COUNSELING (COUN)

COUN F601 Research in Counseling and Educational Settings
3 Credits
Offered Summer
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, mixed methods and indigenous 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.
Lecture + Lab + Other: 3 + 0 + 0

COUN F615 Foundations of Counseling
3 Credits
Offered Fall and Spring
Introduction to the philosophies, organization, patterns and techniques that aid counselors in preparing clients for responsible decision-making in modern society. Contact counseling department for semesters offered.
Prerequisites: Admittance to Counseling program for semesters offered.
Lecture + Lab + Other: 3 + 0 + 0

COUN F617P Pre-practicum
3 Credits
Offered As Demand Warrants
This course is structured as a fundamental counseling skills course, with the purpose of developing relationship building, basic assessments, goal setting, selecting client-aligned interventions, and evaluation of client outcomes required for Field Practicum. The course is designed as a content and practice-oriented skills development experience within a safe and encouraging environment. Ed. in Counseling or School Counselor Certification Program.
Prerequisites: COUN F623; COUN F647; Admission to the M.
Lecture + Lab + Other: 3 + 0 + 0

COUN F623 Counseling Theories and Applications I
3 Credits
Offered Fall and Summer
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. Contact counseling department for semesters offered.
Prerequisites: Admittance to Counseling Program or School Counseling Certification program.
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.
Lecture + Lab + Other: 3 + 0 + 0

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

COUN F629 Counseling Interventions for Adults
3 Credits
Offered Fall
Examines various intervention strategies for working primarily with adult individuals in a variety of settings. 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 crisis situations will be examined.
Prerequisites: COUN F623; admittance to the Counseling program or School Counseling Certification program.
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 Counseling program or School Counseling Certification program.
Lecture + Lab + Other: 3 + 0 + 0

COUN F632 Career Development
3 Credits
Offered Spring and 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.
Lecture + Lab + Other: 3 + 0 + 0

COUN F634P Practicum in Individual Counseling
3 Credits
Offered Spring, Alternate Summer, 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: Admission to the Counseling program; COUN F623.
Lecture + Lab + Other: 2 + 7 + 0
COUN F635  Field Practicum  
3 Credits  
Offered Fall and Spring  
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 fully credentialed school counselors or licensed professional counselors.  
Prerequisites: COUN F627, COUN F628, COUN F629, COUN F638, COUN F617P or COUN F634P; admittance to the Counseling program or School Counseling Certification program.  
Lecture + Lab + Other: 3 + 0 + 5  

COUN F636  Internship I  
3 Credits  
Offered Fall, Spring and Summer  
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 F634P; admittance to Counseling program or School Counseling Certification program.  
Lecture + Lab + Other: 3 + 0 + 20  

COUN F638  Adult Development  
3 Credits  
Offered Spring  
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.  
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.  
Lecture + Lab + Other: 3 + 3 + 0  

COUN F647  Professional Ethics  
3 Credits  
Offered Fall and 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.  
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.  
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, psychological 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.  
Lecture + Lab + Other: 3 + 0 + 0  

COUN F660  Multicultural Counseling  
3 Credits  
Offered Spring  
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.  
Cross-listed with PSY F61.  
Lecture + Lab + Other: 3 + 0 + 0  

COUN F666  Family and Couples Counseling  
3 Credits  
Offered Fall  
Survey of concepts and theories of function and dysfunction in the area of couples and families as social networks. Introduction to the skills necessary for intervention in these systems.  
Prerequisites: COUN F623; admittance to the Counseling program; or School Counseling Certification program.  
Lecture + Lab + Other: 3 + 0 + 0
COUN F667  Ethnicity and Family Studies
3 Credits
Offered As Demand Warrants
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 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.
Lecture + Lab + Other: 3 + 0 + 0

COUN F674  Group Counseling
3 Credits
Offered Spring and Summer
Kinds and types of groups with emphasis on methods, problems and skills needed in working with groups in a counseling situation.
Prerequisites: COUN F623; Admittance to the Counseling program; or School Counseling Certification program.
Lecture + Lab + Other: 3 + 0 + 0

COUN F686  Internship II
3 Credits
Offered Fall, Spring and Summer
Opportunity to perform all the activities that a regularly employed counselor is 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 F636; admittance to Counseling program or School Counseling Certification program.
Lecture + Lab + Other: 3 + 0 + 20

COUN F687  Internship III
3 Credits
Offered Fall, Spring and Summer
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 F686; admittance to the Counseling program or School Counseling Certification program.
Lecture + Lab + Other: 3 + 0 + 20