Introduction to Clinical Mental Health Counseling

Course Description

This course is designed to provide counselors who will work in community settings with an understanding of the historical and philosophical background of clinical mental health counseling. It will cover the forces that influence the development of community counseling, the role of the mental health counselor, professional issues unique to mental health counseling, client characteristics, principles, community needs assessment, and program development.

Learning Objectives

Upon completion of the course, students will be able to:

- Explain the history, and development of clinical mental health counseling as measured by a successful passing rate of 80% on the weekly online quizzes.

- Apply principles, models, and documentation formats of biopsychosocial case conceptualization and treatment planning as measured by a successful passing rate of 80% on the professional research projects.

- Describe the roles and settings of clinical mental health counselors as measured by a successful passing rate of 80% on the discussion forum postings.

- Comprehend the etiology, nomenclature, treatment, referral, and prevention of mental and emotional disorders as measured by a successful passing rate of 80% on the weekly online quizzes.

- Differentiate among the mental health service delivery modalities within the continuum of care, such as inpatient, outpatient, partial treatment and aftercare, and the mental health counseling service networks as measured by a successful passing rate of 80% on the professional research projects.

- Demonstrate knowledge of the current legislation and government policy efforts relevant to clinical mental health counseling as measured by a successful passing rate of 80% on the discussion forum postings.

- Summarize the client cultural factors relevant to clinical mental health counseling as measured by a successful passing rate of 80% on the discussion forum postings.
• Explain the legal and ethical considerations specific to clinical mental health counseling as measured by a successful passing rate of 80% on the weekly online quizzes.

• Demonstrate the record keeping, third party reimbursement, and other practice and management issues relevant to the contemporary practice of clinical mental health counseling as measured by a successful passing rate of 80% on the professional research projects.

• Formulate strategies to advocate for persons with mental health issues as measured by a successful passing rate of 80% on the professional research projects.

Major Course Requirements

1) Discussion Board Participation (100 points)

Each week you will be responsible for completing all assigned course readings and participating in a virtual discussion based on those readings. Guided discussion prompts will be posted to the course Blackboard discussion forum. Students will need to thoughtfully consider the topic or question presented, and author a response to be posted in the discussion forum that demonstrates their knowledge and understanding of the assigned reading material. In addition to their response, students will need to post a minimum of two substantive responses to the posts of their classmates during the week. At the end of the week (Sunday evening), the instructor will review all posts to determine whether students have met this requirement or not. Discussion posts will be evaluated based on the following items:

Content – Student demonstrates an in-depth understanding and application of concepts and issues presented in the course (e.g., insightful interpretations or analyses; accurate and perceptive parallels, ideas, opinions, and conclusions), showing that the student has absorbed the general principles and ideas presented; and postings/responses that are well-supported by pertinent research/evidence from a variety of and multiple peer-reviewed books and journals, where appropriate; and mastery and thoughtful/accurate application of skills or strategies presented in the course.

Quality of writing – Student uses language that is clear, concise, and appropriate; make few, if any, errors in spelling, grammar, and syntax; provide adequate information about a source when citing or paraphrasing it; use a preponderance of original language and only directly quote when necessary and/or appropriate; and are positive, courteous, and respectful when offering suggestions, constructive feedback, or opposing viewpoints.

Contributions to the discussion – Student significantly contributes to the quality of the discussion by providing: rich and relevant examples; discerning and thought-provoking ideas; stimulating thoughts and probes; new perspectives; and original and critical thinking.

Discussion board posts account for 100 points (20 points/week x 5 weeks) of your final grade.
2) Weekly Online Quizzes (100 points)

Each week, a brief quiz will be posted to assess students’ understanding of the topics being discussed. The quizzes will be made available online at the end of the week, and students will have three days to complete. Quiz questions will be presented in multiple choice format, and only reflect the material discussed for the previous week (not cumulative). The use of notes and textbooks is allowed; however, students must work alone and not seek outside help from fellow classmates or other individuals. There will be five quizzes available for students to take throughout the semester, with each quiz being worth 20 points. A total of 100 points are possible toward your final course grade.

