



Course Descriptions

CO-601 History & Foundations of Psychology, 3 units

This course lays a foundation for viewing life issues from a biblical philosophy. Students will be introduced to core foundational truths, such as, the creation of humans, the fall of mankind, sin nature and its consequences, the impact of the Holy Spirit in a believer's life, and how these foundations impact all of human life. Students will also learn the history of psychology and broad perspective of psychology as a profession and how to integrate biblical truths into viewing people, difficulties in the human experience, and ways to counsel and help others.

Prerequisite: None

CO-602 Law and Ethics in Helping Professions, 3 units

This course will lay a foundation to Christian ethics applied to the various helping professions, as well as the foundational laws impacting the counseling and therapy professions. Students will identify their role in context of confidentiality, boundaries, privilege, Tarasoff, treatment of minors, mandated reporting, scope of practice and scope of competence. Students will evaluate what they are competent to address in counseling vs. what they need to refer to other professionals using an ethical decision-making process to protect from liability and the mishandling of vulnerable people. This course will include content specific to California law & ethics, including the process for licensure, and will give opportunity for students of other states to review and understand their state requirements.

Prerequisite: None

CO-603 Intercultural Communication and Intervention, 3 units

This course teaches the main components to effective communication to be applied in many settings and with diverse cultural groups. Students will practice basic skills of effective communication, such as, listening, paraphrasing, encouraging, confronting, and considering non-verbal communication. Students will also learn advanced skills for conceptualizing culture and walking through the therapeutic process with people from diverse cultural and sub-cultural groups. Students will also gain understanding of personal biases and common barriers and bridges to effectively counsel diverse people groups.

Prerequisite: None

CO-604 Human Development, 3 units

This course introduces core developmental tasks for people from conception, through the lifespan, to death. These stages of development are considered in context of a biblical philosophy with an understanding of the impact of sin, culture, environment, biology, resilience, societal influences, and other facets that impact healthy vs. unhealthy development. Students are challenged to consider many systemic influences and perspectives of health in the definition of healthy development and how a broader perspective will influence conceptualization of people in therapeutic settings.

Prerequisite: None

Course Descriptions

CO-605 Case Management & Client Advocacy, 3 units

Students will understand and learn to utilize the basic concepts of case management applied to a variety of settings, including county agencies, churches, drug/alcohol treatment facilities, and more. Students will practice the process of effective case management and will build connections within the community to effectively collaborate with others in helping clients. Students will also apply assessment and triage methods to an integrated care and recovery-oriented approach of helping people, including those with severe mental illness. During this class, students may earn up to 75 hours toward the Practicum requirement by connecting people with resources in their local community. Prerequisite: None

CO-606 Crisis Intervention & Community Mental Health, 3 units

Students will gather and engage many different resources for a variety of common crisis situations, such as, domestic violence, abortion, natural disasters, rape, death, addictions, suicidality, abuse, and others. Students will understand their role vs. referring to other qualified professionals and will be able to guide others in crisis using a biblical philosophy and effective tools for each crisis. Mental health status and interventions at a community level will be reviewed and students will engage people working in community mental health to understand and prepare for this job setting. Prerequisite: None

CO-607 Foundational Theories and Interventions of Counseling, 3 units

Students will learn a variety of foundational theories of counseling to effectively apply interventions for a variety of clinical situations. These treatment modalities include, Psychodynamic, Gestalt Therapy, Behavior Therapy, Cognitive Behavior Therapy, Person-Centered, Solution-Focused Brief Therapy, Bowen Family Systems, Systemic Family Therapy, Structural Family Therapy and more, all reviewed from a biblical philosophy. Students will then learn to focus on intervention rather than theory and adjust depending on family of origin, culture, socioeconomic status, and other unique factors of the client. Students will demonstrate basic counseling skills and interventions. Prerequisite: None

CO-608 Personal and Professional Care, 3 units

Students will learn strategies for healthy living, spiritually, physically, mentally, and more. Students will understand the connection between personal health and the ability to effectively help others and ways to strengthen their personal relationship with God, strengthen their families, and build a support system for remaining whole while helping others. Students will learn the qualities for an effective counselor and evaluate their current progress toward these qualities, implementing action plans for change or improvement if needed. Students will also understand basic management and leadership skills for influencing and rising to the top of organizations. Prerequisite: None

Course Descriptions

CO-609 Assessment, Testing and Treatment Planning, 3 units

Students will gain skills to assess various clinical presentations in individual, child, and family therapy and create a treatment plan for the most effective way of helping the person, couple, or family. Students will learn to utilize empirically validated assessment tools and both formal and informal assessment strategies to better understand presenting problems and develop appropriate treatment plans. Students will be certified in Prepare & Enrich by the completion of the course. Prerequisite: None

CO-610 Introduction and Overview of Addictions Counseling, 3 units

Students will learn a history and current foundations of drug and alcohol counseling, including distinct skills of assessment, treatment planning, and intervention options. This course will also include information on the unique aspects of drug and alcohol counseling considering legal and ethical issues, group dynamics, co-occurring disorders and more. Students will also gain an understanding of the physical, environmental, social, and legal aspects of addiction with options for effective prevention, as well as intervention. Prerequisite: None

