

Foundations of Clinical Mental Health Counseling  
(COUN 5655)  
Semester



Professor:  
Office:  
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**Textbook & readings:**

Gerig, M. S. (2018). *Foundations for clinical mental health counseling: An introduction to the profession (3<sup>rd</sup> Ed.)*. Boston: Pearson Education, Inc.

Other readings pertaining to mental health related issues will be assigned and can be accessed from government and other websites.

**Course description:**

This course is intended to offer an introduction to the profession of clinical mental health counseling. You will be exposed to the historical, philosophical, societal, economic, and political dimensions of this profession. The focus will be on fostering your knowledge and professional identity by increasing awareness of various roles and duties of clinical mental health counselors as well as learning how they interact with professionals from other disciplines within the mental health field.

The course provides an overview of the issues, needs, populations, skills, and models in mental health settings with an emphasis on prevention and wellness. You will also learn about the organization and administration of mental health services. Finally, you will learn about professional issues that are unique to clinical mental health counseling, including national recognition of the field, reimbursement, core provider status, and access to and practice privileges within managed care systems. The role of ethical and legal issues and racial, ethnic, socioeconomic status, development, gender, and religion in the context of clinical mental health counseling will also be covered.

**Student learning outcomes:**

COUN 5655 Foundations of Clinical Mental Health Counseling 2009 CACREP Standards			
Standard #	Core Curricular Category	Standard	Learning Activities & Experiences
II-G-1-c	Professional Orientation & Ethical Practice	counselors' roles and responsibilities as members of an interdisciplinary emergency management response team during a local, regional, or national crisis, disaster or other trauma-causing event;	Lecture, course notes & readings; Psychological First Aid activity;

			Community-based program proposal; Exam
<b>II-G-1-i</b>	Professional Orientation & Ethical Practice	advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients; and	Lecture, course notes & readings; Exam; Threaded Discussion
<b>II-G-1-j</b>	Professional Orientation & Ethical Practice	ethical standards of professional organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling.	Lecture, course notes & readings; Exam; Threaded Discussion
<b>II-G-2-e</b>	Social & Cultural Diversity	counselors' roles in developing cultural self-awareness, promoting cultural social justice, advocacy and conflict resolution, and other culturally supported behaviors that promote optimal wellness and growth of the human spirit, mind, or body; and	Lecture, course notes & readings; Exam; Threaded Discussion
<b>II-G-5-a</b>	Helping Relationships	an orientation to wellness and prevention as desired counseling goals;	Lecture, course notes & readings; Community-based program proposal; Exam
<b>II-G-5-g</b>	Helping Relationships	crisis intervention and suicide prevention models, including the use of psychological first aid strategies.	Lecture, course notes & readings; Application of psychological first aid activity; Community-based program proposal; Exam
<b>II-G-8-d</b>	Research & Program Evaluation	principles, models, and applications of needs assessment, program evaluation, and the use of findings to effect program modifications;	Lecture, course notes & readings; Exam; Community-based program proposal project
<b>II-G-8-e</b>	Research & Program Evaluation	the use of research to inform evidence-based practice; and	Lecture, course notes & readings; SAMHSA evidence-based program proposal
<b>Standard #</b>	<b>Clinical Mental Health Counseling</b>	<b>Standard</b>	<b>Learning Activities &amp; Experiences</b>
<b>CMHC-A-1</b>	Foundations – Knowledge	Understands the history, philosophy, and trends in clinical mental health counseling	Lecture, course notes & readings; History of Mental

