

# 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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

### **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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

### **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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

### **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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

### **COU 5223. Clinical Assessment and Appraisal Strategies for Counselors. (3-0) 3 Credit Hours.**

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.") Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

### **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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

### **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.") Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

### **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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

### **COU 5283. 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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

### **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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

### **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.") Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

### **COU 5683. Practicum in Counseling. (0-0) 3 Credit Hours.**

Prerequisites: COU 5103 or COU 5203, COU 5213, COU 5233, COU 5283, COU 5393, and COU 6523. 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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

### **COU 5713. Clinical Mental Health Counseling Internship I. (0-0) 3 Credit Hours.**

Prerequisites: COU 5243 and COU 5683. 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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

### **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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**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, community, and/or organizational 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.) Course Fees: COUN \$35; GGH01 \$90; LRH1 \$20; STSH \$30.

**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.) Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**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.) Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**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.) Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**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.) Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**COU 6546. Clinical Mental Health Counseling Internship III. (0-0) 6 Credit Hours.**

Prerequisite: COU 5713. Students must submit an application, verifying prerequisite course completion, the semester before enrolling into Clinical Mental Health Counseling Internship III. Internship III 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 practicum. Course Fees: COUN \$35; GH01 \$180; LRH1 \$20; STSH \$60.

**COU 6563. Counselors in Organizational Settings, Organizational Health and Behavior. (3-0) 3 Credit Hours.**

Organizations confront a wide range of challenges when managing individuals in today's complex and fast-paced work environment. This course will provide an overview of several challenges and discuss how counselors can develop skills to help organizations effectively navigate these issues. Concepts from Counseling, Psychology, Systems Theory, Neuroscience, and Organizational Development will be covered to understand how organizations can develop a person-centered, inclusive, and psychologically safe work environment. Course fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**COU 6893. Foundations of Research in Counseling and Development. (3-0) 3 Credit Hours.**

Prerequisite: EDU 5003 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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**COU 6951. Independent Study. (0-0) 1 Credit Hour.**

Prerequisites: Graduate standing and permission in writing (form available) from 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. Course Fees: COUN \$35; GH01 \$30; STSH \$10.

**COU 6953. Independent Study. (0-0) 3 Credit Hours.**

Prerequisites: Graduate standing and permission in writing (form available) from 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. Course Fees: COUN \$35; GH01 \$90; STSH \$30.

**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). Course Fees: COUN \$35; GH01 \$30; STSH \$10.

**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"). Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**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.) Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**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. Course Fees: COUN \$35; GH01 \$30; LRH1 \$20; STSH \$10.

**COU 7123. College and University Teaching. (3-0) 3 Credit Hours.**

Provides instruction on models, perspectives, research, and techniques pertaining to teaching within the graduate curriculum in counselor education. Issues related to values and beliefs about the learning process, needs of adult learners, pedagogical techniques, learning styles, and cultural assumptions about teaching and learning are explored. Students will learn how to structure, deliver, and evaluate instruction applicable to all domains of knowledge. Concurrent with enrollment in the course, students are required to serve as teaching assistant (TA) to a faculty member teaching a master's-level course in counseling. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**COU 7213. Advanced Theories in Counseling. (3-0) 3 Credit Hours.**

Prerequisite: COU 5213. In-depth study and analysis of the traditional and contemporary theories of counseling, leadership and organizational theories 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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**COU 7513. Internship II. (0-0) 3 Credit Hours.**

Prerequisites: Doctoral status and permission from 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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**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. Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**COU 7771. Independent Study. (0-0) 1 Credit Hour.**

Prerequisites: Doctoral standing and permission in writing (form available) from 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. Course Fees: COUN \$35; GH01 \$30; STSH \$10.

**COU 7773. Independent Study. (0-0) 3 Credit Hours.**

Prerequisites: Doctoral standing and permission in writing (form available) from 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. Course Fees: COUN \$35; GH01 \$90; STSH \$30.

**COU 7893. 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.") Course Fees: COUN \$35; GH01 \$90; LRH1 \$20; STSH \$30.

**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. Course Fees: COUN \$35; GH01 \$90; STSH \$30.

**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. Course Fees: COUN \$35; GH01 \$30; STSH \$10.

**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. Course Fees: COUN \$35; GH01 \$90; STSH \$30.

**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. Course Fees: COUN \$35; GH01 \$180; STSH \$60.