Function in School, Agency/  
Community and Higher Education Settings
- CNGC 571 Practicum: School Guidance Counselor (PreK-8)
- CNGC 572 Practicum: School Guidance Counselor (5-12)
- CNGC 592 Internship in Student Affairs Counseling