COUNSELING (COUN)

COUN F601  Research in Counseling and Educational Settings
3 Credits
Offered As Demand Warrants
Provides an in-depth understanding of research occurring in educational and behavioral healthcare settings. Provides basic knowledge in utilizing a needs assessment and program evaluation to guide program planning and evaluate effectiveness. Addresses basic qualitative, quantitative and mixed methods research designs. Addresses knowledge and skills for becoming critical consumers of research in education and behavioral healthcare settings.
Prerequisites: Admittance to Counseling program or School Counseling Certification program; or permission of instructor.
Lecture + Lab + Other: 3 + 0 + 0

COUN F615  Foundations of Counseling
3 Credits
Offered Fall As Demand Warrants
Introduction to the philosophies, organization, patterns and techniques that aid counselors in preparing clients for responsible decision-making in modern society.
Prerequisites: Admittance to Counseling program or School Counseling Certification program; or permission of instructor.
Lecture + Lab + Other: 3 + 0 + 0

COUN F623  Counseling Theories and Applications I
3 Credits
Offered Fall As Demand Warrants
A survey of the major theoretical systems of counseling and psychotherapy combined with a laboratory experience focused on building microskills in counseling. Specific application of theoretical principles will be investigated, analyzed and described.
Prerequisites: Admittance to Counseling program or School Counseling Certification program or permission of instructor.
Cross-listed with PSY F660.
Lecture + Lab + Other: 3 + 2 + 0

COUN F626  Counseling Theories and Applications II
3 Credits
Offered Fall As Demand Warrants
A survey of the major theoretical systems of counseling and psychotherapy combined with a laboratory experience focused on building microskills in counseling. Specific application of theoretical principles will be investigated, analyzed and described.
Prerequisites: Admittance to Counseling program or School Counseling Certification program or permission of instructor.
Cross-listed with PSY F660.
Lecture + Lab + Other: 3 + 2 + 0

COUN F627  Developmental Interventions
3 Credits
Offered Spring
Designed to give students an opportunity for limited practice in applying developmental theory to work with children and youth. Attention is placed on assisting children and youth to accomplish developmental tasks appropriate to their psychological growth.
Prerequisites: COUN F623; admittance to the counseling program; or permission of instructor.
Lecture + Lab + Other: 3 + 0 + 0

COUN F628  Child and Adolescent Development
3 Credits
Offered Fall
Focus on developmental processes and sequences of change that children experience within each developmental domain from birth through adolescence.
Prerequisites: Admittance to Counseling program or School Counseling Certification program; or permission of instructor.
Lecture + Lab + Other: 3 + 0 + 0

COUN F629  Counseling Interventions for Adults
3 Credits
Offered Spring
Examines various intervention strategies for working primarily with adult individuals in a variety of situations. Attention is placed on assisting adults in accomplishing developmental tasks appropriate to their psychosocial growth. Descriptive intervention techniques with respect to assessing individuals in crisis will be discussed and strategies for handling those crises situations will be examined.
Prerequisites: COUN F623; admittance to the Counseling program or School Counseling Certification program; or permission of instructor.
Lecture + Lab + Other: 3 + 0 + 0

COUN F630  Appraisal for Counselors
3 Credits
Offered Fall and Spring
Introduction to the kinds of assessment information school and community counselors utilize in the assessment process.
Prerequisites: COUN F623; admittance to the Counseling program or School Counseling Certification program; or permission of instructor.
Lecture + Lab + Other: 3 + 0 + 0

COUN F632  Career Development
3 Credits
Offered Spring; Summer
An introduction to the theories of career development, career choices and how to translate theory into practice. Emphasis will be on career education development and the utilization of information resources for facilitating the career choice decision-making process.
Prerequisites: COUN F615; admittance to Counseling program or School Counseling Certification program; or permission of instructor.
Lecture + Lab + Other: 3 + 0 + 0

