Counseling (COU)

Counseling (COU) Courses

COU 5103. Introduction to School Counseling. (3-0) 3 Credit Hours.
Orients students to UTSA's Counseling Program, the school counseling profession, and the roles of professional school counselors. Investigates the legal and ethical aspects of school counseling. Examines planning, designing, implementing, and evaluating a comprehensive and developmental guidance and counseling program that includes students, teachers, administrators, parents, and community members. Examines state and national counseling program models and required competencies.

COU 5113. Ethical, Legal, and Professional Issues in Counseling. (3-0) 3 Credit Hours.
Explores philosophical precepts on which counseling interventions are based. Examines ethical and legal standards related to professional practice and the impact of personal values on the counseling process.

COU 5203. Introduction to Clinical Mental Health Counseling. (3-0) 3 Credit Hours.
Provides an overview of the counseling profession. Explores ethical and diversity issues of school and community counselors. Provides an orientation to the counseling program, information about professional credentials, and job roles. Requires observational experience.

COU 5213. Counseling Theories. (3-0) 3 Credit Hours.
Major counseling theories and techniques are presented. Students investigate affective, behavioral, relational, and cognitive psychotherapeutic strategies.

COU 5223. Clinical Assessment and Appraisal Strategies for Counselors. (3-0) 3 Credit Hours.
Prerequisite: COU 5243. Introduction to measurement theory, assessment strategies, and individual- and group-administered techniques, including standardized tests. Emphasis on analysis and interpretation of assessment results for case conceptualization and treatment planning. (Formerly titled "Psychological Assessment for Counselors").

COU 5233. Group Theory and Process. (3-0) 3 Credit Hours.
Prerequisites: COU 5103 or COU 5203, and COU 5213. A study of small group theory, research, and procedures. Explores group membership and leadership behavior. Students are required to participate as a member of a small group in this course.

COU 5243. Diagnosis in Counseling. (3-0) 3 Credit Hours.
Prerequisites: COU 5103 or COU 5203, and COU 5213. Review of Diagnostic and Statistical Manual criteria for mental, behavioral and emotional disorders with case conceptualization emphasizing context, diversity, and relational development. (Formerly titled "Counseling Individuals with Behavioral and Emotional Disorders").

COU 5253. Child and Adolescent Counseling in a Systemic Context. (3-0) 3 Credit Hours.
Prerequisites: COU 5103 or COU 5203, and COU 5213. The emotional and behavioral experiences of childhood and adolescence are discussed within the context of the school and family. Counseling strategies are presented for fostering wellness; teaching parenting skills; responding to crises, disasters and other trauma-causing events; helping students both identify strengths and cope with environmental and developmental problems. Requires casework.

COU 5263. Counseling in a Multicultural Setting. (3-0) 3 Credit Hours.
Prerequisites: COU 5103 or COU 5203, and COU 5213. A study of major issues of cross-cultural counseling. The impact of diversity (within and between group differences) is examined.

COU 5393. Development of Counseling Skills. (3-0) 3 Credit Hours.
Prerequisites: COU 5103 or COU 5203, and COU 5213. As the foundational course in the department's sequence of experiential clinical courses, Development of Counseling Skills offers students the opportunity to master basic skills of professional counseling.

COU 5613. Biopsychosocial Aspects of Addiction Counseling. (3-0) 3 Credit Hours.
Prerequisite: COU 5203. This course examines common drugs of abuse, process addictions, and the etiology, course, and progression of addictive disorders. Students learn to diagnose and conceptualize addiction from contextual, systemic, relational, and holistic perspectives. Reviews evidence-based and innovative approaches used in addiction treatment. (Formerly titled "Substance Abuse and Chemical Dependency Counseling").

COU 5683. Practicum in Counseling. (0-0) 3 Credit Hours.
Prerequisites: COU 5103 or COU 5203, COU 5213, COU 5283, and COU 5393. Students must submit an application, verifying prerequisite course completion, the semester before enrolling into Practicum in Counseling. As the second course in the department's clinical training sequence, Practicum in Counseling provides students with an initial opportunity to transition knowledge and skills gained in prior coursework into professional practice settings.

