CNS 771: Clinical Mental Health Counseling

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Location: Room 208, Carswell Hall
May 9-11; 16-18
9:00-4:00

Textbook

Newsome, D. W., & Gladding, S. T. (2014). Clinical mental health counseling in community and agency settings (4th ed.). Upper Saddle River, NJ: Merrill/Prentice-Hall. (The 5th edition of the textbook may also be used, if you have already purchased it.)

Course Description:

The purpose of this course is to introduce students to the foundations of clinical mental health counseling (CACREP, 2016). You will learn about the historical and professional foundations of clinical mental health counseling (CMHC), the roles and functions of CMHCs, the settings in which CMHCs practice, and the services that they provide. The course emphasizes the acquisition of knowledge and the development of skills needed by contemporary clinical mental health counselors.

Objectives: (Based on 2016 Standards)

Students who are preparing to specialize as clinical mental health counselors will demonstrate the knowledge and skills necessary to address a wide variety of circumstances within the context of clinical mental health counseling. Counselor education programs with a specialty area in clinical mental health counseling must document where each of the lettered standards listed below is covered in the curriculum.

1. FOUNDATIONS
   a. history and development of clinical mental health counseling
   b. theories and models related to clinical mental health counseling
   c. principles, models, and documentation formats of biopsychosocial case conceptualization and treatment planning

2. CONTEXTUAL DIMENSIONS
   a. roles and settings of clinical mental health counselors
   b. etiology, nomenclature, treatment, referral, and prevention of mental and emotional disorders
   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
d. diagnostic process, including differential diagnosis and the use of current diagnostic classification systems, including the *Diagnostic and Statistical Manual of Mental Disorders (DSM)* and the International Classification of Diseases

g. impact of biological and neurological mechanisms on mental health

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

   a. intake interview, mental status evaluation, biopsychosocial history, mental health history, and psychological assessment for treatment planning and caseload management

   b. techniques and interventions for prevention and treatment of a broad range of mental health issues

   e. strategies to advocate for persons with mental health issues

**Course Requirements:**

1. Attend all classes, complete all assigned readings, and participate in class discussion and activities. (10%) Please be on time for all classes and site visits. **A class absence will result in a grade reduction of one letter grade, with few exceptions.**

2. Community Agency Project (20%). Due May 30 or August 1. (CACREP 5.C.2.c.m)

3. Case Study (20%). Due May 30 or July 15. (CACREP 5.C.1.b.c; 5.C.2.b.c.d.g.l; 5.c.3.a.b.e)

4. Prevention/Wellness Project (15%). Due May 19. (CACREP 5.C.2.1)

5. Presentation (15%). TBD

6. Final Examination (multiple choice) (20%). Given on May 16 and due by May 26. (CACREP 5.C.1.a.b.c.e; 5.C.2.a.b.f.k.j.m)

**Guest Speakers**

**May 10, 9:00** Ginny Mills, LPC, LCAS (addictions)
**May 16, 10:00** Patti Patridge, LPC, Eating Disorders  
**May 16, 12:30** Brittany Wyche, Guilford College Counseling Center

Note: All electronic devices, including cell phones and computers, should be turned off during class unless computers are required for an assignment. Any use of computers that is non-topic related will result in a grade reduction.  
Due to the blistering pace of summer sessions, please do all you can to keep up with the reading material and the assignments.

### Tentative Schedule
(Note: Readings should be completed before each class date.)

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Reading</th>
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| **May 9** | **The Profession of Clinical Mental Health Counseling**              | Newsome & Gladding  
*Historical Overview*  
*Professional Identity*  
(CACREP 5.C.1.a; 5.C.2.a.k)  

| **May 10** | **Clinical Mental Health Counseling: Roles and Functions**          | Chapters 5 & 7  
*Ginny Mills: Addictions*  
*The Counseling Process*  
*Holistic Approaches to Mental Health*  
(CACREP 5.C.1.e; 5.C.2.g.j.m; 5.C.3.a.b.c)  

| **May 11** | **Clinical Mental Health Counseling: Roles and Functions**          | Chapters 6 & 8  
*Assessment and Diagnosis*  
*Consultation, Advocacy, and Evaluation*  

| **May 16** | **Roles and Functions and Populations Served**                      | 4th edition : pages 326-336  
5th edition : pages 283-285  

*Patti Patridge: Eating disorders (10:00)*  
*Brittany Wyche: Counseling in University Settings*  
*Managing Suicide Risk, Crises, and Disasters*  
(CACREP 5.C.2.a.c.f.l; 5.C.3.a.b)  

*4th edition : Chapters 9, 15  
5th edition : Chapter 8, 13 (section on college and university counseling)*
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<tr>
<th>Date</th>
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<th>References</th>
<th>Notes</th>
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<tbody>
<tr>
<td>May 17</td>
<td>Clinical Mental Health Counseling: Settings and Services</td>
<td>Community Agencies, Medical Settings, and Other Specialized Settings</td>
<td>4th edition: Chapters 12 &amp; 14 (both editions)</td>
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<td></td>
<td>Class Presentations (2) (PM)</td>
<td>(CACREP 5.C.1.b; 5.C.2.a.c; 5.C.3.d)</td>
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<td>May 18</td>
<td>CMHC: Settings and Services Presentations (2)</td>
<td>EAP Programs, Private Practice, and Managed Care</td>
<td>4th ed: Chapter 16</td>
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<td>Managing Stress and Avoiding Burnout</td>
<td>(CACREP 5.C.2.j.m)</td>
<td>5th ed: Chapter 15</td>
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<td>Prevention project due</td>
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<td>Take-home exam distributed</td>
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