Course Descriptions

No Prerequisites

MHS 5020 Foundations of Mental Health Counseling (3) This course is directed both to an understanding of mental health counseling and an introduction to mental health counseling theories. It emphasizes the basic counseling skills necessary to be a mental health counselor as well as the use of one’s self in that practice. This course also includes the study origin, history, professional functions, and current issues in the discipline of mental health counseling.

RCS 5035 Rehabilitation Counseling: Concepts and Applications (3 hrs) This course is an introduction to the profession of rehabilitation counseling and current issues, trends, and standard of practice. It also covers the history and roots of rehabilitation, philosophy and pertinent legislation, rehabilitation terminology, rehabilitation practice settings and programs; the vocational rehabilitation process; advocacy issues and rehabilitation technology.

RCS 5080 Medical Aspects of Disability (3) This course surveys chronic illnesses or disabilities encountered most frequently in rehabilitation and a broad range of human services. Specific objectives are: (a) understanding of rehabilitation in the U.S. (b) understanding disease processes and limitations imposed by disabling conditions (c) assist students in developing and implementing treatment and rehabilitation plans.

RCS 5450 Fundamentals of Substance Abuse Counseling (3) The focus of this course is to provide the student with an overview of issues involved with addictions and chemical substance abuse. Primary consideration will be on alcohol and other drug abuse. Topics will include etiology, pervasiveness, pharmacology, physiological aspects, consequences and legal issues, treatment modalities, and special populations.

RCS 5780 Legal, Ethical, Professional Standards and Issues in Counseling (3) This course provides an overview of all aspects of professional functioning including history, roles, organizational structures, ethics, standards, and credentialing. Contemporary and developing issues in the field of professional counseling will also be addressed.

RCS 6220 Individual Evaluation and Assessment (3) This course covers consumer assessment activities of rehabilitation and mental health counselors by introducing students to several instruments used in rehabilitation and mental health counseling settings. This course includes the assessment of intelligence, vocationally relevant aptitudes, vocational interests, personality, and basic educational achievement. As part of the course, students will take and score several psychometric instruments.

RCS 6476 Human Sexuality Counseling (3) This course is designed to introduce students and mental health professionals to the diverse nature and construct of human sexuality. The curriculum meets the Florida Statute 491 licensure requirement as a contact area in “human sexuality theories”.

RCS 5480 Human Growth and Development (3) This course examines human development from a life-span perspective. This perspective emphasizes human growth and development as a dynamic process that
occurs throughout our entire lifetime. This course addresses: (a) major theories of development, (b) physical, cognitive, and socio-emotional aspects of development, and (c) life-span and the family

One Prerequisite

RCS 5480 Human Growth and Development (3) This course examines human development from a life-span perspective. This perspective emphasizes human growth and development as a dynamic process that occurs throughout our entire lifetime. This course addresses: (a) major theories of development, (b) physical, cognitive, and socio-emotional aspects of development, and (c) life-span and the family (PR: MHS 5020)

RCS 6408 Diagnosis and Treatment of Psychopathology (3) This course is designed to increase students' understanding of psychopathology as applied in counseling, psychotherapy and case management in mental health, addictions, and other rehabilitation settings. Emphases are placed on acquisition of both knowledge and clinical skills that are relevant for the appraisal, treatment, and psychiatric rehabilitation of persons with mental health disorders (PR: RCS 5080).

RCS 6409 Counseling in Community Settings (3) The purpose of this course is to provide an overview of community counseling as a profession. It emphasizes the philosophical framework, and the organization and administration of counseling in various community settings. (PR: 5020)

RCS 6440 Social and Cultural Foundations of Counseling (3) This course is an introduction to issues faced by counselors when working in multicultural settings. Special emphasis is placed on the psychosocial adjustment and counseling needs of individuals with physical and mental disabilities and persons from diverse cultures. The identification of student values and biases that could impact the counseling relationship with persons from cultures other than that of the counselor will be stressed. (PR: MHS 5020).

Two Prerequisites

RCS 6301 Career and Lifestyle Assessment (3) This course is designed to provide a comprehensive look at the development of career theories of choice, theories of maturation, and theories of loss, transition, and re-choice. It will include job placement activities and a survey of work requirements of various occupations and how this relates to functional limitations. (PR: MHS 5020, RCS 5035)

RCS 6510 Group Theories and Practice (3) This course provides an opportunity for the development of interpersonal skills and personal growth through exposure and participation in group guidance activities. An expectation of this course will be for each student to identify, research, prepare a paper and presentation on a topic or theory related to group work and how this could be applied. (PR: MHS 5020, RCS 5780).