COU 5713. Clinical Mental Health Counseling Internship I. (0-0) 3 Credit Hours.
Prerequisites: COU 5223, COU 5243, COU 5683, and EDP 5033. Students must submit an application, verifying prerequisite course completion, the semester before enrolling into Clinical Mental Health Counseling Internship I. As the third course in the clinical training sequence, Internship I reflects the comprehensive work experience of a professional counselor in community settings. Students are expected to continue demonstration of skills acquired during the Practicum in Counseling.

COU 5723. Clinical Mental Health Counseling Internship II. (0-0) 3 Credit Hours.
Prerequisite: COU 5713. Students must submit an application, verifying prerequisite course completion, the semester before enrolling into Clinical Mental Health Counseling Internship II. Internship II is the final course of the clinical training sequence. Extensive supervised fieldwork in a UTSA-approved community counseling setting. This course is part of a sequential learning experience intended to expand upon the skills and knowledge gained in Internship I.

COU 5793. School Counseling Internship I. (0-0) 3 Credit Hours.
Prerequisites: COU 5253 and COU 5683. Students must submit an application, verifying prerequisite course completion, the semester before enrolling into School Counseling Internship I. As the third course in the clinical training sequence, Internship I reflects the comprehensive work experience of a professional counselor in school settings. Students are expected to continue demonstration of skills acquired during the Practicum in Counseling.
COU 5803. School Counseling Internship II. (0-0) 3 Credit Hours. 
Prerequisite: COU 5793. Students must submit an application, verifying prerequisite course completion, the semester before enrolling into School Counseling Internship II. As the fourth course in the clinical training sequence, Internship II reflects the comprehensive work experience of a professional counselor in school settings. Students are expected to continue demonstration of skills acquired during the School Counseling Internship I.

COU 5813. School Counseling Internship III. (0-0) 3 Credit Hours. 
Prerequisite: COU 5803. Students must submit an application, verifying prerequisite course completion, the semester before enrolling into School Counseling Internship III. As the fifth course in the clinical training sequence, Internship III reflects the comprehensive work experience of a professional counselor in school settings. Students are expected to continue demonstration of skills acquired during the School Counseling Internship II.

COU 6003. Consultation and Program Evaluation. (3-0) 3 Credit Hours. 
Prerequisites: COU 5103 or COU 5203, and COU 5213. Provides a framework for understanding and practicing consultation in a school and/or community setting. Students examine the historical development, major models, and ethical and legal issues related to consultation. Students develop a personal model of consultation and apply theoretical material to case presentations. (May be taken concurrently with COU 5793 School Counseling Internship I).

COU 6013. The Role of Sport in Society. (3-0) 3 Credit Hours. 
Examination of sport and physical activity, sport’s impact on society, and the affective roles sport takes as part of our social structure and the institution of education. (Same as KAH 6013. Credit cannot be earned for both COU 6013 and KAH 6013).

COU 6033. Sport Psychology. (3-0) 3 Credit Hours. 
A study of cognition and behaviors related to the participation in sport. This course will have a theoretical focus and will include topics such as self-efficacy, performance enhancement, cohesion, arousal and anxiety. Contemporary research will be discussed. (Same as KAH 6033. Credit cannot be earned for both COU 6033 and KAH 6033).

COU 6043. Applied Sport Psychology. (3-0) 3 Credit Hours. 
Prerequisite: COU 6033. This course will provide a practical and comprehensive introduction to somatic, cognitive and behavioral interventions used in athletics to improve performance. Theoretical bases of psychological stress and performance will be explored and appropriate interventions discussed. Research findings related to athletics will be applied. (Same as KAH 6043. Credit cannot be earned for both COU 6043 and KAH 6043).

COU 6153. Career Development and Choice. (3-0) 3 Credit Hours. 
A study of theories of occupational choice and career development and their application to the guidance and counseling process. Identification and utilization of various types of occupational information and resources in counseling interviews and guidance programs.

COU 6203. Psychological Perspectives of Motor Learning and Control. (3-0) 3 Credit Hours. 
Study of the individual processes of skill acquisition, including the involvement of transfer, timing, feedback, practice, and retention as well as the processes of central and peripheral mechanisms involved in implementing physical and perceptual skills. (Same as KAH 6203. Credit cannot be earned for both COU 6203 and KAH 6203).

