

## **PSY G563 Foundations of Mental Health Counseling**

Fall 2018 Section #

**Instructor:**

**Office Location:**

**E-mail:**

**Cell Phone #**

**Office Phone**

**Office Hours:**

**Virtual Office Hours:** You can reach me by email or phone almost anytime

**Course type:** Graduate, Lecture & Discussion

**Course Description:** Foundations and contextual dimensions of mental health counseling. Program development, implementation, and evaluation. Principles, practices, and applications of community needs assessment. Ethics. Examination of professional issues. Administration, finance, and management of mental health counseling services.

### **Possible Text & Course Readings:**

Foundations of Mental Health Counseling, 4<sup>th</sup> edition, by Palmo, Weikel, & Borsos

**Course Outcomes & Learning Objectives.** By the end of the course, candidates will be able to:

1. Review the history of, continued advancement of & current trends in Mental Health Counseling (MHC)
2. Review the role of counseling, developmental, & social learning theories & how these theories have influenced the practice & advancement of MHC
3. Identify the many professional roles, employment opportunities & work settings of mental health counselors (MHCs)
4. Describe the interdisciplinary collaboration & consultation between mental health counselors & other helping professionals, especially as it relates to emergency, trauma & crisis
5. Explain how MHCs advocate for the profession, for their clients & all persons:
  - a. especially as it relates to professional counseling organizations & membership licensure, credentialing, accreditation standards & legislation
  - b. especially as it relates to individual, institutional, & systemic discrimination & barriers that impede access and equity of services for all persons

### **Major Course Assessments**

**Exam I:** history of & current trends in MHC, theories and their influence on the profession, strategies & benefits of collaborating with other helping professionals, use of consultation in the profession

**Exam II:** numerous professional roles of MHCs including the plethora of employment opportunities workplace settings, role of advocacy for the profession & for individual clients as well, identify barriers to access

### **Group Project Mock Case Conceptualization**

- Describe ‘the client’, identify additional information wanted/needed
- Explain how 2 different theories influence client conceptualization
- Explain additional ‘resources’ or ‘tools’ used to better understand the client
- Identify priority issues or concerns, explain how/why these became priority
- Explain collaboration & consultation wanted/needed

- Negotiate issues of low SES, minimal to no insurance coverage, inconsistent attendance & commitment to treatment
- Explain impact of power, privilege, discrimination & oppression influence this case

### **Group Project Mock Crisis Situation & Plan**

Each group is given a ‘fake’ crisis situation; members must explain actions they would take  
Must explain how issues of power, privilege, discrimination & oppression influence the crisis and also the actions they would take

### **Succeed at IU**

You’re probably used to seeing many policy statements on a syllabus. Faculty include these statements to ensure you understand course expectations so that you can succeed in your courses. At IU, we have placed all university policies on a single website easily accessed from every Canvas course site. Simply look at the left navigation bar and click on Succeed at IU. You can find links to sites with a great deal of useful information including

- How to avoid plagiarism and cheating
- Disability Services
- FLAGS
- Tutoring centers
- Canvas Guides
- Financial Aid
- Sexual Misconduct
- Counseling
- Writing Center and much more!

My expectation is that you review university policies carefully to ensure you understand the policy and possible consequences for violating the policy. Please contact me if you have any questions about any university policy.

**Technology Skills:** The candidate will utilize CANVAS for class materials & submission of some course assignments; candidates will utilize technology for research and class presentations; candidates *may be* required to audio or video-record mock practice counseling sessions; candidates may be required to research credible print and electronic mental health counseling resources; Candidates will be expected to communicate with the instructor through e-mail and CANVAS.

### **Content Standards**

The Mental Health Counseling Program of IU Southeast, IU East & IU Kokomo is based on the 2016 CACREP Accreditation Standards and the Indiana Mental Health Counselor licensing requirements as stipulated by the Behavioral Health & Human Service Licensing Board. The standards assessed in this course, EDUC G563 Foundations of Mental Health Counseling are

#### **1. Professional Counseling Orientation & Ethical Practice**

- a) history and philosophy of the counseling profession and its specialty areas
- b) the multiple professional roles and functions of counselors across specialty areas, and their relationships with human service and integrated behavioral health care systems, including interagency and inter-organizational collaboration and consultation

- c) counselors' roles and responsibilities as members of interdisciplinary community outreach and emergency management response teams
- d) the role and process of the professional counselor advocating on behalf of the profession
- e) advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients
- f) professional counseling organizations, including membership benefits, activities, services to members, and current issues
- g) professional counseling credentialing, including certification, licensure, and accreditation practices and standards, and the effects of public policy on these issues
- h) current labor market information relevant to opportunities for practice within the counseling profession
- i) ethical standards of professional counseling organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling
- j) technology's impact on the counseling profession
- k) strategies for personal and professional self-evaluation and implications for practice
- l) self-care strategies appropriate to the counselor role
- m) the role of counseling supervision in the profession

## **2. Social & Cultural Diversity**

- h) strategies for identifying and eliminating barriers, prejudices, and processes of intentional and unintentional oppression and discrimination

## **Clinical Mental Health Counseling Standards**

Counselor education programs with a specialty area in clinical mental health counseling must document additional MHC standards. The specific MHC standards assessed in this course are:

### **1. Foundations**

- a) history and development of clinical mental health counseling
- b) theories and models related to clinical mental health counseling

### **2. Contextual Dimensions**

- a) roles and settings of clinical mental health counselors
- c) mental health service delivery modalities within the continuum of care, such as inpatient, outpatient, partial treatment and aftercare, and the mental health counseling services networks
  - i) legislation and government policy relevant to clinical mental health counseling
  - j) cultural factors relevant to clinical mental health counseling
  - k) professional organizations, preparation standards, and credentials relevant to the practice of clinical mental health counseling
    - l) legal and ethical considerations specific to clinical mental health counseling
    - m) record keeping, third party reimbursement, and other practice and management issues in clinical mental health counseling

### **3. Practice**

- c) strategies for interfacing with the legal system regarding court-referred clients
- d) strategies for interfacing with integrated behavioral health care professionals
- e) strategies to advocate for persons with mental health issues

**Course Outcomes, Learning Objectives & Assignments mapped to Standards**

<b>Objective</b>	<b>MHC Standards</b>	<b>CACREP Standard</b>	<b>SOE Themes</b>	<b>Candidate Outcomes</b>	<b>Div Pro</b>	<b>Assessment</b>
Review the history of, continued advancement of & current trends in Mental Health Counseling	1a, 2c, 2m	1a, 1h		1 and 3		Ethics Exam
Review the role of counseling, developmental, & social learning theories & how these theories have influenced the practice & advancement of mental health counseling	1b, 2c, 2a,	1b, 1c,		1 and 3		Ethics Exam
Identify the many professional roles, employment opportunities & work settings of mental health counselors	2a, 2c,	1b, 1c	HQ CP	1 and 3		
Describe the interdisciplinary collaboration & consultation between MHC & other helping professionals, especially as it relates to emergency, trauma & crisis	2c, 3d,	1c	HQ CP DS	1, 2, and 3		
Explain how MHCs advocate for the profession, for their clients & all persons	3e,	1d, 1e,	HQ CP DS			