RCS 6803 Practicum in Counseling I (3) This course must be taken twice by students to complete their graduate studies in rehabilitation and mental health counseling. During each practicum the student must complete 200 field hours at an approved agency as well as presenting a minimum of five counseling tapes for class review and critique. (PR: MHS 5020, RCS 5780)

Three or more prerequisites

RCS 6407 Counseling Theories and Practice (3) This course is an extension and intensification of rehabilitation and mental health counseling skills developed in MHS 5020. Emphasis is on the experiential exploration and development of interpersonal skills within the context of counseling theory. (PR: MHS 5020, RCS 5780, RCS 6803).

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RCS 6740 Research and Program Evaluation (3) This course focuses on two related goals: (a) understanding the basic logic that underlies systematic inquiry, and (b) applying logic to problems found in rehabilitation and mental health fields. Course content addresses basic types of research designs, measurement and some statistical procedures, assessment of needs and evaluation of programs, research utilization, and ethical principles and issue in the conduct of research with human participants. (PR: MHS 5020, RCS 5035, RCS 5780).

RCS 6803 Practicum in Counseling II (3) This course must be taken twice by students to complete their graduate studies in rehabilitation and mental health counseling. During each practicum the student must complete 200 field hours at an approved agency as well as presenting a minimum of five counseling tapes for class review and critique. (PR: MHS 5020, RCS 5780, RCS 5080, RCS 5780, RCS 6803, RCS 6407 or co-requisite, RCS 6430 or co-requisite).

RCS 6825 Internship (3) This is the CORE accreditation and mental health counselor requirement of 600 hours of internship field work at an approved site. During the fall and spring semesters 40 hours a week for 15 weeks is required. For summer sessions, students may need to start early or extend their hours to meet the necessary requirements. (PR: All required courses in M.A. Program)

Other Curriculum

RCS 5903 Directed Studies (1-4) Supervised rehabilitation studies under the direction of a faculty member. This may be repeated up to 8 hours.

RCS 6906 Independent Study (1-19 Var.) This is an independent study where the student must have a contract with a faculty member. This study is graded as satisfactory or unsatisfactory (S/U) only and it may be repeated.

RCS 6913 Directed Research (1-19 Var.) This course is supervised rehabilitation and mental health counseling study under the direction of a faculty member. It may be repeated up to 8 hours and will be graded as satisfactory or unsatisfactory (S/U) only.

RCS 6970 Thesis: Master's (1-19 var.) This would apply to students interested in a thesis. It can be repeated and is graded as satisfactory or unsatisfactory (S/U) only.

RCS 6459 Professional Skills for Addictions Counselors (3) This course is an extension of RCS 5450 with emphasis on nature, causes, and consequences of alcohol and other drug abuse. Focus will also be placed on contemporary substance abuse treatment approaches and techniques. (PR: RCS 5450)

RCS 6456 Counseling Approaches for Substance Abusers (3) This course deepens the student’s understanding of the practice of addiction counseling with an emphasis on biopsychological multidisciplinary intervention. Theory and research will be discussed as they relate to working with the chemically dependent person and their families/significant others in groups.

Seminars in Rehabilitation and Mental Health Counseling

Course Descriptions RCS 6930

Dynamics of Marriage and Family Therapy (3) The purpose of this course is to provide an overview of the major theories and issues in systems theory and their implications for the practice of marriage and family therapy. It also includes the study of the nature and needs of the individual at all levels of development and how systems affect this development.

Marriage Therapy, Theory, and Techniques (3) This course focuses on (a) marital and other adult loving relationships, and (b) how marriage and couples counseling and therapy can assist individuals who are having marital/relationship problems and difficulties.
**Family Therapy, Theory, and Techniques** (3) This course covers the theory and application of intervention techniques to family systems. Students will develop skill in interviewing, assessing, making, therapeutic interventions, observing family interactions, and developing basic aspects of treating families.

**Employee Assistance Programs** (3) This course offers a comprehensive view of Employee Assistant Programs (EAP's). The major topics covered are historical perspectives, essential components, and critical knowledge and skills required to deliver effective treatment in EAP's.

**Introduction to Mind-Body Techniques** (3) This course introduces students to a wide range of mind/body approaches to emotional and physical well-being. An emphasis is placed on research-based practices yoga, meditation, and exercise. This course also focuses on: 1) the role of stress and lifestyle practices on physical and emotional health and 2) the growing field of mindfulness-based approaches to well-being.

**Principles and Practices of Personal Change** (3) This course introduces students to concepts, research, and perspectives on successful behavioral change. This course examines basic principles of change that are applicable to a wide range of counseling populations, settings, and concerns. This course offers a trans-theoretical model of change in that it integrates and uses a wide spectrum of psychotherapeutic modalities.

**Spirituality and Counseling** (3) This course allows students to develop a framework of knowledge, values, skills, and experiences for spiritually-sensitive approaches used in counseling. It provides students with a fundamental understanding of spirituality drawing upon personal experience, current theory, practice and research. The primary goal of this class is to enable students to recognize the impact of spirituality in the lives of counselors and the people they serve.