COU 6323. Advanced Psychological Assessment. (3-0) 3 Credit Hours. 
Prerequisite: COU 5223. Theory and application of specific instruments and techniques, including administration and scoring. Emphasis on analysis, interpretation, and integration of ability, achievement, and personality assessment results for diagnostics as well as treatment planning. Casework is required.

COU 6523. Couple and Family Counseling Theories. (3-0) 3 Credit Hours. 
Prerequisites: COU 5203 and COU 5213. This course examines the history of family therapy, major family counseling theories, and significant marriage and family theorists.

COU 6533. Mental Health and Addiction Issues in Couple and Family Counseling. (3-0) 3 Credit Hours. 
Prerequisite: COU 6523. This course addresses current pressing topics within the marriage and family counseling literature. These topics may range from family, couple, and child assessment, contemporary or changing treatment interventions, and legal and ethical issues faced by counselors in marriage and family practitioners.

COU 6543. Intermediate Skills in Couple and Family Counseling. (3-0) 3 Credit Hours. 
Prerequisite: COU 6523. This course provides a clinical marriage and family practice component. It is a skills development course that provides an opportunity for students to become proficient in specific marriage and family related clinical practices.

COU 6553. Assessment and Treatment in Couple and Family Counseling. (3-0) 3 Credit Hours. 
Prerequisite: COU 6523. This course provides an overview of common assessment and treatment strategies for counselors working with couples and families. This course will also explore creative and innovative strategies for working with couples and families.

COU 6613. Addicted Families, Violence, and Life-Threatening Behaviors. (3-0) 3 Credit Hours. 
Prerequisites: COU 5613 and COU 6523. This course explores the intertwined comorbidity of family addictions, violence, and life-threatening behaviors (e.g., suicide, child abuse, domestic violence, etc.) and provides an opportunity for students to obtain the basic knowledge and practice skills to provide thorough counseling practices to families presenting with this “triple threat”.

COU 6723. Counseling for Advocacy and Social Justice. (3-0) 3 Credit Hours. 
Prerequisite: COU 5283. Examination of the role of social responsibility within the counseling profession. Focuses on the exploration and application of social change strategies on behalf of diverse clients in communities and schools.

COU 6733. Health Care Counseling and Diverse Cultures. (3-0) 3 Credit Hours. 
Prerequisite: COU 5283. Students will explore the historical context of the relationship between the U.S. government and health care disparities among racial and ethnic minorities. Students will examine how families and cultural competencies can be incorporated into the health counseling process.
COU 6773. Introduction to Neurofeedback. (3-0) 3 Credit Hours.  
The course is an introduction to neurofeedback, a form of biofeedback used to help individuals regulate brainwave patterns (via electroencephalogram readings). Course content covers an overview of neurofeedback, history of the field, principles of learning, concepts of biofeedback, basic neurophysiology and neuroanatomy, basic instrumentation and electronics, research, psychopharmacological considerations, treatment planning, and professional conduct. This course is designed to meet the criteria of the "Blueprint of Knowledge Statement for Board Certification in Neurofeedback" by the Biofeedback Certification International Alliance.

COU 6783. Advanced Neurofeedback. (3-0) 3 Credit Hours.  
This is an advanced neurofeedback course that covers advanced topics in neuroanatomy, clinical assessment, and treatment planning using neurofeedback. Students will demonstrate skills in administering and interpreting clinical neurofeedback protocols. Case studies will be used to prepare students for their practicum in neurofeedback.

COU 6793. Practicum in Neurofeedback. (3-0) 3 Credit Hours.  
This course provides students with hands-on experience in clinical assessment skills, administering and interpreting QEEGs, developing and administering neurofeedback protocols, and monitoring neurofeedback treatment.

COU 6883. Trauma, Crisis, and Grief Counseling. (3-0) 3 Credit Hours.  
Prerequisites: COU 5203 and COU 5213. This experiential course covers the full spectrum of grief and loss to include loss by death, and other losses, such as divorce, trauma, addiction, miscarriage, and betrayal. This course reviews the use of creative interventions to help families, individuals, couples, and groups move through periods of adversity and change. Students will engage in reflective activities and demonstrate the principles to effectively counsel clients experiencing grief and loss.