			Health Counseling assignment; Exam
<b>CMHC-A-2</b>	Foundations – Knowledge	Understands ethical and legal considerations specifically related to the practice of clinical mental health counseling	Lecture, course notes & readings; Discussion board; Community-based program proposal; Exam
<b>CMHC-A-3</b>	Foundations – Knowledge	Understands the roles and functions of clinical mental health counselors in various practice settings and the importance of relationships between counselors and other professionals, including interdisciplinary treatment teams	Lecture, course notes & readings; Discussion board; Community-based program proposal; Exam
<b>CMHC-A-4</b>	Foundations – Knowledge	Knows the professional organizations, preparation standards, and credentials relevant to the practice of clinical mental health counseling	Lecture, course notes & readings; Exam
<b>CMHC-A-5</b>	Foundations – Knowledge	Understands a variety of models and theories related to clinical mental health counseling, including the methods, models, and principles of clinical supervision	Lecture, course notes & readings; Community-based program proposal; Exam
<b>CMHC-A-7</b>	Foundations – Knowledge	Is aware of professional issues that affect clinical mental health counselors (e.g., core provider status, expert witness status, access to and practice privileges within managed care systems)	Lecture, course notes & readings; Discussion board; Community-based program proposal; Exam
<b>CMHC-A-8</b>	Foundations – Knowledge	Understands the management of mental health services and programs, including areas such as administration, finance, and accountability	Lecture, course notes & readings; Community-based program proposal; Exam
<b>CMHC-A-9</b>	Foundations – Knowledge	Understands the impact of crises, disasters, and other trauma-causing events on people	Lecture, course notes & readings; Exam
<b>CMHC-A-10</b>	Foundations – Knowledge	Understands the operation of an emergency management system within clinical mental health agencies and in the community	Lecture, course notes & readings; Exam
<b>CMHC-B-1</b>	Foundations – Skills & Practices	Demonstrates the ability to apply and adhere to ethical and legal standards in clinical mental health counseling	Lecture, course notes & readings; Discussion board; Community-based

			program proposal; Exam
<b>CMHC-B-2</b>	Foundations – Skills & Practices	Applies knowledge of public mental health policy, financing, and regulatory processes to improve service delivery opportunities in clinical mental health counseling	Lecture, course notes & readings; Community-based program proposal; Exam
<b>CMHC-C-1</b>	Counseling, Prevention & Intervention - Knowledge	Describes the principles of mental health, including prevention, intervention, consultation, education, and advocacy, as well as the operation of programs and networks that promote mental health in a multicultural society	Lecture, course notes & readings; Discussion board; Advocacy assignment; Community-based program proposal; Exam
<b>CMHC-C-3</b>	Counseling, Prevention & Intervention - Knowledge	Knows the models, methods, and principles of program development and service delivery (e.g., support groups, peer facilitation training, parent education, self-help)	Lecture, course notes & readings; Discussion board; Community-based program proposal; Exam
<b>CMHC-C-5</b>	Counseling, Prevention & Intervention - Knowledge	Understands the range of mental health service delivery—such as in-patient, out-patient, partial treatment and aftercare—and the clinical mental health counseling services network.	Lecture, course notes & readings; Discussion board; Exam
<b>CMHC-C-6</b>	Counseling, Prevention & Intervention - Knowledge	Understands the principles of crisis intervention for people during crises, disasters, and other trauma-causing events	Lecture, course notes & readings; Application of Psychological First Aid assignment; Community-based program proposal; Exam
<b>CMHC-C-8</b>	Counseling, Prevention & Intervention - Knowledge	Recognizes the importance of family, social networks, and community systems in the treatment of mental and emotional disorders	Lecture, course notes & readings; Discussion board; Exam
<b>CMHC-C-9</b>	Counseling, Prevention & Intervention - Knowledge	9. Understands professional issues relevant to the practice of clinical mental health counseling	Lecture, course notes & readings; Discussion board; Exam
<b>CMHC-D-3</b>	Counseling, Prevention & Intervention – Skills & Practices	Promotes optimal human development, wellness, and mental health through prevention, education, and advocacy activities	Lecture, course notes & readings; Advocacy