COUN F634  Practicum
3 Credits
Offered As Demand Warrants
Supervised practice in basic counseling skills and techniques. Supervised work with one-on-one counseling relationships. Actual practice in listening, problem identification, goal setting and session management.
Prerequisites: COUN F623; admittance to Counseling program or School Counseling Certification program; or permission of instructor.
Lecture + Lab + Other: 2 + 7 + 0

COUN F635  Field Practicum
3 Credits
Offered As Demand Warrants
Field practicum serves as the first external training placement in the Counseling program's practicum and internship training series. This placement offers the counselor-in-training introductory exposure, experience and supervised practice in the broad scope of activities engaged in by either fully credentialed school counselors or licensed professional counselors.
Prerequisites: COUN F634; admittance to the Counseling program or School Counseling Certification program; or permission of instructor.
Lecture + Lab + Other: 0 + 0 + 5
COUN F636 Internship I
3 Credits
Offered Fall; Spring; Summer As Demand Warrants
Supervised practice in school or community setting. Focus on directed practice of particular skills relevant to the counselor's role. Weekly seminars will cover actual and role playing situations providing opportunities to operationalize theory in counseling, interventions and ethical issues.
Prerequisites: COUN F634; admittance to Counseling program or School Counseling Certification program; or permission of instructor.
Lecture + Lab + Other: 3 + 0 + 0

COUN F638 Adult Development
3 Credits
Offered Spring As Demand Warrants
An overview of physical, cognitive, personality and social development across the adult life span, from high school graduation through death. Major theories and research findings in the field of adult development are explored with an emphasis on examining how individuals progress through a series of predictable stages during their lifetime.
Prerequisites: COUN F615; admittance to Counseling program or School Counseling Certification program; or permission of instructor.
Lecture + Lab + Other: 3 + 0 + 0

COUN F646 School Counseling
3 Credits
Offered Fall
Topics related to the role of the school counselor such as consultation, career guidance and culturally appropriate assessment.
Prerequisites: COUN F623; admittance to Counseling program or School Counseling Certification program; or permission of instructor.
Cross-listed with PSY F646.
Lecture + Lab + Other: 3 + 0 + 0

COUN F647 Professional Ethics
3 Credits
Offered Fall; Spring
The ethical standards of the American Counseling Association and the American School Counseling Association will be examined, discussed and compared. Students will be provided with opportunities to apply these general principles to specific cases. Students will be expected to demonstrate knowledge of the principles of these ethical codes in practice.
Prerequisites: Admittance to Counseling program or School Counseling Certification program; or permission of instructor.
Lecture + Lab + Other: 3 + 0 + 0

COUN F650 Multicultural Psychopathology
3 Credits
Offered Fall
An overview of contemporary perspectives on child and adult psychological disorders from the perspective of cultural psychology. Fundamentals of therapeutic interviewing. Training in use of the DSM-IV diagnostic system. Examination of the role of culture, ethnicity, gender and social class in symptom formation and the experience of illness, and critical examination of these issues in clinical application of the DSM-IV. Training in DSM-IV cultural formulation.
Prerequisites: PSY F345; COUN F623; admittance to the Counseling program or School Counseling Certification program; or permission of instructor.
Cross-listed with PSY F650.
Lecture + Lab + Other: 3 + 0 + 0

COUN F651 Counseling for Addictions
3 Credits
Offered Spring
An in depth analysis of the theoretical models explaining addiction, guiding treatment and supporting recovery. The physiological, psychologica, and behavioral influences of various substances and addictions and their associated classifications, are addressed. Particular attention is given to the most common substances of use in Alaska as well as rural communities in circumpolar north and the United States.
Prerequisites: COUN F650; admittance to counseling program or school counseling certification program; or permission of instructor.
Lecture + Lab + Other: 3 + 0 + 0