COU 6893. Foundations of Research in Counseling and Development. (3-0) 3 Credit Hours.  
Prerequisites: COU 5203 or consent of instructor. Examination of existing research and research methodology in the field of counseling and development. Describes approaches for conducting applied research, including design and data analysis strategies, emphasizing qualitative, quantitative, and mixed methods. Topics include measurement issues (reliability, validity), data collection approaches (interviews, surveys, case studies), and methods of data analysis.

COU 6951. Independent Study. (0-0) 1 Credit Hour.  
Prerequisites: Graduate standing and permission in writing (form available) of the instructor and the student’s Graduate Advisor of Record. Independent reading, research, discussion, and/or writing in a counseling-related topic under the direction of a faculty member. For students needing specialized work not normally or not often available as part of the regular course offerings. May be repeated for credit, but no more than 6 hours, regardless of discipline, will apply to the Master’s degree.

COU 6953. Independent Study. (0-0) 3 Credit Hours.  
Prerequisites: Graduate standing and permission in writing (form available) of the instructor and the student’s Graduate Advisor of Record. Independent reading, research, discussion, and/or writing in a counseling-related topic under the direction of a faculty member. For students needing specialized work not normally or not often available as part of the regular course offerings. May be repeated for credit, but no more than 6 hours, regardless of discipline, will apply to the Master’s degree.

COU 6961. Comprehensive Examination. (0-0) 1 Credit Hour.  
Prerequisite: Approval of the Graduate Program Committee to take the Comprehensive Examination. Independent study course for the purpose of taking the Comprehensive Examination. May be repeated as many times as approved by the Graduate Program Committee. Enrollment is required each term in which the Comprehensive Examination is taken if no other courses are being taken that term. The grade report for the course is either "CR" (satisfactory performance on the Comprehensive Examination) or "NC" (unsatisfactory performance on the Comprehensive Examination).

COU 6973. Special Issues. (3-0) 3 Credit Hours.  
Prerequisite: Consent of instructor. An organized course offering the opportunity for specialized study not normally or not often available as part of the regular course offerings. Special Issues courses may be repeated for credit when the topics vary, but no more than 6 hours, regardless of discipline, may be counted toward the Master’s degree. (Formerly titled "Special Problems").

COU 6983. Master’s Thesis. (3-0) 3 Credit Hours.  
Prerequisites: Permission of the Graduate Advisor of Record and thesis director. Thesis research and preparation. May be repeated for credit, but no more than 6 hours will apply to the Master’s degree. Credit will be awarded upon completion of the thesis. Enrollment is required each term in which the thesis is in progress.

COU 7103. Qualitative Research Methods in Counseling and Development. (3-0) 3 Credit Hours.  
Prerequisite: COU 6893 or consent of instructor. Explores qualitative research traditions and approaches in counseling and development, including grounded theory, phenomenology, case study, and ethnography. Describes the stages of qualitative research, from reviewing the relevant research literature and stating the research problem to specifying appropriate procedures for data collection and analysis. Students produce an original proposal for conducting qualitative research in counseling and development as a major component of the course. (Formerly COU 6053. Credit can be earned for only one of the following: COU 7103, COU 6053, or AHE 6053).

COU 7121. College and University Teaching Seminar. (1-0) 1 Credit Hour.  
Provides the student with experiences and theoretical knowledge in the process of higher education. Theories in instruction are explored and the students will be performing activities including but not limited to class preparation, class presentation, testing, and course organization. Classroom experiences are analyzed and discussed under supervision of qualified faculty.

COU 7133. Seminar in Professional Development. (3-0) 3 Credit Hours.  
Prerequisite: Doctoral status or consent of instructor. This course is intended to provide an overview of current research issues in counselor education, ethical and legal concerns and issues related to counselor identity.

COU 7213. Advanced Theories of Counseling. (3-0) 3 Credit Hours.  
Prerequisite: COU 5213. In-depth study and analysis of the traditional and contemporary theories of counseling and analysis of original works by theorists. Critical evaluation of philosophical and psychological assumptions that underlie various theories will be required. Critical analysis of how theories "fit" in current counseling culture will be required.
COU 7283. Advanced Multicultural Counseling. (3-0) 3 Credit Hours.
Prerequisite: COU 7213. Comprehensive investigation of multicultural issues, theory, research, and practice relevant to the field of counseling. Cultural identification and exploration of one’s heritage and how it impacts the therapeutic process will be required. Emphasis on the development of advanced multicultural counseling competencies will be explored. Extensive cultural experiential field exercises will be required.