3) Professional Research & Development Projects (300 points)

Throughout the semester a series of **five (5)** professional research and development projects will be assigned to help you learn more about the role of the clinical mental health counselor. These projects will require you to conduct research using the library, Internet, local service providers, and national agencies. Submitted assignments will be evaluated on content as well as style. A more detailed description for each professional research and development project is provided on the class Blackboard homepage under the assignment tab in each learning module. Each professional research project is worth 60 points, resulting in a maximum of 300 points that can be earned on these assignments.

**Point Allocation**

<table>
<thead>
<tr>
<th>Weekly Online Quizzes (5 @ 20 points each)</th>
<th>100 points</th>
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</thead>
<tbody>
<tr>
<td>Discussion Board Posts (5 @ 20 points each)</td>
<td>100 points</td>
</tr>
<tr>
<td>Professional Research Projects (5 @ 60 points each)</td>
<td>300 points</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td><strong>500 points</strong></td>
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**Grade Distribution**

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>F</th>
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<tbody>
<tr>
<td>450-500</td>
<td>400-449</td>
<td>350-399</td>
<td>300-349</td>
<td>Below 300</td>
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**Required or Recommended Readings**

**Textbook:**


**Optional Texts (recommended but NOT required):**


**Recommended or supplemental readings:**


**State Adopted Proficiencies for School Counselors**

**School Counselor Standard I: Learner-Centered Knowledge**
The professional school counselor must have a broad knowledge base.

**School Counselor Standard II: Learner-Centered Skills**
The professional school counselor applies the knowledge base to promote the educational, personal, social, and career development of the learner.
School Counselor Standard III: Learner-Centered Process
The professional school counselor participates in the development, monitoring, and evaluation of a developmental school guidance and counseling program that promotes learners’ knowledge, skills, motivation, and personal growth.

School Counselor Standard IV: Learner-Centered Equity and Excellence for All Learners
The professional school counselor promotes academic success for all learners by acknowledging, respecting, and responding to diversity while building on similarities that bond all people.

School Counselor Standard V: Learner-Centered Communications
The professional school counselor, an advocate for all students and the school, demonstrates effective professional and interpersonal communication skills.

School Counselor Standard VI: Learner-Centered Professional Development
The professional school counselor pursues continuous professional development, demonstrating a commitment to learn, to improve the profession, and to model professional ethics and personal integrity.

TExES Competencies (COE)

Competency 001 (Human Development): The school counselor understands processes of human development and applies this knowledge to provide a developmental guidance program, including counseling services that meets the needs of all students.

Competency 002 (Student Diversity): The school counselor understands human diversity and applies this knowledge to ensure that the developmental guidance and counseling program is responsive to all students.

Competency 003 (Factors Affecting Students): The school counselor understands factors that may affect students' development and school achievement and applies this knowledge to promote students' ability to achieve their potential.

Competency 004 (Program Management): The school counselor understands how to plan, implement, and evaluate a developmental guidance program, including counseling services, which promotes all students' success.

Competency 005 (Developmental Guidance Program): The school counselor knows how to provide a comprehensive developmental guidance program that promotes all students' personal growth and development.

Competency 006 (Counseling): The school counselor understands how to provide effective counseling services to individuals and small groups.

Competency 007 (Assessment): The school counselor understands principles of assessment and is able to use assessment results to identify students' strengths and needs, monitor progress, and engage in planning to promote school success.
Competency 008 (Collaboration with Families): The school counselor knows how to communicate effectively with families and establish collaborative relationships that enhance work with students.

Competency 009 (Collaboration with Others in the School and Community): The school counselor understands how to work collaboratively with other professionals and with community members to promote positive change and to facilitate student learning.

