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 or School Counseling Certification program.
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 F634  Practicum 3 Credits
Offered Fall and Spring
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.
Lecture + Lab + Other: 2 + 7 + 0
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
<th>Offered</th>
<th>Prerequisites</th>
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</thead>
<tbody>
<tr>
<td>COUN F635</td>
<td>Field Practicum</td>
<td>3</td>
<td>Fall</td>
<td>COUN F627, COUN F628, COUN F629, COUN F638, COUN F617 or COUN F634; admittance to the Counseling program or School Counseling Certification program.</td>
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<tr>
<td>COUN F636</td>
<td>Internship I</td>
<td>3</td>
<td>Fall</td>
<td>COUN F634; admittance to Counseling program or School Counseling Certification program.</td>
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<tr>
<td>COUN F638</td>
<td>Adult Development</td>
<td>3</td>
<td>Spring</td>
<td>COUN F615; admittance to Counseling program or School Counseling Certification program.</td>
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<tr>
<td>COUN F646</td>
<td>School Counseling</td>
<td>3</td>
<td>Fall</td>
<td>Topics related to the role of the school counselor such as consultation, career guidance and culturally appropriate assessment.</td>
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<td>COUN F647</td>
<td>Professional Ethics</td>
<td>3</td>
<td>Fall</td>
<td>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.</td>
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<td>COUN F650</td>
<td>Multicultural Psychopathology</td>
<td>3</td>
<td>Fall</td>
<td>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.</td>
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<tr>
<td>COUN F651</td>
<td>Counseling for Addictions</td>
<td>3</td>
<td>Spring</td>
<td>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.</td>
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<tr>
<td>COUN F660</td>
<td>Multicultural Counseling</td>
<td>3</td>
<td>Spring</td>
<td>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.</td>
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<tr>
<td>COUN F666</td>
<td>Family and Couples Counseling</td>
<td>3</td>
<td>Fall</td>
<td>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.</td>
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**Lecture + Lab + Other:**
- COUN F635: 3 + 0 + 5
- COUN F636: 3 + 0 + 20
- COUN F638: 3 + 0 + 0
- COUN F646: 3 + 3 + 0
- COUN F647: 3 + 0 + 0
- COUN F650: 3 + 0 + 5
- COUN F651: 3 + 0 + 0
- COUN F660: 3 + 0 + 0
- COUN F666: 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

COUN F688  Internship IV  
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 F687; admittance to the Counseling program or School Counseling Certification program.  
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