COU 7313. Practicum in Counseling. (3-0) 3 Credit Hours.
Prerequisite: Doctoral status. This practicum provides a counseling experience prior to the doctoral student entering his/her advanced internship. The course will offer opportunities for growth in skills, knowledge and personal development as a doctoral-level practitioner.

COU 7383. Advanced Practicum in Multicultural Counseling. (3-0) 3 Credit Hours.
Prerequisite: COU 7283 or consent of instructor. Investigation and application of multicultural counseling content to clinical practice. This skills-development course assists students in their proficiency in counseling clients of diverse backgrounds.

COU 7413. Internship I. (0-0) 3 Credit Hours.
Prerequisite: Doctoral status. Incorporates campus-based practicum experience with classroom experience focusing on client problems and the learning of relevant counseling skills.

COU 7513. Internship II. (0-0) 3 Credit Hours.
Prerequisites: Doctoral status and permission of instructor. Involves field-based experience within one of several approved community settings including urban public schools, courts, detention centers, and mental health care centers. Students will engage in a variety of roles that include supervision and administration of counseling programs.

COU 7583. Supervision of Counseling. (3-0) 3 Credit Hours.
Introduces supervisors-in-training to knowledge and skills identified by the profession as basic to effective tutoring and mentoring skill development of counselors-in-training and practicing counselors. Students will be required to engage in supervision experiences to demonstrate competency in skill acquisition. This course is designed for students who have completed their Master’s degree.

COU 7593. Practicum in Counseling Supervision. (3-0) 3 Credit Hours.
Prerequisite: COU 7583. An advanced experiential course aimed at translating supervision theory into practice. Students will be required to supervise master’s level counselors-in-training. Current models of supervision and their application will be emphasized.

COU 7771. Independent Study. (0-0) 1 Credit Hour.
Prerequisites: Doctoral standing and permission in writing (form available) of the instructor and student’s Graduate Advisor of Record. Independent reading, research, discussion, and/or writing under the direction of a faculty member. For students needing specialized work as part of the regular course offerings. May be repeated for credit, but no more than 6 semester credit hours will apply to the Doctoral degree.

COU 7773. Independent Study. (0-0) 3 Credit Hours.
Prerequisites: Doctoral standing and permission in writing (form available) of the instructor and student’s Graduate Advisor of Record. Independent reading, research, discussion, and/or writing under the direction of a faculty member. For students needing specialized work as part of the regular course offerings. May be repeated for credit, but no more than 6 semester credit hours will apply to the Doctoral degree.

COU 7793. Advanced Research in Counseling and Development. (3-0) 3 Credit Hours.
Prerequisites: COU 6323, COU 7103, and COU 7213, or consent of instructor. Advanced study of scientific inquiry, research-related ethical issues, design, sampling procedures, and data analysis. Encourages development of research skills and inquiry in the context of student’s dissertation by linking research questions to appropriate qualitative, quantitative, or multi-method approaches. Emphasis on dissertation data collection, analysis, and presentation. (Formerly titled “Research in Counseling.”)

COU 7973. Special Topics in Counseling. (3-0) 3 Credit Hours.
An organized course offering the opportunity for specialized study not normally or often available as part of the regular course offerings. This course may be repeated for credit when topics vary and will apply toward the Doctoral degree.

COU 7991. Dissertation. (0-0) 1 Credit Hour.
Prerequisites: Admission to candidacy for the Doctoral degree and consent of student’s Graduate Advisor of Record. May be repeated for credit, but no more than 12 semester credit hours may be applied to the Doctoral degree. Credit will be awarded upon completion of the dissertation.

COU 7993. Dissertation. (0-0) 3 Credit Hours.
Prerequisites: Admission to candidacy for the Doctoral degree and consent of student’s Graduate Advisor of Record. May be repeated for credit, but no more than 12 semester credit hours may be applied to the Doctoral degree. Credit will be awarded upon completion of the dissertation.

COU 7996. Dissertation. (0-0) 6 Credit Hours.
Prerequisites: Admission to candidacy for the Doctoral degree and consent of student’s Graduate Advisor of Record. May be repeated for credit, but no more than 12 semester credit hours may be applied to the Doctoral degree. Credit will be awarded upon completion of the dissertation.