A. Contact Information
   Instructor: Shirley Cornett, PhD, LPCC
   Office: 403 Combs
   E-mail: Shirley.cornett@eku.edu
   Cell Phone: 505-264-0598
   Hours: Thursdays 2-5 or by appointment (please email or call to arrange day and time).
   Office Phone: (859) 622-6783

B. Course Description
   Prerequisite(s): COU 813, COU 840 or departmental approval.
   Assumptions, roles, programs and dynamics of mental health counseling are addressed; emphasis is placed on the development and management of mental health services and programs including needs assessments, practices of community intervention and evaluation.
   This is a 100% web based survey course on Mental Health Counseling. This course will require a great commitment on your part. I will provide the structure and you will need to provide the commitment and motivation. Material will be delivered on Black Board (Bb) or by e-mail and your responses to questions and tasks will require you to be proficient in using Bb and to have an EKU e-mail address (make sure you check your EKU e-mail daily).

C. Required Text/Readings
   Additional readings as assigned and/or required for completion of course assignments.

D. Student Learning Outcomes:
   These outcomes are taken from the standards set forth by the Council for the Accreditation of Counseling and Related Educational Programs (CACREP):

   (CACREP, SECTION II)

   PROFESSIONAL IDENTITY

   G. Common core curricular experiences and demonstrated knowledge in each of the eight common core curricular areas are required of all students in the program.
   1. PROFESSIONAL ORIENTATION AND ETHICAL PRACTICE—studies that provide an understanding of all of the following aspects of professional functioning:
a. history and philosophy of the counseling profession;

Assessment: Quizzes, Mid Term, final

b. professional roles, functions, and relationships with other human service providers, including strategies for interagency/interorganization collaboration and communications;

Assessment: Interview, Brochure

e. counseling supervision models, practices, and processes;
g. professional credentialing, including certification, licensure, and accreditation practices and standards, and the effects of public policy on these issues;

Assessment: Policy Paper, State Licensure Info, Quizzes, Interview

5. HELPING RELATIONSHIPS—studies that provide an understanding of the counseling process in a multicultural society, including all of the following:
   f. a general framework for understanding and practicing consultation;

Assessment: Quizzes, Article Review,

8. RESEARCH AND PROGRAM EVALUATION—studies that provide an understanding of research methods, statistical analysis, needs assessment, and program evaluation, including all of the following:
   a. the importance of research in advancing the counseling profession;

Assessment: Article Reviews, Policy Paper

CLINICAL MENTAL HEALTH COUNSELING

FOUNDATIONS

A. Knowledge
   1. Understands the history, philosophy, and trends in clinical mental Health counseling.
   2. Understands ethical and legal considerations specifically related to the practice of clinical mental health counseling.

Assessment: Reactionpaper, quizzes, mid term, final

   3. 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.

Assessment: Interview, quizzes, mid term, final

   4. Knows the professional organizations, preparation standards, and credentials relevant to the practice of clinical mental health counseling.

Assessment: state licensur info, policy paper

   5. Understands a variety of models and theories related to clinical mental health counseling, including the methods, models, and principles of clinical supervision.
   6. Recognizes the potential for substance use disorders to mimic and coexist with a variety of medical and psychological disorders.

Assessment: Article Review, quizzes, mid term, final

   7. 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).
   8. Understands the management of mental health services and programs, including areas such as administration, finance, and accountability.

Assessment: quizzes, policy paper, mid term, final
9. Understands the impact of crises, disasters, and other trauma-causing events on people.
10. Understands the operation of an emergency management system within clinical mental health agencies and in the community.

Assessment: quizzes, mid term, final

B. Skills and Practices

1. Demonstrates the ability to apply and adhere to ethical and legal standards in clinical mental health counseling.

Assessment: Reaction Paper

2. Applies knowledge of public mental health policy, financing, and regulatory processes to improve service delivery opportunities in clinical mental health counseling.

Assessment: Policy Paper, Brochure, quizzes

COUNSELING, PREVENTION, AND INTERVENTION

C. Knowledge

1. 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.

Assessment: Reaction Paper, Policy paper, quizzes

3. Knows the models, methods, and principles of program development and service delivery (e.g., support groups, peer facilitation training, parent education, self help).

5. Understands the range of mental health service delivery—such as inpatient, outpatient, partial treatment and aftercare—and the clinical mental health counseling services network.

8. Recognizes the importance of family, social networks, and community systems in the treatment of mental and emotional disorders.

Assessment: quizzes, mid term, final

9. Understands professional issues relevant to the practice of clinical mental health counseling.

Assessment: Quizzes, Mid term, Final, Policy Paper, State Licensure Info

D. Skills and Practices

3. Promotes optimal human development, wellness, and mental health through prevention, education, and advocacy activities.

4. Applies effective strategies to promote client understanding of and access to a variety of community resources.

7. Applies current record-keeping standards related to clinical mental Health counseling.

9. Demonstrates the ability to recognize his or her own limitations as a clinical mental health counselor and to seek supervision or refer clients when appropriate.