			assignment; Community-based program proposal; Exam
<b>CMHC-E-1</b>	Diversity & Advocacy – Knowledge	Understands how living in a multicultural society affects clients who are seeking clinical mental health counseling services	Lecture, course notes & readings; Community-based program proposal
<b>CMHC-E-2</b>	Diversity & Advocacy – Knowledge	Understands the effects of racism, discrimination, sexism, power, privilege, and oppression on one’s own life and career and those of the client	Lecture, course notes & readings; Community-based program proposal
<b>CMHC-F-2</b>	Diversity & Advocacy - Skills & Practices	Advocates for policies, programs, and services that are equitable and responsive to the unique needs of clients	Lecture, course notes & readings; Advocacy assignment; Community-based program proposal
<b>CMHC-I-2</b>	Research & Evaluation - Knowledge	Knows models of program evaluation for clinical mental health programs	Lecture, course notes & readings; Community-based program proposal; Exam
<b>CMHC—J-1</b>	Research & Evaluation – Skills & Practices	Applies relevant research findings to inform the practice of clinical mental health counseling	Lecture, course notes & readings; Community-based program proposal
<b>CMHC—J-2</b>	Research & Evaluation – Skills & Practices	Develops measurable outcomes for clinical mental health counseling programs, interventions, and treatments	Lecture, course notes & readings; Community-based program proposal
<b>CMHC—J-3</b>	Research & Evaluation – Skills & Practices	Analyzes and uses data to increase the effectiveness of clinical mental health counseling interventions and programs	Lecture, course notes & readings; Community-based program proposal

**Course structure:**

This is a hybrid course meaning that a small portion of the course is spent in direct face-to-face contact with Dr. Quarto and your classmates while the majority is spent completing Internet-based and related

activities.

When the class meets in person, it will consist of lecture and discussion activities as well as small group exercises. It is important that you participate in discussions when given the opportunity to do so by Dr. Quarto as well as be open to discussing issues and working constructively on projects with your classmates. This course is a microcosm of the real world, which involves learning how to work and deal with other people. Thus, your small group experiences can be productive or counter-productive based on how your particular group deals with issues at hand.

The content of the online portion of the course is presented in modules that contain topic-specific material to be covered during a particular time period. For each module, you will read the information contained on the Foundations of Clinical Mental Health Counseling website and complete any assigned activities associated with a module. Some of these activities will entail responding to questions pertaining to the module material and/or readings, while other activities will include searching websites that contain information/resources and using discussion boards to spark discussions relating to the material for a particular week. **Make it a goal to complete the module and any associated discussion board activities or assignments by (or prior to) the date listed on the course outline (which can be found later in this syllabus).** *Procrastination is the primary culprit of unsuccessful online experiences.*

Course notes for the online portion of the course will be available by accessing the Foundations of Clinical Mental Health Counseling website through D2L (i.e., <https://elearn.mtsu.edu>), MTSU's portal to university-related materials. Plan on spending 1 – 3 hours/week completing course activities.

You will be expected to keep up with the readings and contribute to class discussions on an electronic discussion board. Each module will have specific instructions for readings, outside activities, and directions for class discussion and/or written reactions. Your input and reactions are very important to the success of the class.

#### **Evaluation of coursework/class participation:**

1. **Attendance.**
2. **Class participation.**
3. **Exams.**
4. **Class assignments:**
  - a. **SAMHSA evidence-based program assignment**
  - b. **Advocacy assignment**
  - c. **Community-based program proposal**

**NOTE: One-quarter of the possible points that can be earned for a given assignment will be deducted each day that an assignment is turned in late.**

**Grading system:****Counseling dispositions:**

Students in the Professional Counseling program are required to demonstrate program dispositions (i.e., being collaborative, ethical, professional, reflective, self-directed, and critical-thinking students) in this class and in all other academic and professional endeavors. Information regarding demonstration of these dispositions may be communicated to program faculty and used as a component of the faculty's continuous evaluation of student progress. (See Professional Counseling Program Handbook for details.)

**Reasonable accommodations for students with disabilities:**

If you have a documented disability as described by Section 504 of the Rehabilitation Act of 1973 and the American with Disabilities Act (ADA) and would like to request academic and/or physical accommodations, please contact John Harris, Director, Disabled Student Services, KUC 120 (898-2783) as soon as possible. Course requirements will not be waived, but reasonable accommodations may be provided as appropriate.

**Resources for success in graduate school:**

- [James A. Walker Library](#)
- Distance learning librarian: Amy York ([ayork@ulibnet.mtsu.edu](mailto:ayork@ulibnet.mtsu.edu))
- [University Writing Center](#)
- [University College](#) (previously "Continuing Education & Distance Learning")
- [Academic misconduct policies](#)
- [Help desk](#) (contact for D2L-related computer/access problems)

**Test security**

Test security is important. You MAY NOT share the contents of exams with anyone - in paper or electronic form - including online exam sharing sites. Students who engage in this practice may be subject to dismissal from the university.