

CNS 771: Clinical Mental Health Counseling

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A 108 Tribble (Week 1)
A 304 Tribble (Week 2)

Textbook

Gladding, S.T. & Newsome, D.W. (2010). *Clinical Mental Health Counseling in Community and Agency Settings (3rd ed.)* Upper Saddle River, NJ: Merrill/Prentice-Hall.

Patrick, P. K. S. (2007). *Contemporary Issues in Counseling*. Boston, MA, Allyn & Bacon/Pearson.

Assigned readings (TBD)

Course Description:

This course will examine the foundations of the specialty of clinical mental health counseling (CACREP, 2009). Various models of clinical mental health settings and professional counselor roles will be reviewed. The general principles of clinical mental health counseling, including, but not limited to, prevention, intervention, education, outreach, advocacy, consultation, crisis intervention, and service delivery will be discussed.

Objectives:

Foundations

Knowledge:

- Understands the history, trends, and philosophy of clinical mental health counseling. (A.1.)
- Understands ethical and legal considerations specifically related to the practice of clinical mental health counseling. (A.2.)
- 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. (A.3.)
- Knows the professional organizations, preparation standards, and credentials relevant to the practice of clinical mental health counseling (A.4.)
- Understands a variety of models and theories related to clinical mental health. (first half of A.5.)
- 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). (A.7.)
- Understands the management of mental health services and programs, including areas such as administration, finance, and accountability. (A. 8.)

Skills and Practices:

- Demonstrated the ability to apply and adhere to ethical and legal standards in clinical mental health counseling. (B. 1.)

Counseling, Prevention, and 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. (C. 1.)
- Knows the models, methods, and principles of program development and service delivery. (C. 3)
- Understands the range of mental health service delivery—such as inpatient, outpatient, partial treatment and aftercare—and the clinical mental health counseling services network. (C. 5)
- Knows the principles, models, and documentation formats of biopsychosocial case conceptualization and treatment planning. (C. 7.)
- Recognizes the importance of family, social networks, and community systems in the treatment of mental and emotional disorders. (C. 8.)
- Understands professional issues relevant to the practice of clinical mental health counseling (C.9.)

Skills and Practices:

- Promotes optimal human development, wellness, and mental health through prevention, education, and advocacy activities. (D.3.)
- Applies effective strategies to promote client understanding of and access to a variety of community resources. (D.4.)

Diversity and 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. (E. 2.)
- Understands current literature that outlines theories, approaches, strategies, and techniques shown to be effective when working with specific populations of clients with mental and emotional disorders. (E. 3.)
- Understands effective strategies to support client advocacy and influence public policy. (E.4.)
- Understands the implications of concepts such as internalized oppression and institutional racism as well as the historical current and political climate regarding immigration, poverty, and welfare. (E.5.)
- Knows public policies on the local, state, and national levels that affect the quality and accessibility of mental health services.(E.6.)

Skills and Practices:

- Maintains information regarding community resources to make appropriate referrals. (F.1.)

- Advocates for policies, programs, and services that are equitable and responsive to the unique needs of clients. (F.2.)

Course Requirements:

1. Attend all classes, complete all assigned readings, and participate in class discussions and activities. (15%)
2. Community Agency Project (15%)
3. Community Resources Project (15%)
4. Prevention/Wellness Project (15%)
5. Presentation on Crisis Intervention,
6. Professional Advocacy, Client Advocacy, or Program Evaluation (20%)
7. Final Examination (20%) Given on May 21 and due on May 25.

Tentative Schedule

(Note: Readings should be completed before each class date)

Date	Topic	Reading
<i>May 13</i>	<i>The profession of community counseling Historical Overview Professional Identity</i>	<i>Gladding & Newsome Chapters 1 and 2</i>
<i>May 14</i>	<i>Ethical and Legal Issues Current and Emerging Influences</i>	<i>G & N, Chapters 3 & 4</i>
<i>May 15 9:00: The Downtown School 10:30: Carver H.S.</i>	<i>Roles and Functions of Community Counselors The Counseling Process Assessment and Diagnosis</i>	<i>G & N, Chapters 5 & 6</i>
<i>May 20 9:00: Juvenile Ct.</i>	<i>Essential Counseling Services Crisis intervention, prevention, advocacy, and evaluation</i>	<i>G & N, Chapter 7 & 13</i>
<i>May 21 9:00: Insight 10:30: Youth Opportunities 1:00: Children's Home 2:30 Summit School</i>	<i>Working with Specific Populations</i>	<i>G & N, Chapters 10 & 11</i>
<i>May 22 9:00: Regan HS 10:30 Children's Center</i>	<i>Community Counseling Settings and Services</i>	<i>G & N, Chapter 14, Epilogue</i>