Assessment: Quizzes, Mid term, Final, reaction paper

DIVERSITY AND ADVOCACY

E. Knowledge
1. Understands how living in a multicultural society affects clients who are seeking clinical mental health counseling services.
2. Understands the effects of racism, discrimination, sexism, power, privilege, and oppression on one’s own life and career and those of the client.
4. Understands effective strategies to support client advocacy and influence public policy and government relations on local, state, and national levels to enhance equity, increase funding, and promote programs that affect the practice of clinical mental health counseling.
6. Knows public policies on the local, state, and national levels that affect the quality and accessibility of mental health services.

**Assessment:** Quizzes, Mid term, Final, Article Review, Policy paper, Brochure

**F. Skills and Practices**
1. Maintains information regarding community resources to make appropriate referrals.
   
   *Assessment: Brochure, Reaction Paper*

2. Advocates for policies, programs, and services that are equitable and responsive to the unique needs of clients.
   
   *Assessment: Policy Paper, Brochure, Reaction Paper*

**RESEARCH AND EVALUATION**

**I. Knowledge**
1. Understands how to critically evaluate research relevant to the practice of clinical mental health counseling.
2. Knows models of program evaluation for clinical mental health programs.

   *Assessment: Article Reviews, Brochure, Interview*

**J. Skills and Practices**
1. Applies relevant research findings to inform the practice of clinical mental health counseling.
2. Develops measurable outcomes for clinical mental health counseling programs, interventions, and treatments.
3. Analyzes and uses data to increase the effectiveness of clinical mental health counseling interventions and programs.

   *Assessment: Article Reviews, Quizzes, Mid Term, final*

**E. Evaluation/Grading**

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Points</th>
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<tbody>
<tr>
<td>Chapter Quizzes</td>
<td>120</td>
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<tr>
<td>Ethical Reaction Paper</td>
<td>20</td>
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<tr>
<td>State Licensure Info</td>
<td>20</td>
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<tr>
<td>LPCC Interview</td>
<td>50</td>
</tr>
<tr>
<td>Mental Health Policy Paper</td>
<td>30</td>
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<tr>
<td>Article Reviews (2)</td>
<td>60</td>
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<tr>
<td>Brochure</td>
<td>20</td>
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<tr>
<td>Midterm</td>
<td>90</td>
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Final Exam          90 points
Total Possible Points: 500

Grading Scale:

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<tbody>
<tr>
<td>100-93%</td>
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<tr>
<td>92-85%</td>
<td>B</td>
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<tr>
<td>84-77%</td>
<td>C</td>
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<tr>
<td>76-70%</td>
<td>D</td>
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F. Student Progress
Students will be given feedback on their participation and development throughout the Semester via assignments listed in the course outline.

G. Attendance Policy
In the online portion of this course, posting all assignments by the deadline published in the syllabus is considered adequate attendance. Attendance to all on campus meetings is required. There will be a deduction of 15 points from the student’s total points for the semester for each absence at an on campus meeting. Students missing 3 on campus meetings will be given a grade of “F” for the course.

H. Last Day to Drop Course
The last day to drop is published in the course schedule book.

I. Disability Statement
If you are registered with the Office of Services for Individuals with Disabilities, please make an appointment with the course instructor to discuss any accommodations you need. If you need accommodations and are not registered with the Office of Services for Individuals with Disabilities, please contact the office on the third floor of the Student Services Building, by e-mail at disserv@eku.edu or by telephone at (859) 622-2933. Upon individual request, this syllabus can be made available in alternative forms.

J. Academic Integrity
Students are expected to be familiar with and to adhere to the university's academic integrity policy. See www.academicaffairs.eku.edu/policy/

Official E-mail:
An official EKU e-mail is established for each registered student, each faculty member, and each staff member. All university communications sent via e-mail will be sent to this EKU e-mail address.

K. Course Requirements

Professional liability insurance: Student membership in the American Counseling Association (ACA) and Kentucky Counseling Association (KCA) is recommended.

Weekly Reading and Chapter Quizzes: Chapter quizzes (10 points each) will be based on the readings from the text. Questions will be multiple choice, short answer, and true false. (FA1)
Assignments: Posted in the ‘Assignments’ section on Blackboard. Assignments are based on assigned articles, and material from chapters.

Interview: You will be required to interview a Licensed Professional Clinical Counselor to acquire more information about the clinical aspect of the profession. Because the focus of this assignment is on the counseling profession, you can NOT interview social workers, pastoral counselors, or any individual that does not have the LPCC license for this assignment. (Please include the LPCC license number for the individual you interview.) Write a reflection paper on your experience and include responses to the following interview questions:(FC9)

1). What other licenses or credentials they hold?
2). How long has this person been working in the field?
3). What is this person’s caseload? How many hours weekly are devoted to clinical work/administrative duties?
4). What are the person's beliefs about managed care? How does managed care affect their jobs?
5). What is the person’s belief about the DSM?
6). What theoretical base does this clinician work from? (e.g., eclectic, reality, solution-focused) Why have they chosen this particular base?
7). What is the person’s belief about the DSM?
8). What does this person like best about their job?
9). What does this person like least about their job?
10). What advice do they have for you about becoming a mental health counselor?

