

CNS 771: Clinical Mental Health Counseling

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Location: A 108
May 22-24; 29-31

Textbooks

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.

Note: Be sure to get the 3rd edition. It differs significantly from the other editions. Also, please print out the “correction sheet” that I will send you electronically.

Wheeler, A. M., & Bertram, B. (2012). *The counselor and the law: A guide to legal and ethical practice* (6th ed.). Alexandria, VA: ACA.

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. Ethical and legal guidelines for CMH counselors will also be emphasized.

Objectives: (Based on CACREP Standards)**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 setting 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:

- Demonstrates 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 services, 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%) Please be on time for all classes and site visits. A class absence will result in a grade reduction of one letter grade.
2. Community Agency Project (15%) Due Aug. 2.
CMHC: A.1.2.3.4.7.8; C.1.5.7.9; D.4; E.1.2.5.6.
3. Community Resources Project (15%) Due Aug. 2.
CMHC: A.3.4.7; C.1.3.5.8.9; D.2.4; E.2.4.5.6; F.1.2; I.2
4. Prevention/Wellness Project (15%) Due May 31.
CMHC: A.1.2.5.7; B.1; C.1.2.3.5.8.9; D.1.3; E.2.3.5.6
5. Presentation on
Crisis Intervention: CMHC: A.2.3.5.9.10; B.1; C.5.6.7.8; F.1; K.5; L.3
Prevention/Wellness: CMHC: A.2.3.5; B.1; C.1.2.3.5.7.8; D.1.3.4; E.2; F.1
Professional and Client Advocacy: CMHC: A.1.2.4.7; B.1; C.1.9; D.1.4; E.2.4.5.6; F.2
Developing Measureable Outcomes for CMHC programs: CMHC: C.3; I.1.2.3; J.2
or Program Evaluation: CMHC: A.8; C.1.3.5; I.1.2.3
(20%) Due on date of presentation
6. Final Examination (20%) Given on May 31 and due by June 7.
CMHC: A.1.2.4.5.6.7.8.9.10; B.1.2; C.1.2.4.5.6.7.9; D.1.2.6.7.8; E.1.2.3.4.5.6; G.1.2.4; I.3;
K.1.2.3.4.5; L.2.3

Visits and Speakers

May 22, 10:00: *Patti Patridge* ((speaker), Working with clients with eating disorders.

May 23: 10:00 *Annamarie Gallagher* (speaker) The Biopsychosocial Model of Assessment

May 24: 8:45 *Forsyth County Juvenile Ct.* **1:00** *Family Services* (Winston-Salem)

May 29: 9:30 *The Center for Exceptional Children* **1:00** *Brittany Wyche* (speaker), College Counseling

May 30: 10:00 (?): *Peggy Haymes* (speaker) Private Practice

May 31: Student Presentations on topics listed in #5 under **Course Requirements**.

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 assignments. You may want to go ahead and contact people for Assignment #5 (presentation). We have 10 people in the class, so groups of 2 or 3 would work best.

Tentative Schedule

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

Date	Topic	Reading
May 22 Speaker: Patti Patridge (Eating Disorders)	<i>The Profession of Clinical Mental Health Counseling</i> <i>Historical Overview</i> <i>Professional Identity</i>	<i>Gladding & Newsome</i> <i>Chapters 1 and 2 and pages</i> <i>306-309 (eating disorders)</i>
May 23 Speaker: Annamarie Gallagher, <i>The BPS model of assessment; CMHC issues in NC</i>	<i>The Biopsychosocial Model of Assessment</i> <i>Ethical and Legal Aspects of Counseling</i> <i>Managed Care, Technology, Holistic Approaches to Mental Health</i>	<i>G & N, Chapters 3 & 5</i> <i>Wheeler & Bertram Text</i>
May 24 Juvenile Court (8:45) Family Services (1:00)	<i>Clinical Mental Health Counseling: Settings and Services</i>	<i>G & N, Chapters 8, 12, & 13</i> <i>(After we return from Family</i> <i>Services, you will have time to</i> <i>work with your groups on</i> <i>your presentation topic, which</i> <i>comes from Chapter 8.</i>
May 29 Center for Exceptional Children Brittany Wyche, <i>College Counseling</i>	<i>Roles and Functions of Community Counselors</i> <i>The Counseling Process</i> <i>Assessment and Diagnosis</i> <i>Managing stress and avoiding burnout</i>	<i>G & N, Chapters 6, 7, and 12</i> <i>(if you didn't finish it</i> <i>yesterday)</i>
May 30 Speaker: Peggy Haymes <i>Private Practice</i>	<i>Private Practice, EAP Counseling</i> <i>Counseling in a Diverse Society</i>	<i>G & N, Chapters 4 & 14</i> <i>Skip the list of movies; it is</i> <i>dated. Suggestions for new</i> <i>text??</i>
May 31	<i>Class Presentations (Essential Services)</i> <i>Case Conceptualization</i> <i>Managing Stress and Burnout</i>	<i>Epilogue</i> <i>If you didn't finish any of the</i> <i>readings, please do so</i> <i>Take-home exam distributed.</i>