Competency 010 (Professionalism): The school counselor understands and complies with ethical, legal, and professional standards relevant to the profession.

CACREP Standards

This course is designed to meet 2016 CACREP entry-level specialty area standards (Section 5) for clinical mental health counseling. The following standards are covered in this course. Standards shown in **bold type** represent the targeted course objectives that will be assessed in this course throughout the semester.

- **CACREP Standard 5-C-1-a:** History and development of clinical mental health counseling.

- **CACREP Standard 5-C-1-b:** Theories and models related to clinical mental health counseling.

- **CACREP Standard 5-C-1-c:** Principles, models, and documentation formats of biopsychosocial case conceptualization and treatment planning.

- **CACREP Standard 5-C-1-d:** Neurobiological and medical foundation and etiology of addiction and co-occurring disorders.

- **CACREP Standard 5-C-1-e:** Psychological tests and assessments specific to clinical mental health counseling.

- **CACREP Standard 5-C-2-a:** Roles and settings of clinical mental health counselors.

- **CACREP Standard 5-C-2-b:** Etiology, nomenclature, treatment, referral, and prevention of mental and emotional disorders.

- **CACREP Standard 5-C-2-c:** Mental health service delivery modalities within the continuum of care, such as inpatient, outpatient, partial treatment and aftercare, and the mental health counseling service networks.

- **CACREP Standard 5-C-2-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 (ICD).
• CACREP Standard 5-C-2-e: Potential for substance use disorders to mimic and/or co-occur with a variety of neurological, medical, and psychological disorders.

• CACREP Standard 5-C-2-f: Impact of crisis and trauma on individuals with mental health diagnoses.

• CACREP Standard 5-C-2-g: Impact of biological and neurological mechanisms on mental health.

• CACREP Standard 5-C-2-h: Classifications, indications, and contraindications of commonly prescribed psychopharmacological medications for appropriate medical referral and consultation.

• CACREP Standard 5-C-2-i: Legislation and government policy relevant to clinical mental health counseling.

• CACREP Standard 5-C-2-j: Cultural factors relevant to clinical mental health counseling.

• CACREP Standard 5-C-2-k: Professional organizations, preparation standards, and credentials relevant to the practice of clinical mental health counseling.

• CACREP Standard 5-C-2-l: Legal and ethical considerations specific to clinical mental health counseling.

• CACREP Standard 5-C-2-m: Record keeping, third party reimbursement, and other practice and management issues in clinical mental health counseling.

• CACREP Standard 5-C-3-a: Intake interview, mental status evaluation, biopsychosocial history, mental health history, and psychological assessment for treatment planning and caseload management.

• CACREP Standard 5-C-3-b: Techniques and interventions for prevention and treatment of a broad range of mental health issues.

• CACREP Standard 5-C-3-c: Strategies for interfacing with the legal system regarding court-referred clients.

• CACREP Standard 5-C-3-d: Strategies for interfacing with integrated behavioral health care professionals.

• CACREP Standard 5-C-3-e: Strategies to advocate for persons with mental health issues.
Course Policies

Attendance

Although this course is being offered in an online format, students are expected to maintain a continual “virtual” presence in the course. Students should not put off all work until the end of the semester as doing so diminishes the richness of the learning process. If you find yourself in a situation where you will need to be absent from the course for a period of time, please email your instructor so that a personal plan of action can be developed and put into action.

Communication

Each TAMUCC student has access to an individual e-mail account assigned to them by the university. This is the primary method through which I will communicate with you throughout the semester. At the beginning of the course, students should make sure they have activated their account and make plans to check the account regularly. Students can expect a response to their questions from me within 48 hours (excluding weekends & university-recognized holidays).

Late Submissions of Student Work

All assignments are to be submitted online to the course Blackboard page prior to the beginning of class on the due date specified in the course calendar (see end of syllabus). Assignments not received prior to the beginning of class will be considered late. A letter grade deduction will be applied to all late submissions that were not discussed with your instructor in advance. After five days, late assignments will no longer be accepted and a grade of zero will be issued.