Remember this is a response paper. In addition to gaining answers to the interview questions, discuss your thoughts feelings, RESPONSES to the interview process and what you learned, confirmed, feared, liked, disliked, etc about the information you gained from the interview.

Two Article Reviews: You are required to read two articles in the Journal of MentalHealth Counseling, Journal of Counseling & Development, Journal of Addictions & Offender Counseling, or Journal of Multicultural Counseling and Development (articles must be researched based, either quantitative or qualitative) and written within the past 5 years. One article is to be related to a topic covered in Part III of your text, ‘Contemporary Issues and Trends’ and the second article is to address an area of diversity in mental health counseling. Your reviews should be two-five pages and include name of the Journal, (vol, issue #, etc.) author, (1) a brief review of the article, (2) describe why you are interested in the topic, (3) share any experience you may have in the topic, and how the article did or did not confirm and/or expand your knowledge on the subject, and (4) your perceived limitations of the study.

A brochure based upon student’s research of local mental health service resources and programs. This report will describe student’s contact with at least one mental health counseling community agency/facility to include the type of clientele served, professionals employed, treatment/counseling model, focus on multicultural issues, and ethical professional issues pertinent to this facility as well as general research on mental health services in the area/community. The brochure will be geared for clients, advising them what is available in their community.
**Mental Health Policy Paper**, Students will write a paper on a current mental health policy of interest to professional counseling as identified by either, the American Counseling Association or the National Board of Certified Counselors. Students will research the history of the issue, current advocacy efforts, benefits and liabilities to professional counselors. Students will also share their opinion of this policy and explain why they do or do not support the profession’s current efforts. Students should also include ideas on how they, as individual professional counselors can participate in these advocacy efforts. Present in APA format.

**State Licensure Information**, Students will prepare a one or two page essay outlining the requirements and procedure for obtaining licensure in the state of Kentucky. Students who are planning to pursue licensure in another state may use that state’s requirements for this assignment. Students must include a personal professional plan for acquiring licensure. If you are not planning to pursue licensure, your personal professional plan must include your rationale for this decision.

**Midterm exam**: Multiple choice and true false based on readings from the text.

**Final Exam**: The final is not comprehensive and is short answer essays questions.

Each Quiz, midterm and the final is timed. You can access it by going to course assignments. Once you begin the exam, you cannot stop. If you try to print or download the exam, the exam will lock you out and not allow you to continue taking the test.

**L. Course Outline**

| Wk 1 & 2 | Historical and Theoretical Foundations of Mental Health Counseling | **READING:**  
Text-Chapters 1-4  
Article-PRACTICE MENTAL HEALTH COUNSELING: TOWARD RESOLVING IDENTITY CONFUSION  
**QUIZ**  
Chapter 1-4 |
| --- | --- | --- |
| Wk 3 & 4 | Licensure & Certification Employment Settings | **READING**  
Text Chapter 5-6  
State Licensure Requirements  
Powerpoint Lecture: ACA  
**QUIZ**  
Chapter 5-6  
**Assignment:**  
Compare & contrast licensure requirements for LPC in KY and one other state of your choice |
| Wk 5 & 6 | Research, Diversity & ethics | **Reading**  
Text Chapter 7-9  
ACA & AMHCA ethics  
Articles 1,2 & 3 on White privilege  
**Quiz** |
| Wk 7 & 8 | Contemporary Issues & Trends | **Reading:**
Chapter 10-12
Advocacy articles 1 & 2
**Quiz**
Chapter 10-12 |
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<tbody>
<tr>
<td>Wk 9</td>
<td>Mid Term Exam</td>
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| Wk 10 & 11 | Program Development | **Reading**
Comprehensive program development in mental health counseling: design, implementation, and evaluation

**Assignment:** Brochure |
| Wk 12 & 13 | Mental Health Policy, financing and regulatory processes | **Reading:** Evaluating the WHO Assessment Instrument for Mental Health Systems
*CHECKLIST FOR EVALUATING A MENTAL HEALTH POLICY
*CHECKLIST FOR EVALUATING A MENTAL HEALTH PLAN
http://www.who.int/mental_health/policy/WHOPlanChecklist_forwebsite.pdf
*. Mental Health Policy for Colleges & Universities

**ASSIGNMENT:** College & University Policies |
| Wk 14 | Final Exam |  |

**College of Education Professional Education Program Model**

**EKU Professional Education Model:**
Effective Educators as Effective People

**EKU Professional Education Slogan:**
To teach, to learn, to help others teach and learn.