CO-611 Psychopathology and Holistic Health, 3 units

Students will learn several views of health and psychopathology, considering background, culture, religion, and other client factors. Students will learn the background and current status of the DSM as well as the current method for assessing and diagnosing using this system along with ICD codes. Students will evaluate pros and cons to diagnosing and ethical and cultural considerations. This course will include instruction on diagnosis and prognosis of the mental disorders found in the DSM and common, evidence-based, and alternative perspectives of health and options for treatment methods. Prerequisite: None

CO-612 Sexual Health, 3 units

Students will learn healthy sexual development and practices from a variety of perspectives, including a biblical philosophy as well as other perspectives. Students will learn the common sexual dysfunctions and be able to review the etiology, symptomology, and treatment options from various perspectives, considering the impact of religion, culture, family of origin, personal values and beliefs, and other systemic variables. Prerequisite: None

CO-613 Research in the Social Sciences, 3 units

Students will review the historical research conducted through Social Psychology and the positive and negative impact on society considering a biblical philosophy and diverse perspectives. Students will also learn basic research processes and engage in action research within their local community. Students will choose a topic to research further and will engage others in the process through the model of action research in an effort for the community to benefit from the student's research. Prerequisite: None

Course Descriptions

CO-614 Group Dynamics & Counseling, 3 units

This course covers theories, practice, and psychodynamics of group counseling applied to broad therapy groups and specialized groups, including, but not limited to process groups, substance abuse groups, domestic violence groups, and psychoeducational groups. This course will also include skills for group therapy with various ages, cultures, and subcultures.

Prerequisite: None

CO-615 Biological Basis of Behavior, 3 units

Students will gain a basic understanding of biological health in relation to mental health difficulties and healthy living. This course will include information on physical development, brain development, the interplay between physical, mental, and spiritual health, as well as the biological foundation to mental health issues, addictions, stress, learning and memory. An understanding of alternative methods for biological health will be reviewed along with psychopharmacology.

Prerequisite: None

CO-616 Trauma and Transition, 3 units

Students will learn the physiological, psychological, and societal implications of trauma on people through the lifespan, including child abuse, elder / dependent abuse, domestic violence, sexual trauma, PTSD and more. Assessment and reporting practices will also be considered, evaluating different states, laws vs. ethics codes, diverse cultural practices, socioeconomic status and other systemic factors. This specifically includes 7 contact hours in child abuse assessment and reporting and treatment methods for children who have experienced trauma.

Prerequisite: None

CO-617 Advanced Theories and Interventions of Counseling, 3 units

Students will learn a variety of modern, empirically supported theories of counseling to effectively apply interventions for a variety of counseling situations. This will include theories of counseling for individuals, families, and groups, all reviewed from a biblical foundation. Students will then learn to apply advanced understanding of theory to choose and adjust techniques for therapy based on the presenting problem, culture, socioeconomic status, and other unique factors of the client and their relevant systems. Students will demonstrate competence in advanced counseling skills and chosen interventions for individuals, couples, families, children, and adolescents.

Prerequisite: Foundational Theories & Interventions of Counseling

Course Descriptions

CO-618 Vocational Counseling, 3 units (elective, required for LPCC)

This course focuses on the application of career development theory to counseling and is designed to enhance the student's competency to deliver informed vocational counseling. Students will learn the common vocational counseling theories and assessment tools to assist clients with career choices, career adjustment, career development and problems within the client's work arena. The course also views the inherent problems associated with how people choose and manage careers, as well as how to adjust lifestyles, and apply interests and temperaments toward career choices. The student will be presented with assessment instruments such as vocational and interest tests. Job loss and sexual harassment issues will also be studied and discussed as well as cultural aspects involved in career counseling and vocational testing. Prerequisite: None

CO-621 Practicum 1, 3 units

CO-622 Practicum 2, 3 units

CO-623 Practicum 3, 3 units

Students will engage in a comprehensive counseling experience to demonstrate competency in the assessment, diagnosis, and treatment of various mental health issues and family or relational struggles. This supervised experience will include face to face counseling of individuals, couples, families, or groups and will integrate theory, assessment, diagnosis, prognosis, documentation of services, treatment plans, progress notes, and proper evaluation and follow up. Counseling experiences will consider trauma and abuse experiences, dysfunctions, healthy functioning, health promotion, illness prevention, including family involvement and connecting people with resources in their community. Students will be evaluated by a local site supervisor and the academic professor of practicum to meet set competency expectations in order to successfully complete practicum. Students have the option of completing practicum requirements at a drug/alcohol facility for the purpose of pursuing a certification in drug and alcohol counseling concurrent with the degree pursuing MFT or LPCC licensure.

Prerequisites:

- ❖ Successful completion of 20 hrs of Individual Counseling
- ❖ Law & Ethics
- ❖ Psychopathology and Holistic Health
- ❖ Foundational Theories and Interventions
- ❖ Intercultural Communication and Intervention
- ❖ Successful completion of the "Practicum Qualifying Exam"