Extra Credit

As a general rule, extra credit opportunities will not be extended in this course. Course grades should be reflective of the proficiency level students are able to demonstrate through all course assignments and assessments. Requests to award additional points without just cause or to assign alternative/additional work for credit will be denied.

Academic Integrity and Plagiarism


University students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, forgery, or plagiarism (plagiarism is the presentation of the work of another as one's own work).

Disciplinary action for academic misconduct is the responsibility of the faculty member assigned to the course. The faculty member is charged with assessing the gravity of any case of academic dishonesty, and with giving sanction to any student involved. Penalties that the instructor might possibly apply to individual cases of academic dishonesty include:
• Written reprimand
• Requirement to re-do work in question
• Requirement to submit additional work
• Lowering of grade on work in question
• Assigning grade of "F" to work in question
• Assigning grade of "F" for course
• Recommendation for more severe punishment, such as dismissal from program or University

If the faculty member determines that assigning a grade of "F" to the course is the appropriate penalty and this disciplinary action occurs prior to the deadline for dropping courses, the student forfeits his/her right to drop the course in question.

If the faculty member recommends more severe punishment, such as dismissal from the program or from the University, the faculty member will notify the appropriate chair/college dean, who in turn will notify the Office of Student Affairs. If dismissal from the University is recommended, the Office of Student Affairs will follow its procedure for such cases.

The faculty member must file a record for each case of academic dishonesty, including a description of the disciplinary action taken, along with any materials involved, with his or her college dean, who will forward a copy to the Office of Student Affairs. The office of the academic dean of the college in which the offense took place will maintain records of all cases of academic dishonesty reported for a period of five years. The Office of Student Affairs will also maintain records of such cases for a period of five years. The Office of Student Affairs will inform the Graduate Dean as appropriate.

Any student who has been penalized for academic dishonesty has the right to appeal the judgment or the penalty assessed. Students who wish to appeal an academic dishonesty decision should contact the Office of Student Affairs for guidance on the appropriate steps for initiating the process.

Dropping a Class

I hope that you never find it necessary to drop this or any other class. However, events can sometimes occur that make dropping a course necessary or wise. Please consult with your academic advisor, the Financial Aid Office, and me, before you decide to drop this course. Should dropping the course be the best course of action, YOU must initiate the process to drop the course by going to the Student Services Center and filling out a course drop form. Just stopping attendance and participation WILL NOT automatically result in you being dropped from the class. June 16th is the last day to drop course with an automatic grade of “W” this term.

Classroom/Professional Behavior

Texas A&M University-Corpus Christi, as an academic community, requires each individual to respect the needs of others to study and learn in a peaceful atmosphere. Under Article III of the Student Code of Conduct, classroom behavior that interferes with either (a) the instructor’s ability to conduct the class or (b) the ability of other students to profit from the instructional
program may be considered a breach of the peace and is subject to disciplinary sanction outlined in article VII of the Student Code of Conduct. Students engaging in unacceptable behavior may be instructed to leave the classroom. This prohibition applies to all instructional forums, including classrooms, electronic classrooms, labs, discussion groups, field trips, etc.

Statement of Civility

Texas A&M University-Corpus Christi has a diverse student population that represents the population of the state. The University’s goal is to provide you with a high quality educational experience that is free from repression. To assist in meeting this goal, you are responsible for following the rules of the University, city, state, and federal government. You are expected to behave in a manner that is dignified, respectful, and courteous to all people; regardless of gender, ethnic/racial origin, religious background, age, sexual orientation or disability. Behaviors that infringe on the rights of another individual will not be tolerated.

Grade Appeals

As stated in University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at http://www.tamucc.edu/provost/university_rules/index.html. For assistance and/or guidance in the grade appeal process, students may contact the Dean’s office in the college in which the course is taught or the Office of the Provost.