COUN F660 Multicultural Counseling (a)
3 Credits
Offered Spring; As Demand Warrants
An examination of cultural and ethnic variables in human nature and their effect on the counseling process. Specific focus will be placed on the nature and function of culture, cultural variables in the context of the human experience, universal and culture specific aspects of the counseling process, barriers to effective cross-cultural counseling, specific ethnic and cultural considerations, and methods of intellectual training with special emphasis on Alaskan applications.
Prerequisites: Admittance to the Counseling program; or School Counseling Certification program; or permission of instructor.
Cross-listed with PSY F661.
Lecture + Lab + Other: 3 + 0 + 0

COUN F666 Family and Couples Counseling
3 Credits
Offered Spring
Survey of concepts and theories of function and dysfunction in the area of couples and families as social networks. In addition, it provides an introduction to the skills necessary for one who would intervene in these systems.
Prerequisites: COUN F623; admittance to the Counseling program; or School Counseling Certification program; or permission of instructor.
Cross-listed with PSY F666.
Lecture + Lab + Other: 3 + 0 + 0

COUN F667 Ethnicity and Family Studies
3 Credits
Offered Spring
This course is designed to focus on the contribution of ethnic background to family makeup and functioning. Major ethnic groups are studied along with the counseling, social justice, and advocacy approaches appropriate to each. In a similar fashion, the overarching cultural context of relationships, including factors such as age, gender, sexual orientation, religious and spiritual values, mental and physical characteristics, education, family values, socioeconomic status, and within group as well as between as between group cultural differences are examined. Theories of multicultural counseling, and systems-oriented intervention strategies (couple, family, group, and community) are considered. Counselor cultural self-awareness and the role of counseling in eliminating biases, prejudice, oppression, and discrimination are emphasized.
Prerequisites: COUN F666 or permission of instructor.
Lecture + Lab + Other: 3 + 0 + 0
COUN F674  Group Counseling  
3 Credits  
Offered Summer Even-numbered Years  
Kinds and types of groups with emphasis on methods, problems and needed skills in working with groups in a counseling situation.  
Prerequisites: COUN F623; admittance to Counseling program; or School Counseling Certification program; or permission of instructor.  
Cross-listed with PSY F674.  
Lecture + Lab + Other: 3 + 0 + 0

COUN F686  Internship II  
3 Credits  
Offered Fall; Spring; Summer As Demand Warrants  
Opportunity to perform all the activities that a regularly employed counselor would be expected to perform in a school or community setting. At the completion of the internship the student will be able to demonstrate knowledge and skills needed to administer school and/or community counseling services.  
Prerequisites: COUN F634; COUN F636; admittance to Counseling program or School Counseling Certification program; permission of the instructor.  
Lecture + Lab + Other: 3 + 0 + 20

COUN F687  Internship III  
3 Credits  
Offered Fall; Spring; Summer As Demand Warrants  
The course is designed to give counseling program candidates experience and supervised practice in the broad scope of activities (i.e. record keeping, individual and group counseling, information and referral, consultation, in-service and staff/faculty meetings, supervision) engaged in by either fully credentialed school counselors or licensed professional counselors.  
Prerequisites: COUN F636; admittance to the Counseling program or School Counseling Certification program; or permission of the instructor.  
Lecture + Lab + Other: 3 + 0 + 20

COUN F688  Internship IV  
3 Credits  
Offered As Demand Warrants  
The course is designed to give counseling program candidates experience and supervised practice in the broad scope of activities (i.e. record keeping, individual and group counseling, information and referral, consultation, in-service and staff/faculty meetings, supervision) engaged in by either fully credentialed school counselors or licensed professional counselors.  
Prerequisites: COUN F687; admittance to the Counseling program or School Counseling Certification program; or permission of instructor.  
Lecture + Lab + Other: 3 + 0 + 20

COUN F692  Seminar  
1-6 Credits  
Lecture + Lab + Other: 1-6 + 0 + 0

COUN F698  Non-Thesis Research/Project  
1-6 Credits  
Lecture + Lab + Other: 0 + 0 + 0

COUN F699  Thesis  
1-9 Credits  
Lecture + Lab + Other: 0 + 0 + 0