Disabilities Accommodations

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in Corpus Christi Hall 116.

If you are a returning veteran and experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.

Statement of Academic Continuity

In the event of an unforeseen adverse event, such as a major hurricane and classes could not be held on the campus of Texas A&M University—Corpus Christi; this course would continue
through the use of Blackboard and/or email. In addition, the syllabus and class activities may be modified to allow continuation of the course. Ideally, University facilities (i.e., emails, web sites, and Blackboard) will be operational within two days of the closing of the physical campus. However, students need to make certain that the course instructor has a primary and a secondary means of contacting each student.

Course Assignment Evaluation Rubrics

(See Assignments Tab on Course Blackboard page for detailed rubrics used in evaluating each student submission)
### Tentative Course Schedule (Summer 2017)

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic and Assigned Readings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td><strong>Historical, philosophical, societal, cultural, economic, and political dimensions of clinical mental health counseling</strong> <em>(GN: chapters 1, 2)</em></td>
</tr>
<tr>
<td>Week 1</td>
<td><strong>Understanding the roles, functions, preparation standards, credentialing, licensure, training, and professional identity of CMH counselors</strong> <em>(GN: Chapters 2, 6)</em></td>
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<tr>
<td></td>
<td><strong>Professional Research &amp; Development Project 1</strong> <em>(Due: July 9 @ 11:59pm)</em></td>
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<tr>
<td>Week 2</td>
<td><strong>Legal, ethical, and professional issues related to the practice of CMHC</strong> <em>(GN: Chapter 3)</em></td>
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<tr>
<td>Week 2</td>
<td><strong>CMH organization, management, administration, financing, accountability, policies, political climate and impact of legislation, legal, and other issues</strong> <em>(GN: Chapter 13)</em></td>
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<tr>
<td></td>
<td><strong>Professional Research &amp; Development Project 2</strong> <em>(Due: July 16 @ 11:59pm)</em></td>
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<tr>
<td>Week 3</td>
<td><strong>Understanding of the general principles of CMH counseling, prevention, intervention, consultation, program operations and community networking</strong> <em>(GN: Chapters 6, 8)</em></td>
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<tr>
<td>Week 3</td>
<td><strong>Clinical mental health counseling and diversity, culturally sensitive and relevant clinical mental health practices</strong> <em>(GN: Chapter 4)</em></td>
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<tr>
<td></td>
<td><strong>Professional Research &amp; Development Project 3</strong> <em>(Due: July 23 @ 11:59pm)</em></td>
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<tr>
<td>Week 4</td>
<td><strong>Management of clinical mental health services and programs: Service delivery, networks resources, and community systems</strong> <em>(GN: Chapters 9, 10, 11, 12, 13)</em></td>
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<tr>
<td>Week 4</td>
<td><strong>Bio-psychosocial assessment, clinical assessment tools, diagnosis, case conceptualization, treatment planning, referral, and prevention</strong> <em>(GN: Chapter 7)</em></td>
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<td></td>
<td><strong>Professional Research &amp; Development Project 4</strong> <em>(Due: July 30 @ 11:59pm)</em></td>
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<tr>
<td>Week 5</td>
<td><strong>Needs assessments, program development and evaluation, grant writing, and research</strong> <em>(GN: Chapter 8)</em></td>
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<tr>
<td>Week 5</td>
<td><strong>Advocacy, public policy, regulatory processes, promoting client understanding of and access to resources</strong> <em>(GN: Chapter 8)</em></td>
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<tr>
<td></td>
<td><strong>Emerging issues in clinical mental health counseling</strong> <em>(GN: Chapter 5)</em></td>
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<tr>
<td></td>
<td><strong>Professional Research &amp; Development Project 5</strong> <em>(Due: Aug 4 @ 11:59pm)</em></td>
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